

El Camino

APPENDIX B: Lessons At-A-Glance

| Lesson (Key Message) | Min. | Activity # | Activity Title | Description | |
|---|------|------------|----------------|---|--|
| Arc One (Lessons 1 to 4): Goal Setting | | | | | |
| 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. | | | | | |
| Lesson 1: State Your Goal: Intro to El Camino YOU are in charge of setting and reaching your goals. | 41 | 2 | 1A | Welcome to El Camino Program Lesson 1! | Facilitator welcomes students to the program and defines "El Camino." |
| | | 7 | 1B | 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 | 1C | Introduction to El Camino and Group Agreements | Facilitator goes over the over-arching key messages and establishes group agreements with the class. |
| | | 5 | 1D | 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 | 1E | 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 | 1F | STAR: State Your Goal | Students reflect on and share their long-term goals. |
| | | 3 | 1G | 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 |
|---|------|------------|----------------|--|
| Lesson 2: Think About the Steps: My Life at 25 <i>Take steps now to reach your goal.</i> | 41 | 3 | 2A | Welcome to Lesson 2! |
| | | 5 | 2B | Review STAR: State your goal; Think about the steps; Assert your Camino; Reach your goal |
| | | 13 | 2C | “Pass the Ball”: Think About Steps to Your Goal |
| | | 15 | 2D | My El Camino Map: “Think about the Steps” to Achieve My Goal |
| | | 2 | 2E | Assignment #1: A Question for your Parent/Guardian or Other Trusted Adult |
| | | 3 | 2F | Slogan and Closure |
| Lesson 3: Assert Your El Camino: Relationships and Decisions <i>Learn to identify and respond to “warning signs.”</i> | 42 | 3 | 3A | Welcome to Lesson 3! |
| | | 8 | 3B | Vote with Your Feet - Road Trips - On or Off Track? |
| | | 9 | 3C | Warning Signs |

| Lesson (Key Message) | Min. | Activity # | Activity Title | Description |
|--|------|------------|----------------|---|
| | | 16 | 3D | Sofia's and Santiago's Story/Novela: Pedro's Party |
| | | 3 | 3E | Assignment #1: A Question for your Parent/Guardian or Other Trusted Adult |
| | | 3 | 3F | Slogan and Closure |
| Lesson 4: Reach Your Goal: Setting Limits to Stay on Track <i>Only have sex when you are ready. Experience life's road trips and identify resources that support reaching your camino.</i> | 42 | 2 | 4A | Welcome to Lesson 4! |
| | | 5 | 4B | Reviewing STAR |
| | | 15 | 4C | Sofia's and Santiago's Story/Novela: Pedro's Party (cont'd) |
| | | 17 | 4D | Vote with Your Feet: Teen Parent Reality Check |
| | | 3 | 4E | Slogan and Closure |

| Lesson (Key Message) | Min. | Activity # | Activity Title | Description | |
|--|------|------------|----------------|--|--|
| Arc Two (Lessons 5 to 8): Sexual and Reproductive Health | | | | | |
| Factual information about reproductive biology and how a pregnancy occurs, contraceptives, condoms, and contraceptive decision making. | | | | | |
| Lesson 5: Teen Pregnancy and Understanding How a Pregnancy Occurs <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 | 5A | 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 | 5B | 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 | 5C | How a Pregnancy Occurs | Facilitator gives presentation while students fill in diagrams from word banks. Facilitator gives review, using completed diagrams. |
| | | 8 | 5D | 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 | 5E | Slogan and Closure | Students review the Key Messages and then compose and share "slogans" that summarize the lesson. |
| Lesson 6: Promoting Sexual Health: Contraception <i>Choose and always use an effective contraceptive method to help you stay on your camino.</i> | 43 | 1 | 6A | 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 | 6B | Student Questions & Review of Talking Points About Pregnancy | Facilitator reviews FAQs and students' questions from Lesson 5. |
| | | 22 | 6C | Contraceptive Methods | Students brainstorm different types of contraception. Facilitator gives presentation, passes around methods, addresses partner involvement. |

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

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| | | 2 | 7H | Assignment 2: A Question for Your Parent/Guardian or Other Trusted Adult | |
| | | 3 | 7I | Slogan and Closure | Students review the Key Messages and then compose and share "slogans" that summarize the lesson. |
| Lesson 8: Promoting Sexual Health and Staying on Your Camino <i>Healthcare providers are a resource for choosing and using an effective contraceptive.</i> | 43 | 1 | 8A | 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 | 8B | Promoting Sexual Health on Your Camino | Students map out their goals about sex, contraception, and condoms. |
| | | 23 | 8C | 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 | 8D | Review of Assignment #2: A Question for Your Parent/Guardian or Other Trusted Adult | Facilitator introduces second assignment involving parents. |
| | | 3 | 8E | Student Questions & Review of Talking Points about Contraceptives and Condoms and Question Box | |
| | | 3 | 8F | 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 | |
|---|------|------------|----------------|--|--|
| Arc Three (Lessons 9 to 11): Communication and Healthy Relationships | | | | | |
| Skills to support students to reach their goals, including use of assertive communication and understanding the concept of consent. | | | | | |
| Lesson 9: Assertive Communication: Setting and Protecting Our Personal Limits—Part 1 <i>Communicate your limits assertively to prevent unintended pregnancy and STIs.</i> | 45 | 1 | 9A | Welcome to Lesson 9! | Facilitator introduces the Key Message for the lesson: Communicate your limits assertively to prevent unintended pregnancy and STIs. |
| | | 6 | 9B | Introduction to Setting and Protecting Our Personal Limits | Facilitator reviews STAR and leads a discussion about personal limits. |
| | | 11 | 9C | Two Communication Styles | Facilitator and student volunteer demonstrate three styles, and then facilitator leads a class discussion. |
| | | 10 | 9D | Nonverbal Communication (Body) | Class reviews types of nonverbal communication and practice in pairs. Facilitator leads a class discussion. |
| | | 14 | 9E | Practicing Assertive Communication | Students take turns in small groups practicing assertive communication. Facilitator leads a class discussion. |
| | | 3 | 9F | 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 |
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| Lesson 10: Assertive Communication: Setting and Protecting Our Personal Limits—Part 2 <i>Communicate assertively to support yourself, your relationships, and your camino.</i> | 42 | 1 | 10A | Welcome to Lesson 10! |
| | | 18 | 10B | Setting Sexual Limits with Partners: What is Consent? |
| | | 2 | 10C | Setting Sexual Limits with Partners: Assertive Communication |
| | | 3 | 10D | Slogan and Closure |
| Lesson 11: El Camino and Your Future <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 | 11A | Welcome to Lesson 11! |
| | | 4 | 11B | Slogan |
| | | 3 | 11C | A Review of Handout 1.1: My El Camino Map with STAR Definition |
| | | 27 | 11D | A Story/Novela about Angela's and Carlos's Caminos |

| Lesson (Key Message) | Min. | | Activity # | Activity Title | Description |
|-------------------------|------|---|------------|-----------------------|---|
| | | 5 | 11E | 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 | 11F | Closure | |