



## Module 1

### Introduction to Pono Choices

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

The illustration shows a person with dark skin and short hair, wearing a striped shirt, holding a book. In the background, there is a sailboat on the water and a tree on a hill.

## 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

The illustration shows a hand with a small plant growing from the palm. The plant has two leaves and a small flower.

## 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

The illustration shows a beach ball with various symbols on it, including a tree, a sailboat, and a person.

## 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

The illustration shows a group of people in a canoe, with one person in the center and others around them. They are all holding paddles.

## 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

The illustration shows a person with dark skin and short hair, wearing a striped shirt, sitting on a bench. They are looking down at their hands.

## 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 Ceremony



[www.cds.hawaii.edu/ponochoices](http://www.cds.hawaii.edu/ponochoices)

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