

Appendix A

St. Lucie County Message to Parents
(adapted from the “Message to Parents” from *Get Real About AIDS*®)

Within the next few weeks we will be teaching your child lessons from our St. Lucie County HIV/AIDS Curriculum. The information is very important. Please read this entire message and the attached exemption option. If you wish to exercise the exemption, you must notify the principal in writing. Your child will be given alternate work on the day of the HIV/AIDS lessons and there will be no penalty of any kind.

AIDS Prevention begins at home.

You are the primary educators of your children, and you can be an important influence on your child’s health decisions. This information will help you protect yourself and your child from AIDS.

The curriculum we are using is a St. Lucie County adaptation of the *Get Real About AIDS*® national curriculum. It is brought to your child through Discovery Health Connections. This curriculum does three things.

- It gives students the latest information about AIDS and other sexually transmitted diseases – functional knowledge, knowledge that they can use to stay safe.
- It teaches students social skills, so they can learn to avoid behaviors that put them at risk of getting HIV, the AIDS virus.
- It shows students that AIDS is a problem that affects everyone.

Lessons

What exactly will your child be taught? Here is a brief summary of each lesson for followed by the teacher’s best estimation of the date when it will be presented.

GRADE 4 LESSONS	Scheduled date(s)
1. In “Talking about AIDS,” students see a video that explains what AIDS is and how HIV can infect the body’s immune system.	
2. In “People with AIDS,” students listen to their teacher read a story about a boy whose teacher becomes infected with HIV, and they discuss how to react to people with AIDS.	

Information about AIDS

You can help your child stay safe from AIDS. First, learn as much as you can about AIDS and other sexually transmitted diseases. The following is a good resource:

AIDSinfo
P.O. Box 6303
Rockville, MD 20849-6303
800/HIV-0440 (800/448-0440)

888/480-3739 (TTY/TDD)
<http://aidsinfo.nih.gov>

To receive materials or talk with a Health Communication Specialist, contact the U.S. Centers for Disease Control and Prevention National HIV and STD Hotline: 800/227-8922. This service is available 24 hours a day.

The following is some basic information about AIDS:

Incidence

- Over one million Americans are infected with HIV.
- Although some groups have more reported AIDS cases than others, AIDS is found among people of all races, ethnic groups and sexual preferences.
- People with HIV infections can live anywhere...in big cities, smaller towns, or rural areas.
- Because the time between getting infected with HIV and developing AIDS can be 10 years or more, many people with AIDS who are in their 20s (currently 1 in 5 reported cases) were infected while they were teenagers.

Transmission

- HIV is in the blood, semen or vaginal secretions of an infected person. The two main ways of spreading HIV are having sex and using contaminated needles to inject drugs. In addition, infected women can pass HIV infection to their newborns.
- There are no reported cases of HIV transmission from saliva, tears, or human bites. You do not get HIV from:
 - Being bitten by mosquitoes or other insects
 - Being bitten by an animal
 - Eating food handled, prepared, or served by someone with HIV infection
 - Sharing toilets, telephones, or clothes
 - Sharing forks, spoon, knives, or drinking glasses
 - Touching, hugging, or kissing a person with HIV infection
 - Attending school, church, shopping malls, or other public places with HIV-infected people
 - Today there is very little chance of getting HIV from a blood transfusion, certainly not enough to stop you from receiving blood if your doctor feels you need it.
 - There is **NO RISK** of getting infected with HIV by **GIVING** blood because a new, sterile needle is used for each blood donation.

HIV and Sex

The surest way to protect young people is for them not to have sex at all. St. Lucie County teaches abstinence from sexual activity as the expected standard for all school age children. While it is not our position to endorse or to condemn any lifestyle choices, we do follow state mandate by teaching children the safety and benefits of monogamous heterosexual marriage. We emphasize that abstinence from sexual activity is an absolute way to avoid pregnancy and sexually transmitted diseases including AIDS.

Talking about AIDS

- Social injustice and social intolerance help spread HIV infection. Respect, understanding, tolerance, and compassion make it possible for those infected or at risk to cooperate with those who would help them. This approach helps all of us to prevent the spread of HIV infection.
- Even if all you do is improve the way you talk about people living with AIDS, you are taking a step in the right direction.

