

native

STAND

Students Together Against Negative Decisions

Peer Educator Manual

Native STAND Peer Educator's Manual

Table of Contents

- Sessions**
1. Welcome & Introduction
 2. Team Building
 3. Acting Out
 4. Culture & Tradition
 5. Honoring Diversity/Respecting Differences
 6. Goals & Values
 7. Healthy Relationships - Part 1
 8. Reproductive Health - Part 1
 9. Reproductive Health - Part 2
 10. The Downside of Hooking Up
 11. Pregnancy & Parenting
 12. Preventing Pregnancy
 13. Condoms
 14. Sexually Transmitted Diseases - Part 1
 15. Sexually Transmitted Diseases - Part 2
 16. HIV/AIDS - Part 1
 17. HIV/AIDS - Part 2
 18. Field Trip to a Local Health Clinic
 19. Taking Care of the Whole Person
 20. Healthy Relationships - Part 2
 21. Drugs & Alcohol
 22. Negotiation & Refusal Skills
 23. Decision Making
 24. Being a Peer Educator
 25. The Stages of Change
 26. Effective Communication
 27. Putting It All Together

Glossary



1: Welcome & Introduction



What are we going to do today?

Today we will introduce you to the Native STAND program and talk about why it is so important to have a program like this in our school and community.

What am I going to learn today?

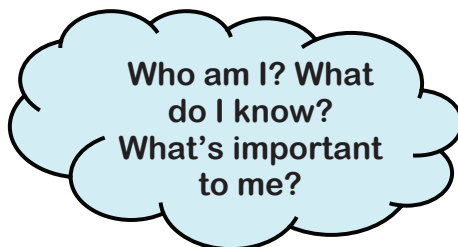
By the end of this session, you will be able to:

1. Describe the goals, content, and workings of the program.
2. Describe the size of the problem of teen pregnancy and STDs.
3. Recognize the need for teens to learn how to lower their risks of pregnancy and STDs.
4. Describe the role of a peer educator.

**Welcome to
Native STAND!**



Native STAND Journey

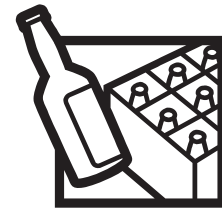




Risky Business



1. What % of Native students *thinks* they are slightly or very overweight? ____%
2. What % of Native students eats at least 5 servings of fruits and vegetables every day? ____%
3. What % of Native students has ever tried cigarettes? ____%
4. What % of Native students drank alcohol at least once in the last month? ____%
5. What % of Native students had 5 or more alcoholic drinks within a couple of hours of each other in the last month? ____%



6. What % of Native students has ever had sex? ____%
7. What % of Native students has had sex with 4 or more people during their life? ____%
8. What % of Native students attempted suicide 1 or more times in the past year? ____%



NOTES



Did any of the Risky Business answers surprise you? Which ones and why?