

HOW TO USE THIS PROGRAM

WELCOME

Thank you for your interest in this Teen Pregnancy Prevention Program! This series is geared to help you teach adolescents the value of their bodies so they protect their future!

Ambivalent teens and teens with low self-worth are at higher risk of pregnancy, sexually transmitted diseases, substance abuse, chemical dependency, domestic violence, and other high risk situations which could lead to serious injury, even death.

PROGRAM OBJECTIVES

The objectives of this program are to reduce teen pregnancy by:

Providing knowledge. This is not a fear based program. Isn't reality bad enough? The goal of this program is to educate teens about the consequences of high risk behavior and give them the tools necessary to make better choices.

Enhancing decision making skills. Based on Cognitive Behavioral techniques, the series encourages the use of evidence finding to validate beliefs, instead of relying on faulty thoughts and charged emotions.

Changing attitudes and beliefs about self worth. Teens that are ambivalent are more likely to experience negative consequences of bad decision making. These lessons are geared to improve self-worth because teens that value their bodies and future, in an effort to "protect" themselves make better choices.

MODULAR LEARNING

Breaking Boxes creates modular psycho-educational "blocks" to help providers and other professionals like yourself build empowered communities.

Each series is a "module" that can be broken down and utilized to best meet your changing presentation needs. Other modules will follow that can be added to this program to meet specific educational and population needs.

Each series contains a set of 8 group workshops that can range from 60 to 90 minute session sessions depending on how you chose to utilize the included material and activities.

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You can offer these lessons weekly, daily, or monthly depending on your group needs. You can even use these lessons to supplement other programs you are using for community education, or use the included workbooks for more individualized one on one education.

LESSON COMPONENTS

Each workshop has the following components.

Lesson plan. The lesson plan is what you use to facilitate the group. Use it in the way that you feel most comfortable. You can read the material word for word, or review it before you present and use the included PowerPoint slides as your guide.

Activities and discussion questions are marked in bold throughout the lesson plan. When necessary, the discussion questions or workshop activities can be removed in the interest of time.

Activities. There are a variety of activities in each lesson which may include:

- ▶ Discussion questions
- ▶ Role-play activities
- ▶ Group activities
- ▶ Worksheets
- ▶ Facilitator demonstrations

PowerPoint slides. PowerPoint slides are provided for each workshop. Slide numbers are marked on the lesson plan so you know when to change slides.

Workbook. If you would prefer, you may work with individuals using the included workbooks. These workbooks allow you to send the teen home with the information and review it upon completion. You may also find it easy to use the workbooks as a way for participants to “follow along” with you while you are presenting.

Because it’s a matter of personal choice, you have freedom to use the materials in the way that works best for you!

OTHER HANDY MATERIALS

- ▶ Sign In Sheet
- ▶ Pre/Post Test for Series
- ▶ My Commitment To The Group
- ▶ Group Rules

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TIPS TO PREPARE

Get comfortable with the materials. You can read the materials right off the PowerPoint slides or your facilitator material, but you will seem more genuine and attentive to what's going on in the group if you are familiar with the materials.

Breathe. Teens can smell your fear. Make sure you are comfortable and relaxed and be ready for crazy comments and questions. They will want to test your boundaries and see what you are like. Set boundaries with them and be consistent and they will slowly warm up to you.

Create a welcoming environment. Every adolescent loves food! Try to keep the environment a safe place for gathering. If you see that the teens are “ganging” up on a certain person make sure to intervene and establish that bullying others won't be tolerated in the group.

Get buy in. Included in your materials is a worksheet entitled “My Commitment to The Group.” You can use the worksheet to have participants sign an “agreement” to make a commitment to the group.

Don't judge a book by its cover. Pain causes people to lash out and build walls around them. Sometimes when you are dealing with a “difficult” adolescent, what you are actually dealing with is a lack of trust. Try to keep your cool and encourage everyone to abide by the rules the group set to avoid unnecessary power struggles.

Know your level of expertise. If you run across an adolescent who you feel is really struggling and in need of assistance, don't hesitate to notify someone in a position to help. Most states have mandated reporting. If you ever suspect abuse notify the proper authorities.

If you don't know, just say so. It's alright to not have all the answers. Tell the group that you will research the answer and get back with them. They will respect your honesty!

Set ground rules for the group. This is by far the most important thing you have to do during first group meeting. Establishing group rules will allow the group to “police” itself without you being the bad guy. Plus, having the participants help create group rules is a good way of motivating them to cooperate with them as well.

Here are common rules you can establish as a base for your group:

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Depending on your particular group it may be a good idea to go over the rules for the group each meeting. You can also use the worksheet “**Group Rules**” in the Workshop Helpers section.

Rule #1: **What is said in here stays in here.**

To keep our group a place where you can feel safe to ask questions and discuss your feelings, it’s important that you be able to speak freely.

If you are afraid to ask a question, or fear rumors will be started about you or that your personal life will be broadcast to others, a group is just a place to sit for an hour. Let’s try to get the most out of our time together and respect each others privacy.

Rule #2: **Respect is key.**

Sometimes in a group, disagreements occur. This is very normal, especially when we are discussing controversial or uncomfortable material. It is impossible that everyone will agree on everything, so if someone has a different viewpoint than you do, lets talk about it instead of name-calling, or other disrespectful behaviors which go against the goal of keeping our group a safe place.

Rule #3: **No interrupting.**

If you want to talk and someone else is talking, please wait until they are finished even if you are REALLLLLY excited about what you have to say! In return, you will have the same respect given to you when you have something to say.

On the flip side of that, let’s try to make sure that everyone in the group has a chance to say what they need to. It wouldn’t hurt every now and then to check in with others and see if they have something to say about a particular topic.

Rule #4: **Please be on time.**

Our group operates like a relationship. It’s a commitment. Try your best to be on time, or let us know when you will be late or unable to attend.

Rule #5: **Turn off your cell phone.**

Even though your cell phone is your lifeline to the outside world, texting or taking calls while you are in the group sends a message that the group, and the members of the group are not important to you. Please turn off your cell phone so we aren't interrupted by ringing phones or text messages.