Working with Your Child

How else can you help your child stay safe from AIDS? Ask your child about the day's lesson. Give your child opportunities to show you some of the information and skills that are being taught in the lessons. Offer your child constructive feedback to increase confidence. Encourage your child to continue learning skills and spreading the word about AIDS. And treat your child with respect by validating positive attitudes and behaviors.

Family Expectations

Finally, let your child know your expectations. Children who know what their parents expect of them, and what happens when they meet or do not meet those expectations, are better able to set personal standards and stick to them. All of the social skills taught in the curriculum depend on your child's determining acceptable and unacceptable behavior. AIDS education is about avoiding risky behaviors: You can make a powerful contribution by setting clear guidelines for your child.

Get Real About AIDS® teaches students that the surest way for them to avoid getting AIDS and other sexually transmitted diseases is to not have sex and not use drugs. Parents have different rules for their children: For example, some parents insist on their children's abstinence outside marriage; others do not. No matter what your rules are, though, it is essential that your child know those rules.

Please take a look at the following guidelines. Whether or not the situations currently apply to your family rules, they may prompt you to think about what you would do if the situation arose. Some of you may have already discussed these issues with your child. Good! If you have not, please set aside some time to do so. Based on your answers to these questions, set guidelines for your child's behavior. Then, follow through by discussing the guidelines with your child.

Guidelines in General

Sometimes it is difficult to talk with your child about sensitive issues like sex and drugs. It is probably difficult for your child as well. But it is clear that the more students know about what is expected of them; the more likely they are to meet those expectations. Set aside a block of time during which you will not be disturbed, make sure you listen to your child's views, and involve your child in the discussion. The issues are important, and developing guidelines is one way of showing your child that you care. Some recommendations are:

- Set aside regular times to talk with your child about your expectations.
- Give reasons for the rules you set.
- Consistently follow through with rewards if your child meets expectations and punishments if your child does not meet them.
- Take advantage of “teachable moments,” e.g., watching a television show or reading a newspaper article that relates to these issues, to discuss them with your child.

Remember, respect your child: How you discuss guidelines with your son or daughter is often as important as what those guidelines are. Communicate, do not lecture.

Guidelines about Sex

Get Real About AIDS® does not state that sex is good or bad, only that sexual intercourse is one way for HIV to be transmitted. At some point in their lives most people decide to have sex, however and they need to understand the consequences of having sex before they make that decision.

- What do you want to know about the dating situation before your child goes out? Do you want to know how your child is being taken to and from an event? Whether a party is chaperoned? Does your child know what time to be home?
- Do you have any guidelines about whom your child can go out with, e.g., the age of the person? Do you require that your child’s date meet you before going out with your child?
- In which places is it permissible for your child to go out on a date or with friends? In which places is it not permissible?
- At what point in your child’s life is it permissible for your child to have sex? Under what conditions? Is your child aware of all the actual and potential consequences of having sex?

Guidelines about Drugs

Using drugs is bad news for young people; considering that HIV is often transmitted through the sharing of injection equipment, using drugs can be fatal news. In addition, using drugs such as alcohol and marijuana may lower young people’s inhibitions and impair their judgment, increasing the likelihood of their participation in risky activities.

- What are your expectations about your child’s smoking cigarettes? chewing tobacco? drinking beer, wine, or liquor? smoking marijuana? using other drugs? buying drug paraphernalia?
- Is your child aware of all the actual and potential consequences for using drugs?

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Appendix B

St. Lucie County Message to Parents

(adapted from the “Message to Parents” from *Get Real About AIDS®*)

Within the next few weeks we will be teaching your child lessons from our St. Lucie County HIV/AIDS Curriculum. The information is very important. Please read this entire message and the attached exemption option. If you wish to exercise the exemption, you must notify the principal in writing. Your child will be given alternate work on the day of the HIV/AIDS lessons and there will be no penalty of any kind.

AIDS Prevention begins at home.

You are the primary educators of your children, and you can be an important influence on your child’s health decisions. This information will help you protect yourself and your child from AIDS.

The curriculum we are using is a St. Lucie County adaptation of the *Get Real About AIDS®* national curriculum. It is brought to your child through Discovery Health Connections. This curriculum does three things.

