



# Positive Prevention PLUS

## Sexual Health Education for America's Youth

### What is Positive Prevention PLUS?

Positive Prevention PLUS is an evidence-based, comprehensive sexual health education program designed to build young people's skills for reducing their risk for sexually transmitted infections (STIs) and unplanned pregnancy. The program seeks to teach adolescents to either delay/abstain from sexual activity or use contraception consistently and correctly when engaging in sexual activity. Skills taught throughout this curriculum can be applied to many areas of life, resulting in healthier outcomes for youth. There is a middle- and high-school version available for use with youth ages 11-18 in a middle-school, high-school or community setting.

### Outcomes

Research shows youth who participated in the Positive Prevention PLUS program reported the following:

- Delayed initiation of sexual intercourse
- Increased use of contraceptives if sexually active
- Increase in parent-child communication around sexual health issues

### Themes

Positive Prevention PLUS uses numerous strategies that have proven effective with youth. Its approach to addressing unplanned pregnancy and STIs is based on some of the following themes:

1. Protecting and promoting individual sexual and reproductive rights
2. Sexual responsibility and accountability
3. Healthy relationships, including developing intimacy in non-sexual ways
4. Encouraging parent-child communication

### Learning Activities

Positive Prevention PLUS focuses on specific protective behaviors through utilization of a variety of peer-based and interactive strategies:

- Brainstorming
- Group discussions
- Videos
- Negotiation and refusal skills practice
- Worksheets
- Condom demonstration
- Role-playing
- Games and activity cards

Positive Prevention PLUS provides 600 minutes of unplanned pregnancy prevention, STI prevention, violence prevention, and reproductive health instruction. All facilitators are trained to deliver the program with fidelity.

### HIV/AIDS Prevention Education

Oklahoma's AIDS Prevention Education statute ([70 O.S. § 11-103.3](#)) requires students to receive AIDS prevention education a minimum of once from 7th-9th grade and a minimum of once from 10th-12th grade. contains information about HIV/AIDS and can be used to meet the state statute.

## Consent Education

Positive Prevention PLUS is implemented in compliance with Oklahoma's Sex Education Curriculum and Materials statute (70 O.S. § 11-105.1), which requires all sex education curriculum, materials, classes, programs, tests, surveys/questionnaires to include information about sexual consent and meet the state's definition for consent (21 O.S. § 113).

## Oklahoma Academic Standards for Health Education

Oklahoma Academic Standards (OAS) serve as expectations for what students should know and be able to do by the end of the school year. An effective health education program offers all students the opportunity to gain the needed knowledge, skills and dispositions toward healthy lifestyles. When implemented with fidelity, Positive Prevention PLUS can potentially fulfill some of the objectives for the [health education standards](#) listed below for students in 6th-12th grade.

**Standard 1:** Comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.

**Standard 4:** Demonstrate ability to use interpersonal communication skills to enhance health and avoid/reduce health risks.

**Standard 6:** Demonstrate ability to use goal-setting skills to enhance health.

**Standard 7:** Demonstrate ability to practice health-enhancing behaviors and avoid/reduce health risks.



## Publisher

Positive Prevention PLUS, LLC  
[www.positivepreventionplus.com](http://www.positivepreventionplus.com)

Authors: Kim Robert Clark, DrPH, MPH and  
Christine Janet Ridley, RN, MEd  
Copyright: 2016,  
Copyright: 2018

Visit the U.S. Department of Health & Human Services Office of Population Affairs for more information on evidence-based programs.  
[opa.hhs.gov](http://opa.hhs.gov)

## Acknowledgement

This publication was adapted from [factforward.org](http://factforward.org)

## For more information about this or any other evidence-based curriculum, contact:

Maternal and Child Health Service  
Child & Adolescent Health Division  
123 Robert S Kerr Ave, Oklahoma City, OK 73102  
(405) 426-8085



This publication was issued by the Oklahoma State Department of Health (OSDH), an equal opportunity employer and provider. XXX copies were printed by XXX at a cost of \$xxx. A digital file has been deposited with the Publications Clearinghouse of the Oklahoma Department of Libraries in compliance with section 3-114 of Title 65 of the Oklahoma Statutes and is available for download at [documents.ok.gov](http://documents.ok.gov) | Issued October 2023