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| **Timing** | **Actual Time** | **Day 1**  **Module/Topic** | **Trainer** |
| 30 min | 12:00-12:30pm | **Welcome and Introductions**   * Welcome (5 min) * Participant Introductions (10 min) * Goal/objectives (2 min) * Agenda (2 min) * Participant Materials (3 min) * Expectations (3 min) * Professional Learning Needs Assessment (4 min) * Parking Lot (1 min) |  |
| 35 mins | 12:30-1:05pm | **Background**   * Discussion of youth in systems of care (15 min) * History of PTC (5 min) * Theories behind PTC (10 min) * Key Recommendations (5 min) |  |
| 10 min | 1:05-1:15pm | **Orientation to Curriculum**   * Orientation of *Power Through Choices* curriculum package (5 min) * Walk through wrap-ups (5 min) |  |
| 5 min | 1:15-1:20pm | **BREAK** |  |
| 65 min | 1:20-2:25pm | **Session 1**   * Demonstration process (5 min) * Overview (2 min) * Intro/group agreements (WALK 5 min) * **Discussion of the program (TRAINER DEMO 15 min)** * **Reasons why (TRAINER DEMO 15 min)** * **Demonstrate/practice role play (TRAINER DEMO 15 min)** * Wrap up discussion (WALK 5 min) * Takeaways (3 min) |  |
| 5 min | 2:25-2:30pm | **BREAK** |  |
| 35 min | 2:30-3:05pm | **Session 2 – Part 1**   * Overview (2 min) * Review /Introduction (WALK 3 min) * **Express Yourself (TRAINER DEMO 15 min)** * **Anniversary Night (TRAINER DEMO) 15 min)** |  |
| 10 min | 3:05-3:15pm | **Teachback Process**   * Explanation of teachback & feedback process (10 min) |  |
| 45 min | 3:15-4:00pm | **Q&A/Closure**   * Youth questions assignment (5 min) * Evaluation * Teachback Prep - (40 min) |  |

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| **Timing** | **Actual Time** | **Day 2**  **Module/Topic** | **Trainer** |
| 15 min | 12:00-12:15pm | **Welcome to Day 2**   * Review agenda – respond to feedback (5 min) * Review of youth questions assignment (10 min) |  |
| 50 min | 12:15pm-1:05pm | **Session 2-part 2**   * **It Takes Two (TEACHBACK 15 min)** * **Talking it out (TEACHBACK 15 min)** * Feedback (15 min) * Takeaways (5 min) |  |
| 5 min | 1:05pm-1:10pm | **BREAK** |  |
| 70 min | 1:10pm-2:20pm | **Session 3**   * Overview 2 min) * **Reproductive Anatomy (TEACHBACK 30 min)** * **Fertilization, Conception, Menstrual Cycle (TEACHBACK 20 min)** * Feedback (15 min) * Takeaways (3 min) |  |
| 5 min | 2:20pm-2:25pm | **BREAK** |  |
| 75 min | 2:25pm-3:40pm | **Session 4**   * Overview (3 min) * **Contraceptive Explanation (TEACHBACK 30 min)** * Feedback (10 min) * **Condom Demonstration (TRAINER DEMO AND ALL PRACTICE 30 min)** * Takeaways (2 min) |  |
| 20 min | 3:40pm-4:00pm | **Reflection and Closing**   * Activity: Which Symbolizes My Day? * Parking Lot * Evaluation |  |

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| **Timing** | **Actual Time** | Day 3Module/Topic | **Trainer** |
| 10 min | 12:00pm-12:10pm | **Review of Day Two**   * Welcome to Day 3 (1 min) * Parking Lot Review (6 min) * Day 3 Agenda (3 min) |  |
| 85 min | 12:10pm-1:35pm | **Session 5**   * Overview (2 min) * **STI’s: How much do you know? (TEACHBACK 45 min)** * **Doing it Right (TEACHBACK 20 min)** * Feedback (15 min) * Takeaways (3 min) |  |
| 5 min | 1:35pm-1:40pm | **BREAK** |  |
| 65 min | 1:40pm-2:45pm | **Session 6**   * Overview (2 min) * **Risky Business (TRAINER DEMO 15 min)** * **Lunchtime Conversation (TEACHBACK 10 min)** * **Condom Comfort (TEACHBACK 15 min)** * Feedback (15 min) * Finding Adult Resources (WALK) (5 min) * Takeaways (3 min) |  |
| 5 min | 2:45pm-2:50pm | **BREAK** |  |
| 65 min | 2:50pm-3:55pm | **Session 7**   * Overview (2 min) * **Youth-friendly providers (TEACHBACK 45 min)** * Feedback (15 min) * Takeaways (3 min) |  |
| 5 min | 3:55pm-4:00pm | **Closure/Evaluations**   * Review Parking Lot * Evaluation |  |

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| **Timing** | **Actual Time** | Day 4 **Module/Topic** | **Trainer** |
| 10 min | 12:00pm-12:10pm | **Welcome**   * Reflections from Day 3 (5 min) * Answer Parking Lot questions (4 min) * Agenda (1 min) |  |
| 50 min | 12:10pm-1:00pm | **Session 8**   * Overview (2 min) * **You Decide (TEACHBACK 35 min)** * Feedback (10 min) * Takeaways (3 min) |  |
| 5 min | 1:00pm-1:05pm | **BREAK** |  |
| 60 min | 1:05pm-2:05pm | **Session 9**   * Overview (2 min) * **Designing my Saturday night (TEACHBACK 45 min)** * Feedback (10 min) * Takeaways (3 min) |  |
| 10 min | 2:05pm-2:15pm | **BREAK** |  |
| 50 min | 2:15pm-3:05pm | **Session 10**   * Overview (2 min) * **Steps to Protection (TEACHBACK 15 min)** * **Bingo (TEACHBACK 15 min)** * Feedback (15 min) * Takeaways (3 min) |  |
| 5 min | 3:05pm-3:10pm | **BREAK** |  |
| 30 min | 3:10pm-3:40pm | **Fidelity & Adaptations**   * Logic model (2 min) * Fidelity basics (3 min) * Core components, fidelity, and adaptations (10 min) * Adaptation activity (15 min) |  |
| 20 min | 3:40-4:00pm | **Closure & Evaluations**   * Professional Learning Standards and Action Planning (7 min) * Parking Lot (3 min) * Closure activity (10 min) * Evaluation |  |