- It gives students the latest information about AIDS and other sexually transmitted diseases – functional knowledge, knowledge that they can use to stay safe.
- It teaches students social skills, so they can learn to avoid behaviors that put them at risk of getting HIV, the AIDS virus.
- It shows students that AIDS is a problem that affects everyone.

Lessons

What exactly will your child be taught? Here is a brief summary of each lesson for GRADE 5 followed by the teacher’s best estimation of the date when it will be presented.

GRADE 5 LESSONS	Scheduled date(s)
3. In “The Refusal Skill™” (a five-day lesson), students learn a skill to help them stick to their limits in risky situations with their friends.	

Information about AIDS

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To receive materials or talk with a Health Communication Specialist, contact the U.S. Centers for Disease Control and Prevention National HIV and STD Hotline: 800/227-8922. This service is available 24 hours a day.

The following is some basic information about AIDS:

Incidence

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- Although some groups have more reported AIDS cases than others, AIDS is found among people of all races, ethnic groups and sexual preferences.
- People with HIV infections can live anywhere...in big cities, smaller towns, or rural areas.
- Because the time between getting infected with HIV and developing AIDS can be 10 years or more, many people with AIDS who are in their 20s (currently 1 in 5 reported cases) were infected while they were teenagers.

Transmission

- HIV is in the blood, semen or vaginal secretions of an infected person. The two main ways of spreading HIV are having sex and using contaminated needles to inject drugs. In addition, infected women can pass HIV infection to their newborns.
- There are no reported cases of HIV transmission from saliva, tears, or human bites. You do not get HIV from:
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 - Sharing toilets, telephones, or clothes
 - Sharing forks, spoon, knives, or drinking glasses
 - Touching, hugging, or kissing a person with HIV infection
 - Attending school, church, shopping malls, or other public places with HIV-infected people
 - Today there is very little chance of getting HIV from a blood transfusion, certainly not enough to stop you from receiving blood if your doctor feels you need it.
 - There is **NO RISK** of getting infected with HIV by **GIVING** blood because a new, sterile needle is used for each blood donation.

HIV and Sex

The surest way to protect young people is for them not to have sex at all. St. Lucie County teaches abstinence from sexual activity as the expected standard for all school age children. While it is not our position to endorse or to condemn any lifestyle choices, we do follow state mandate by teaching children the safety and benefits of monogamous heterosexual marriage. We emphasize that abstinence from sexual activity is an absolute way to avoid pregnancy and sexually transmitted diseases including AIDS.

Talking about AIDS

- Social injustice and social intolerance help spread HIV infection. Respect, understanding, tolerance, and compassion make it possible for those infected or at risk to cooperate with those who would help them. This approach helps all of us to prevent the spread of HIV infection.
- Even if all you do is improve the way you talk about people living with AIDS, you are taking a step in the right direction.

Working with Your Child

How else can you help your child stay safe from AIDS? Ask your child about the day's lesson. Give your child opportunities to show you some of the information and skills that are being taught in the lessons. Offer your child constructive feedback to increase confidence. Encourage your child to continue learning skills and spreading the word about AIDS. And treat your child with respect by validating positive attitudes and behaviors.

Family Expectations

Finally, let your child know your expectations. Children who know what their parents expect of them, and what happens when they meet or do not meet those expectations, are better able to set personal standards and stick to them. All of the social skills taught in the curriculum depend on your child's determining acceptable and unacceptable behavior. AIDS education is about avoiding risky behaviors: You can make a powerful contribution by setting clear guidelines for your child.

Get Real About AIDS® teaches students that the surest way for them to avoid getting AIDS and other sexually transmitted diseases is to not have sex and not use drugs. Parents have different rules for their children: For example, some parents insist on their children's abstinence outside marriage; others do not. No matter what your rules are, though, it is essential that your child know those rules.

Please take a look at the following guidelines. Whether or not the situations currently apply to your family rules, they may prompt you to think about what you would do if the situation arose. Some of you may have already discussed these issues with your child. Good! If you have not, please set aside some time to do so. Based on your answers to these questions, set guidelines for your child's behavior. Then, follow through by discussing the guidelines with your child.

