

Informed and InCharge

BASICS, BEHAVIOURS, AND BOUNDARIES

Informed and In Charge program targets skill development and the informational needs of girls aged 12 to 14. In this 8 to 10 week curriculum, girls learn why and how to postpone sex by recognizing, exploring, and practicing attitudes and skills for dealing with sexuality issues as they enter their most pressure-sensitive years. Each component of this program is research based; developmentally appropriate; field-tested; focused on skills and attitudes; informal and interactive.

The interactive sessions center on values, relationships, the reproductive system, female health and hygiene, separates sexual myths from reality, assertiveness and communication skills. It also focuses on identifying and resisting sexual pressures from the media and peers, sexual decision-making and avoiding risky situations, consent and sexual harassment and the positive aspects of abstinence, and the power of an affirmative sister support system.

The curriculum provides step-by-step instructions for facilitators to present age-appropriate material and skill development in the form of interactive and engaging activities. The curriculum is divided into modules that can be modified to fit allotted class times.

Topics

- **Anatomy, Health and Hygiene**
- **Facts vs. Myths**
- **Communication and Relationships**
- **Abstinence and Refusal skills**
- **Media Messages**
- **Values**
- **Consent and Sexual Harassments**
- **Technology and internet Safety**
- **STIs and HIV/AIDS**

