

# El Camino

## APPENDIX B: Lessons At-A-Glance

Lesson (Key Message)	Min.	Activity #	Activity Title	Description	
<b>Arc One (Lessons 1 to 4): Goal Setting</b>					
Introduction to the imagery of life as a road (camino) and the STAR Framework: State your goal; Think about the steps; Assert your camino; Reach your goal.					
<b>Lesson 1: State Your Goal: Intro to El Camino</b>  <i>YOU are in charge of setting and reaching your goals.</i>	41	2	<b>1A</b>	Welcome to El Camino Program Lesson 1!	Facilitator welcomes students to the program and defines "El Camino."
		7	<b>1B</b>	Vote with Your Feet	Students move to different parts of the room to indicate whether they "agree" or "disagree" with statements such as "I can have fun now and let the future take care of itself."
		5	<b>1C</b>	Introduction to El Camino and Group Agreements	Facilitator goes over the over-arching key messages and establishes group agreements with the class.
		5	<b>1D</b>	STAR: State your goal; Think about the steps; Assert your Camino; Reach your goal	Facilitator discusses maps and links to El Camino, and then introduces each component in STAR.
		14	<b>1E</b>	Sofia's and Santiago's Story/Novela	After a student reads aloud a story about two characters, the facilitator facilitates a class discussion using prompts to fill out a map of their "caminos."
		5	<b>1F</b>	STAR: State Your Goal	Students reflect on and share their long-term goals.
		3	<b>1G</b>	Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.

Lesson (Key Message)	Min.	Activity #	Activity Title	Description	
<b>Lesson 2: Think About the Steps: My Life at 25</b>  <i>Take steps now to reach your goal.</i>	41	3	<b>2A</b>	Welcome to Lesson 2!	Facilitator introduces the Key Message for the lesson: Take steps now to reach your goal.
		5	<b>2B</b>	Review STAR: State your goal; Think about the steps; Assert your Camino; Reach your goal	Students recall aloud the steps in STAR.
		13	<b>2C</b>	“Pass the Ball”: Think About Steps to Your Goal	Students take turns catching a ball and stating steps they must take at different time points to reach their goals.
		15	<b>2D</b>	My El Camino Map: “Think about the Steps” to Achieve My Goal	Facilitator reads prompts about students' futures and students use the El Camino map to think about the steps to their goals. Some volunteers share.
		2	<b>2E</b>	Assignment #1: A Question for your Parent/Guardian or Other Trusted Adult	Facilitator introduces the first assignment involving parents.
		3	<b>2F</b>	Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.
<b>Lesson 3: Assert Your El Camino: Relationships and Decisions</b>  <i>Learn to identify and respond to “warning signs.”</i>	42	3	<b>3A</b>	Welcome to Lesson 3!	Facilitator introduces the Key Message for the lesson: Learn to identify and respond to "warning signs."
		8	<b>3B</b>	Vote with Your Feet - Road Trips - On or Off Track?	Students discuss whether they agree or disagree with statements.
		9	<b>3C</b>	Warning Signs	Facilitator defines concept and then uses prompts to evoke feelings of unease. Students volunteer to share answers to questions such as "How might you feel in the situation?"

Lesson (Key Message)	Min.	Activity #	Activity Title	Description
		16	<b>3D</b> Sofia's and Santiago's Story/Novela: Pedro's Party	Students read a scenario and try to imagine how the main characters are feeling as the story develops, as well as identifying where the main characters might be getting "off track." Facilitator leads a class discussion throughout.
		3	<b>3E</b> Assignment #1: A Question for your Parent/Guardian or Other Trusted Adult	
		3	<b>3F</b> Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.
<b>Lesson 4: Reach Your Goal: Setting Limits to Stay on Track</b>  <i>Only have sex when you are ready. Experience life's road trips and identify resources that support reaching your camino.</i>	42	2	<b>4A</b> Welcome to Lesson 4!	Facilitator introduces the Key Message for the lesson: Experience life's road trips and identify tools or resources that support reaching your camino.
		5	<b>4B</b> Reviewing STAR	Students review the steps in STAR.
		15	<b>4C</b> Sofia's and Santiago's Story/Novela: Pedro's Party (cont'd)	Facilitator leads a class discussion about different potential scenarios for Santiago, focusing on implications for his camino.
		17	<b>4D</b> Vote with Your Feet: Teen Parent Reality Check	Facilitator asks yes/no questions such as "If you had a baby, would your partner live with you?" with discussion prompts.
		3	<b>4E</b> Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the first arc.