Guidelines in General

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- Set aside regular times to talk with your child about your expectations.
- Give reasons for the rules you set.
- Consistently follow through with rewards if your child meets expectations and punishments if your child does not meet them.
- Take advantage of “teachable moments,” e.g., watching a television show or reading a newspaper article that relates to these issues, to discuss them with your child.

Remember, respect your child: How you discuss guidelines with your son or daughter is often as important as what those guidelines are. Communicate, do not lecture.

Guidelines about Sex

Get Real About AIDS® does not state that sex is good or bad, only that sexual intercourse is one way for HIV to be transmitted. At some point in their lives most people decide to have sex, however and they need to understand the consequences of having sex before they make that decision.

- What do you want to know about the dating situation before your child goes out? Do you want to know how your child is being taken to and from an event? Whether a party is chaperoned? Does your child know what time to be home?
- Do you have any guidelines about whom your child can go out with, e.g., the age of the person? Do you require that your child’s date meet you before going out with your child?
- In which places is it permissible for your child to go out on a date or with friends? In which places is it not permissible?
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Appendix C

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Lessons

What exactly will your child be taught? Here is a brief summary of each lesson for GRADE 6 followed by the teacher’s best estimation of the date when it will be presented.

GRADE 6 LESSON	Scheduled date(s)
4. In “Gaining by Abstaining,” students listen to their teacher read a book about a boy and a girl deciding whether or not to have sex, and argue for the advantages of abstinence.	
There is only one scheduled lesson in this curriculum for grade 6.	

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Lessons

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GRADE 7 LESSON	Scheduled date(s)
5. In “Learning About AIDS,” students see a video about HIV and AIDS and discuss how HIV can and cannot be transmitted.	
There is only one lesson in this curriculum for grade 7.	

Information about AIDS

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Guidelines about Sex

Get Real About AIDS® does not state that sex is good or bad, only that sexual intercourse is one way for HIV to be transmitted. At some point in their lives most people decide to have sex, however and they need to understand the consequences of having sex before they make that decision.

- What do you want to know about the dating situation before your child goes out? Do you want to know how your child is being taken to and from an event? Whether a party is chaperoned? Does your child know what time to be home?
- Do you have any guidelines about whom your child can go out with, e.g., the age of the person? Do you require that your child’s date meet you before going out with your child?
- In which places is it permissible for your child to go out on a date or with friends? In which places is it not permissible?
- At what point in your child’s life is it permissible for your child to have sex? Under what conditions? Is your child aware of all the actual and potential consequences of having sex?

Guidelines about Drugs

Using drugs is bad news for young people; considering that HIV is often transmitted through the sharing of injection equipment, using drugs can be fatal news. In addition, using drugs such as alcohol and marijuana may lower young people’s inhibitions and impair their judgment, increasing the likelihood of their participation in risky activities.

- What are your expectations about your child’s smoking cigarettes? chewing tobacco? drinking beer, wine, or liquor? smoking marijuana? using other drugs? buying drug paraphernalia?
- Is your child aware of all the actual and potential consequences for using drugs?

These guidelines are not useful unless and until you discuss them with your child. Although you may feel that these discussions are years away if you are the parent of a very young child, it is never too soon for you to reflect on these issues and make decisions about your expectations. Your child will want to know.

Appendix E

St. Lucie County Message to Parents

(adapted from the “Message to Parents” from *Get Real About AIDS*®)

Within the next few weeks we will be teaching your child lessons from our St. Lucie County HIV/AIDS Curriculum. The information is very important. Please read this entire message and the attached exemption option. If you wish to exercise the exemption, you must notify the principal in writing. Your child will be given alternate work on the day of the HIV/AIDS lessons and there will be no penalty of any kind.

AIDS Prevention begins at home.

You are the primary educators of your children, and you can be an important influence on your child’s health decisions. This information will help you protect yourself and your child from AIDS.

The curriculum we are using is a St. Lucie County adaptation of the *Get Real About AIDS*® national curriculum. It is brought to your child through Discovery Health Connections. This curriculum does three things.

- It gives students the latest information about AIDS and other sexually transmitted diseases – functional knowledge, knowledge that they can use to stay safe.
- It teaches students social skills, so they can learn to avoid behaviors that put them at risk of getting HIV, the AIDS virus.
- It shows students that AIDS is a problem that affects everyone.

