



Module 1

Introduction to Pono Choices

- A. Introduction to the Program
- B. Cultural Overview
- C. Workbook Instructions
- D. Group Agreements
- E. Conclusion



Module 2

Making Pono Choices

Pono: The right result of your actions

- A. Introduction
- B. Hawaiian Cultural Value: Pono
- C. The Voyage of the Wa'a Kaulua
- D. Making a Pono Choice
- E. Redefining Messages About Sex
- F. Setting Short- and Long-Term Goals
- G. Conclusion



Module 3

Lessons in Puberty and Anatomy

Mōhala: To mature physically, emotionally, and socially

- A. Introduction
- B. Hawaiian Cultural Value: Mōhala
- C. The Voyage of the Wa'a Kaulua
- D. Different Is Normal
- E. Puberty Presentation
- F. Beach Ball Toss Vocab Activity
- G. Anatomy and Changes During Puberty Worksheet
- H. 'Ohana Activity: Building a Wa'a
- I. Conclusion



Module 4

The Role of Communication in Healthy Relationships

Nohona: How you communicate and relate with others

- A. Introduction
- B. Review 'Ohana Activity: Building a Wa'a
- C. Hawaiian Cultural Value: Nohona
- D. The Voyage of the Wa'a Kaulua
- E. Who's In Your Canoe?
- F. Healthy, Unhealthy, and Abusive Relationships
- G. Conclusion and Reflection



Module 5

Maintaining Respect in Relationships

Aloha: To have mutual respect for each other

- A. Introduction
- B. Hawaiian Cultural Value: Aloha
- C. The Voyage of the Wa'a Kaulua
- D. Introduction to the 4Rs
- E. Practicing the 4Rs
- F. Ty & Kiara: Keeping It Pono
- G. Conclusion
- H. 'Ohana Activity: Aloha



Module 6

Preventing an Unintended Pregnancy

Hāpai Pono: A pregnancy that is right with a person, physically, emotionally, spiritually, and financially

- A. Introduction
- B. Review 'Ohana Activity: Cordage/Braiding
- C. Hawaiian Cultural Value: Hāpai Pono
- D. The Voyage of the Wa'a Kaulua
- E. Birth Control Choices
- F. Gallery Walk for Pregnancy Costs
- G. 'Ohana Activity: Hāpai Pono
- H. Conclusion and Reflection



Module 7

Understanding STIs (sexually transmitted infections)

Pilina A'o: Linking your knowledge to understanding

- A. Introduction
- B. Review 'Ohana Activity: Hāpai Pono
- C. Hawaiian Cultural Value: Pilina A'o
- D. The Voyage of the Wa'a Kaulua
- E. Understanding STIs
- F. You Cannot Get HIV Ladatt!
- G. Myth or Fact
- H. Conclusion



Module 8

Preventing STIs (sexually transmitted infections)

Pilina Pono: Linking your knowledge to the right action

- A. Introduction
- B. Hawaiian Cultural Value: Pilina Pono
- C. The Voyage of the Wa'a Kaulua
- D. Preventing STIs
- E. Teacher Demonstration of Correct Condom Usage
- F. Student Demonstration of Correct Condom Usage
- G. HIV Risk: High/Low/No
- H. Conclusion and Reflection



Module 9

Negotiation Skills and Role-Play

Nā Kūlia: A set of skills to help you make pono choices

- A. Introduction
- B. Hawaiian Cultural Value: Nā Kūlia
- C. The Voyage of the Wa'a Kaulua
- D. Scripted Role-Play: Part 1
- E. Scripted Role-Play: Part 2
- F. Unscripted Role-Play
- G. 'Ohana Activity: Nā Kūlia
- H. Conclusion



Module 10

Empowerment

Oli Ho'omana: Empowered to make pono choices

- A. Introduction
- B. Hawaiian Cultural Value: Oli Ho'omana
- C. The Voyage of the Wa'a Kaulua
- D. Paddling Toward Your Goals and Dreams
- E. Tic-Tac-Pono
- F. Conclusion and Reflection: Lei and Certificate Ceremonies




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