Lesson (Key Message)	Min.	Activity #	Activity Title	Description	
<b>Arc Two (Lessons 5 to 8): Sexual and Reproductive Health</b>					
Factual information about reproductive biology and how a pregnancy occurs, contraceptives, condoms, and contraceptive decision making.					
<b>Lesson 5: Teen Pregnancy and Understanding How a Pregnancy Occurs</b>  <i>Both partners are responsible for preventing unintended pregnancy and/or STIs. To prevent unintended pregnancy, abstain from penile-vaginal sex or use an effective method each time. To prevent sexually transmitted infections, you also need to use a condom consistently.</i>	43	1	<b>5A</b>	Welcome to Lesson 5!	Facilitator introduces the Key Message for the lesson: To prevent unintended pregnancy, abstain from sex or use an effective method each time.
		11	<b>5B</b>	Gender, Culture, and Pregnancy	Students learn about gender and sex. Students think about what they learn about culture from their family, friends, and social media.
		20	<b>5C</b>	How a Pregnancy Occurs	Facilitator gives presentation while students fill in diagrams from word banks. Facilitator gives review, using completed diagrams.
		8	<b>5D</b>	More Facts about Pregnancy and Question Box	Class reviews FAQs from handout. Facilitator hands out index cards that students can use to submit questions anonymously. Facilitator will address these questions after reviewing them.
		3	<b>5E</b>	Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.
<b>Lesson 6: Promoting Sexual Health: Contraception</b>  <i>Choose and always use an effective contraceptive method to help you stay on your camino.</i>	43	1	<b>6A</b>	Welcome to Lesson 6!	Facilitator introduces the Key Message for the lesson: Choose and always use an effective contraceptive method to help you stay on your camino.
		3	<b>6B</b>	Student Questions & Review of Talking Points About Pregnancy	Facilitator reviews FAQs and students' questions from Lesson 5.
		22	<b>6C</b>	Contraceptive Methods	Students brainstorm different types of contraception. Facilitator gives presentation, passes around methods, addresses partner involvement.

Lesson (Key Message)	Min.	Activity #	Activity Title	Description	
		9	<b>6D</b>	Sofia and David: Making Decisions & Contraceptive Timeline	Students use Sofia and David's story to discuss the maintenance required for the different contraceptive methods.
		5	<b>6E</b>	More Facts About Contraceptives and Question Box	Class reviews FAQs from handout and facilitator passes out question cards.
		3	<b>6F</b>	Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.
<b>Lesson 7: Promoting Sexual Health and Preventing STIs: Condoms</b>  <i>Safe sex means preventing unintended pregnancy and STIs.</i>	42	1	<b>7A</b>	Welcome to Lesson 7!	Facilitator introduces the Key Message for the lesson: Safe sex means preventing unintended pregnancy and STIs.
		4	<b>7B</b>	Student Questions & Review of Talking Points about Contraceptives	Facilitator reviews FAQs and answers students' questions from Lesson 6.
		6	<b>7C</b>	Benefits of Using a Condom and Sexually Transmitted Infections (STIs)	Students list benefits of condoms and facilitator records them. Facilitator introduces STIs.
		5	<b>7D</b>	How to Use Condoms	Students read steps from handout and facilitator demonstrates with a model.
		10	<b>7E</b>	Condom Practice	Students practice using condoms in pairs using models.
		6	<b>7F</b>	Obstacles to Using Contraception & Condoms	Students brainstorm solutions to a variety of obstacles in pairs, and then facilitator leads a class discussion.
		5	<b>7G</b>	More Facts About Condoms and Question Box	Class reviews FAQs from handout and facilitator passes out question cards.