Lessons

What exactly will your child be taught? Here is a brief summary of each lesson for GRADE 8 followed by the teacher’s best estimation of the date when it will be presented.

GRADE 8 LESSONS	Scheduled date(s)
6. In “Setting the Stage,” students learn how they may be at risk for becoming infected with HIV, and they establish a safe and comfortable environment for discussing AIDS.	
7. In “The Invisible Thread,” students participate in a simulation that illustrates why AIDS is an epidemic and also study in teams about AIDS and other sexually transmitted diseases. In this lesson students will be introduced to condoms.	
8. In “ <i>The Refusal Skill</i> ™ (Day 1),” students learn a skill to help them stick to their limits in risky situations.	
9. In “ <i>The Refusal Skill</i> ™ (Day 2),” students practice <i>The Refusal Skill</i> in a variety of situations.	
10. In “ <i>The Refusal Skill for Self-Control</i> ™,” students learn a skill to maintain self-control when they are tempted to do something beyond their limits.	

Information about AIDS

You can help your child stay safe from AIDS. First, learn as much as you can about AIDS and other sexually transmitted diseases. The following is a good resource:

AIDSinfo
P.O. Box 6303
Rockville, MD 20849-6303
800/HIV-0440 (800/448-0440)
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To receive materials or talk with a Health Communication Specialist, contact the U.S. Centers for Disease Control and Prevention National HIV and STD Hotline: 800/227-8922. This service is available 24 hours a day.

The following is some basic information about AIDS:

Incidence

- Over one million Americans are infected with HIV.
- Although some groups have more reported AIDS cases than others, AIDS is found among people of all races, ethnic groups and sexual preferences.
- People with HIV infections can live anywhere...in big cities, smaller towns, or rural areas.
- Because the time between getting infected with HIV and developing AIDS can be 10 years or more, many people with AIDS who are in their 20s (currently 1 in 5 reported cases) were infected while they were teenagers.

Transmission

- HIV is in the blood, semen or vaginal secretions of an infected person. The two main ways of spreading HIV are having sex and using contaminated needles to inject drugs. In addition, infected women can pass HIV infection to their newborns.
- There are no reported cases of HIV transmission from saliva, tears, or human bites. You do not get HIV from:
 - Being bitten by mosquitoes or other insects
 - Being bitten by an animal
 - Eating food handled, prepared, or served by someone with HIV infection
 - Sharing toilets, telephones, or clothes
 - Sharing forks, spoon, knives, or drinking glasses
 - Touching, hugging, or kissing a person with HIV infection
 - Attending school, church, shopping malls, or other public places with HIV-infected people
 - Today there is very little chance of getting HIV from a blood transfusion, certainly not enough to stop you from receiving blood if your doctor feels you need it.

- There is NO RISK of getting infected with HIV by GIVING blood because a new, sterile needle is used for each blood donation.

HIV and Sex

The surest way to protect young people is for them not to have sex at all. St. Lucie County teaches abstinence from sexual activity as the expected standard for all school age children. While it is not our position to endorse or to condemn any lifestyle choices, we do follow state mandate by teaching children the safety and benefits of monogamous heterosexual marriage. We emphasize that abstinence from sexual activity is an absolute way to avoid pregnancy and sexually transmitted diseases including AIDS.

Talking about AIDS

- Social injustice and social intolerance help spread HIV infection. Respect, understanding, tolerance, and compassion make it possible for those infected or at risk to cooperate with those who would help them. This approach helps all of us to prevent the spread of HIV infection.
- Even if all you do is improve the way you talk about people living with AIDS, you are taking a step in the right direction.

Working with Your Child

How else can you help your child stay safe from AIDS? Ask your child about the day's lesson. Give your child opportunities to show you some of the information and skills that are being taught in the lessons. Offer your child constructive feedback to increase confidence. Encourage your child to continue learning skills and spreading the word about AIDS. And treat your child with respect by validating positive attitudes and behaviors.

Family Expectations

Finally, let your child know your expectations. Children who know what their parents expect of them, and what happens when they meet or do not meet those expectations, are better able to set personal standards and stick to them. All of the social skills taught in the curriculum depend on your child's determining acceptable and unacceptable behavior. AIDS education is about avoiding risky behaviors: You can make a powerful contribution by setting clear guidelines for your child.

