

native

STAND

Students Together Against Negative Decisions

Resource Manual

Native STAND Resource 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

Native STAND Consent

Native STAND Journey

Risky Business Worksheet

Native STAND Contract

NATIVE STAND CONSENT FORM

Student:

I agree to participate in Native STAND (Native Students Together Against Negative Decisions), a program that will teach me how to make healthy decisions concerning my health and to avoid pregnancy, HIV/AIDS, and other sexually transmitted diseases (STDs). Group sessions will provide information on healthy-decision making and prevention. The program will teach ways that may help me avoid or lower the risk of STDs, HIV, and pregnancy, refuse unwanted propositions, and form stable relationships with others. As a Native STAND member, I understand that I will be asked to practice how I would handle pressures from other people. The program will also teach me how to share this information with others.

I understand that all discussions in the group and my conversations with the project staff are confidential. They will not be revealed to my parents or anyone else. Any written evaluations that I complete for this project will be confidential and my name will not be placed on them. These evaluations will include questions about my personal knowledge, attitudes, and behaviors related to sex. My name will never appear on any report of the project or its results.

I choose to participate in this project voluntarily. I understand that I am free to stop any time I wish.

Native STAND Member signature

Date

Native STAND Project Director signature

Date

Parent/Guardian:

I understand the nature of the Native STAND program my child will be participating in, and I hereby give my full permission for him or her to participate in the program in its entirety.

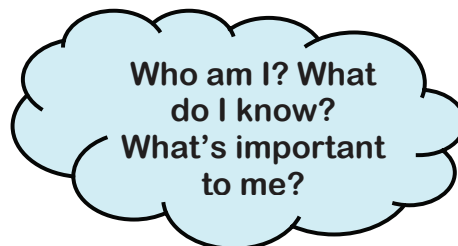
Parent/Guardian signature

Date

Parent/Guardian (in print): _____

Parent/Guardian Phone Number(s): _____

Native STAND Journey

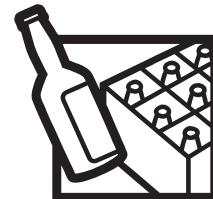




Risky Business



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? ____%



Native STAND Contract

As a participant in Native STAND, I agree to:

- ◇ Attend every session unless an emergency arises.
- ◇ Be on time for sessions and activities.
- ◇ Participate to my fullest in each session.
- ◇ Learn with an open mind and respect the ideas and feelings of others, even if they are different from my own.
- ◇ Not discuss anything personal that is said or done in the group with anyone outside the group.
- ◇ Serve as a positive role model among my peers.
- ◇ Provide my peers with factual information about STD, HIV, and teen pregnancy prevention.
- ◇ Encourage my peers to be abstinent or to reduce their sexual risk taking.
- ◇ Support fellow Native STAND participants in their personal decisions as long as they are choosing to reduce the risks they take.
- ◇ Discuss with the adult facilitator any problems, concerns, suggestions, or questions I have.

Signed _____ Date _____