



CURRICULUM OUTLINE

UNIT I

The Wise Guys: Male Responsibility Curriculum[®] Level I is designed to prevent adolescent pregnancy by teaching young males self-responsibility in several areas, primarily in the areas of sexual development, decision-making and relationships.

Chapter 1: Myself

Young men who have high self-esteem are less vulnerable to external sexual pressures from the media, their peers, and the opposite sex. Sessions will include confidence-building exercises and discussions about the relationship between self-image, self-talk, and behavior. Specific activities will include how:

- the way we feel about ourselves influences our lives.
- the way we feel about ourselves influences the way others feel about us.
- when we feel good about ourselves, we can perform better and achieve more.
- each of us has unique and special strengths.

Chapter 2: Personal and Family Values

When male adolescents have a clear understanding of what they value, they can choose responsible attitudes and behavior. Skills will be introduced which will enable students to become aware of their personal and family belief systems. This section will include information on how:

- values are qualities, characteristics or ideas about which we feel very strongly.
- values affect our decisions, goals, and behavior.
- family, society, religion, and the media influence our values.

Chapter 3: Communication and “Masculinity”

Young men who learn to communicate effectively with others can say “no” to potentially negative influences in their lives without being aggressive. In this chapter, young men will learn how stereotypical male attitudes can lead to problems in interaction with the opposite sex, ranging from verbal harassment to dating violence. Additionally, students will be introduced to communication skills including reflective listening, assertiveness, and body language. The main points of this chapter focus on:

- masculinity as an inherent quality of an individual which isn't dependent upon sexual promiscuity. **Males are what young men are, not what they do.**
- good communication skills which will enable an individual to feel good about himself and to get along better with others.
- good communication skills in listening, expressing feelings, and recognizing non-verbal communication, which will avoid miscommunication in dating behaviors in the future.

UNIT II

Chapter 4: Sexuality

People are sexual beings at birth and will be sexual beings all their lives. In this chapter, young men will learn that much more encompasses their sexuality than the physical acts most commonly associated with it. This chapter offers information on:

- male and female anatomy, including the functions of all reproductive organs and genitalia.
- puberty, and how it affects young men and women.
- conception, and how men are often misinformed about the process and details of childbirth.

Chapter 5: Dating Violence

Dating violence is a real danger to our youth. Both college and high school campuses are flooded with reports of physical and sexual abuse. This does not even begin to speak of the countless number of individuals who are emotionally abused each day. In this chapter, the young men will become aware of the issues of dating violence and learn the components of a healthy relationship. The chapter focuses on:

- how to identify qualities of healthy and unhealthy relationships
- how to increase awareness of dating violence and abuse.
- ways to prevent dating violence.

Chapter 6: Abstinence and Contraception

Young men and women hear many things about “safe sex,” but few of them know that the only real safe sex is no sex. This chapter includes information on:

- how to delay the initiation of sexual intercourse.
- how to protect themselves and their partner, as an alternative to unprotected activity.

Chapter 7: Sexually Transmitted Infections

Nationwide, there is an epidemic of sexually transmitted infections. This chapter stresses the physical and emotional problems caused by STIs. It also emphasizes that the only way to make sure a person does not contract or spread an STI is by practicing sexual abstinence. This section provides:

- information on myths about AIDS and other STIs.
- details on methods of transmission, as well as identification of symptoms and methods of treatment.

UNIT III

Chapter 8: Goal-Setting

When teens set goals, it is less likely they will risk becoming parents prematurely. This chapter provides participants with tools for establishing a clearer picture of what goals are. Although goal-setting activities conclude each session, this specific chapter develops skills for setting reasonable short and long-term goals. The concepts stressed in the chapter demonstrate:

- a goal as something a person wants to accomplish and work towards.
- a goal is not really a goal unless energy is directed towards it.
- the relationship between one’s values and future goals.
- how decisions made now can affect future goals.

Chapter 9: Decision-Making

The exercises in this chapter strengthen skills for gathering information and making informed choices. Decision-making techniques teach young men to evaluate different aspects of their behavior. These sections include:

- examining alternative solutions for various situations.
- every decision, including “not making a decision,” has a consequence.
- better decisions result from the use of conscious decision-making processes.
- all goals involve making decisions. Having enough information to weigh the risks and benefits gives the person better options in life choices.

Chapter 10: Fatherhood

Male adolescents are presented information concerning premature fatherhood and how it can harm their economic, social, and emotional well-being. This chapter outlines the responsibilities of parenthood and the problems teenage parents generally face. It is important to emphasize that:

- teen parents are more likely to have babies with health complications.
- teen parents frequently have to drop out of school.
- teen parents are less likely to find a job.
- teen parents often become dependent on assistance from the government.
- early parenthood affects young men as well as young women.