Get Real About AIDS® teaches students that the surest way for them to avoid getting AIDS and other sexually transmitted diseases is to not have sex and not use drugs. Parents have different rules for their children: For example, some parents insist on their children's abstinence outside marriage; others do not. No matter what your rules are, though, it is essential that your child know those rules.

Please take a look at the following guidelines. Whether or not the situations currently apply to your family rules, they may prompt you to think about what you would do if the situation arose. Some of you may have already discussed these issues with your child.

Good! If you have not, please set aside some time to do so. Based on your answers to these questions, set guidelines for your child's behavior. Then, follow through by discussing the guidelines with your child.

Guidelines in General

Sometimes it is difficult to talk with your child about sensitive issues like sex and drugs. It is probably difficult for your child as well. But it is clear that the more students know about what is expected of them; the more likely they are to meet those expectations. Set aside a block of time during which you will not be disturbed, make sure you listen to your child's views, and involve your child in the discussion. The issues are important, and developing guidelines is one way of showing your child that you care. Some recommendations are:

- Set aside regular times to talk with your child about your expectations.
- Give reasons for the rules you set.
- Consistently follow through with rewards if your child meets expectations and punishments if your child does not meet them.
- Take advantage of "teachable moments," e.g., watching a television show or reading a newspaper article that relates to these issues, to discuss them with your child.

Remember, respect your child: How you discuss guidelines with your son or daughter is often as important as what those guidelines are. Communicate, do not lecture.

Guidelines about Sex

Get Real About AIDS® does not state that sex is good or bad, only that sexual intercourse is one way for HIV to be transmitted. At some point in their lives most people decide to have sex, however and they need to understand the consequences of having sex before they make that decision.

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- Do you have any guidelines about whom your child can go out with, e.g., the age of the person? Do you require that your child's date meet you before going out with your child?
- In which places is it permissible for your child to go out on a date or with friends? In which places is it not permissible?
- At what point in your child's life is it permissible for your child to have sex? Under what conditions? Is your child aware of all the actual and potential consequences of having sex?

Guidelines about Drugs

Using drugs is bad news for young people; considering that HIV is often transmitted through the sharing of injection equipment, using drugs can be fatal news. In addition, using drugs such as alcohol and marijuana may lower young people's inhibitions and impair their judgment, increasing the likelihood of their participation in risky activities.

- What are your expectations about your child's smoking cigarettes? chewing tobacco? drinking beer, wine, or liquor? smoking marijuana? using other drugs? buying drug paraphernalia?
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Appendix F

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Lessons

What exactly will your child be taught? Here is a brief summary of each lesson for HIGH SCHOOL followed by the teacher’s best estimation of the date when it will be presented.

HIGH SCHOOL LESSONS	Scheduled date(s)
11. In “The Transmission of HIV” students participate in a simulation that illustrates why AIDS is an epidemic and learn about assessing their own risks for becoming infected with HIV.	
12. In “Delaying Sex,” students explore reasons for delaying having sex and discuss how sex can change a relationship.	
13. In “The SLC version of Preventing HIV Infection” students learn about condoms –how they prevent HIV transmission and how they are used.	
14. In “ <i>The Refusal Skill</i> ™ (Day 1),” students learn a skill to help them stick to their limits in risky situations.	
15. In “ <i>The Refusal Skill</i> ™ (Day 2),” students practice <i>The Refusal Skill</i> in a variety of situations.	
16. In “Using <i>The Refusal Skill</i> ™ Proactively,” students learn to use <i>The Refusal Skill</i> before they get into a risky situation.	

HIGH SCHOOL LESSONS	Scheduled date(s)
17. In “Becoming Comfortable Using <i>The Refusal Skill</i> ™, students learn how to make practicing <i>The Refusal Skill</i> more interesting and how to be more comfortable using the skill by adapting it to their own styles.	
18. In “ <i>The Refusal Skill for Self-Control</i> ™” students learn a skill to maintain self-control when they are tempted to do something beyond their limits.	
19. In “Peer Messages,” students explore their own attitudes and commit to give their friends messages about HIV.	

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