

## Training Outline for BIG DECISIONS



**GOAL:** To prepare teachers, facilitators, nurses, and nursing/medical students to effectively facilitate the BIG DECISIONS Sexuality Curriculum

**OBJECTIVES:** After participating in this program, the participant will be able to:

1. Describe the philosophy and approach of BIG DECISIONS
2. Explain strategies for providing a safe learning environment
3. Describe 6 important sexually transmitted diseases and their consequences
4. Compare the effectiveness of methods (including abstinence) for preventing pregnancy
5. Discuss 3 key activities in the BIG DECISIONS Curriculum, including the teaching strategy of each

**SCHEDULE:** A one-day workshop (5.5 hours of instruction):

Time	Topic	Duration
8:30 AM	Introduction and Ice-Breaker	30 minutes
9:00 AM	Overview of the BIG DECISIONS™ Curriculum	45 minutes
9:45 AM	BREAK	15 minutes
10:00 AM	Sensitive Stuff—A “Safe” Learning Environment	45 minutes
10:45 AM	Lesson 4 Activities: SEXUALLY TRANSMITTED DISEASES	45 minutes
11:30 AM	LUNCH ON YOUR OWN	60 minutes
12:30 PM	Lesson 5 Activities: ABSTINENCE	30 minutes
1:00 PM	Lesson 6 Activities: CONTRACEPTION	45 minutes
1:45 PM	BREAK	15 minutes
2:00 PM	Lesson 9 Role-Play: DEALING WITH SEXUAL PRESSURE	45 minutes
2:45 PM	Wrap-up and Evaluation	15 minutes
3:00 PM	CONCLUSION	

**MATERIALS, ROOM, and EQUIPMENT:**

- A copy of the curriculum (2009 version), available at [www.BIGDECISIONS.org](http://www.BIGDECISIONS.org)
- Nametags
- Laptop computer, LCD projector, screen, extension cords, power strip/surge protector
- Easel, newsprint tablet, markers (or whiteboard, markers, and erasers)
- Room setup to allow small group activities, if possible, with 3-6 participants per table
- Ability to move the participants’ chairs into a large circle for selected activities, if possible.

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