Lesson (Key Message)	Min.	Activity #	Activity Title	Description	
		2	<b>7H</b>	Assignment 2: A Question for Your Parent/Guardian or Other Trusted Adult	
		3	<b>7I</b>	Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.
<b>Lesson 8: Promoting Sexual Health and Staying on Your Camino</b>  <i>Healthcare providers are a resource for choosing and using an effective contraceptive.</i>	43	1	<b>8A</b>	Welcome to Lesson 8!	Facilitator introduces the Key Message for the lesson: Healthcare providers are a resource for choosing and using an effective contraceptive.
		10	<b>8B</b>	Promoting Sexual Health on Your Camino	Students map out their goals about sex, contraception, and condoms.
		23	<b>8C</b>	Sofia and David Going to the Clinic: Meeting with a Nurse Practitioner	Students create skits where both partners visit the provider to talk about contraceptive methods. Groups present and discuss as a class.
		3	<b>8D</b>	Review of Assignment #2: A Question for Your Parent/Guardian or Other Trusted Adult	Facilitator introduces second assignment involving parents.
		3	<b>8E</b>	Student Questions & Review of Talking Points about Contraceptives and Condoms and Question Box	
		3	<b>8F</b>	Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the second arc.

Lesson (Key Message)	Min.	Activity #	Activity Title	Description
<b>Arc Three (Lessons 9 to 11): Communication and Healthy Relationships</b>				
Skills to support students to reach their goals, including use of assertive communication and understanding the concept of consent.				
<b>Lesson 9: Assertive Communication: Setting and Protecting Our Personal Limits—Part 1</b>  <i>Communicate your limits assertively to prevent unintended pregnancy and STIs.</i>	45	1	<b>9A</b> Welcome to Lesson 9!	Facilitator introduces the Key Message for the lesson: Communicate your limits assertively to prevent unintended pregnancy and STIs.
		6	<b>9B</b> Introduction to Setting and Protecting Our Personal Limits	Facilitator reviews STAR and leads a discussion about personal limits.
		11	<b>9C</b> Two Communication Styles	Facilitator and student volunteer demonstrate three styles, and then facilitator leads a class discussion.
		10	<b>9D</b> Nonverbal Communication (Body)	Class reviews types of nonverbal communication and practice in pairs. Facilitator leads a class discussion.
		14	<b>9E</b> Practicing Assertive Communication	Students take turns in small groups practicing assertive communication. Facilitator leads a class discussion.
		3	<b>9F</b> Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.

Lesson (Key Message)	Min.	Activity #	Activity Title	Description	
<b>Lesson 10: Assertive Communication: Setting and Protecting Our Personal Limits—Part 2</b>  <i>Communicate assertively to support yourself, your relationships, and your camino.</i>	42	1	<b>10A</b>	Welcome to Lesson 10!	Facilitator introduces the Key Message for the lesson: Communicate assertively to support yourself, your relationships, and your camino.
		18	<b>10B</b>	Setting Sexual Limits with Partners: What is Consent?	Facilitator leads class discussion about consent in different scenarios.
		2	<b>10C</b>	Setting Sexual Limits with Partners: Assertive Communication	Students develop responses for challenging scenarios (e.g. they are in love with their partner or their partner is controlling and manipulative), and then present and discuss as a class.
		3	<b>10D</b>	Slogan and Closure	Students review the Key Messages and then compose and share "slogans" that summarize the lesson.
<b>Lesson 11: El Camino and Your Future</b>  <i>While there is no key message in this lesson, Lesson 11 summarizes and reinforces key messages from lessons 1 to 10.</i>	42	2	<b>11A</b>	Welcome to Lesson 11!	Facilitator introduces the Key Message for the lesson (Note: there is no new key message for this lesson).
		4	<b>11B</b>	Slogan	Students review the Key Messages and then compose and share "slogans" that summarize the program overall. Option to post slogans and do a "gallery walk."
		3	<b>11C</b>	A Review of Handout 1.1: My El Camino Map with STAR Definition	Students revisit and edit their individual goal maps.
		27	<b>11D</b>	A Story/Novela about Angela's and Carlos's Caminos	Students answer questions about four chronological scenes that tell the story of a teen couple, and then discuss as a class.

Lesson (Key Message)	Min.		Activity #	Activity Title	Description
		5	<b>11E</b>	Healthy Relationships	Students recall what they learned about consent. The students write characteristics of a healthy relationship in a paper and have a group discussion.
		1	<b>11F</b>	Closure	