

Parent Night



Pono Choices

About the Curriculum

Pono Choices

A Culturally Responsive Teen Pregnancy and STI Prevention Program

Module 1

Introduction to Pono Choices

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



Module 1

Pono Choices Group Agreements

Poster

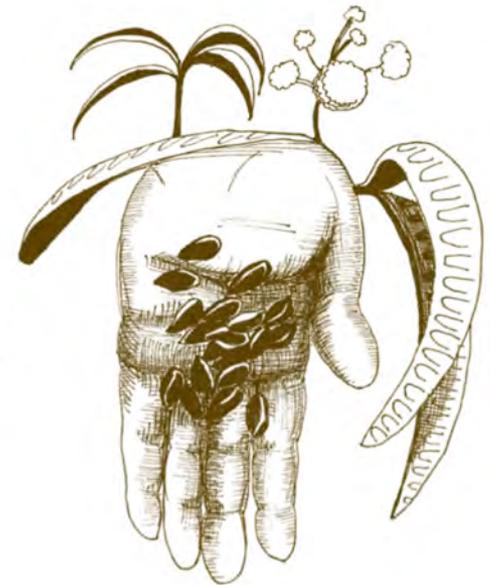
1. Confidentiality
2. Knowledge Doesn't Always Equal Experience
3. No Teasing and No Putdowns
4. No Personal Questions
5. Right to Pass
6. Responsibility to Participate
7. Have Fun!

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 Goal
- 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 3

Beach Ball Toss Vocab

Activity



Module 3

'Ohana Activity: Mōhala

Wa'a Assembly Directions

- You and your 'ohana will assemble the wa'a in your own creative manner.
- Try to use recycled materials or things you find in your environment to create your wa'a and secure the parts of your wa'a together. Feel free to color or decorate your wa'a.
- Materials can include cardboard, plastic bottles, ti leaves, paper, bark, clay, wood, chopsticks, tape, glue, string, etc.

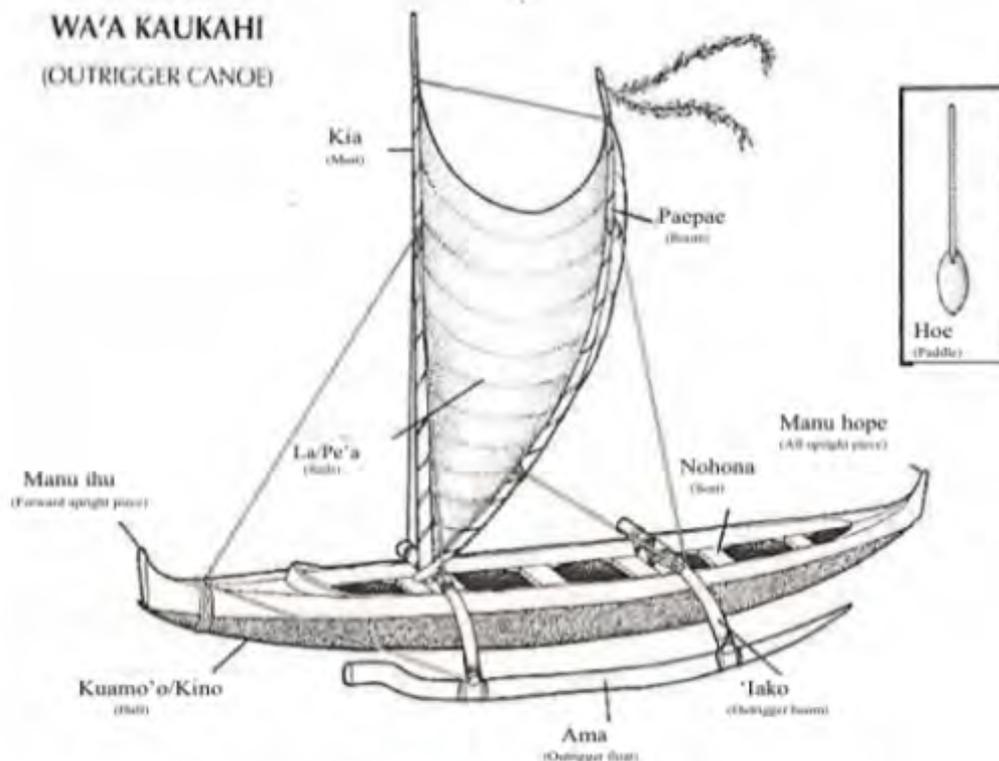
Module 3

'Ohana Activity: Mōhala

Wa'a Assembly Directions... continued

In addition to the hull or body of your wa'a, you can also add these other parts:

- 'iako, or boom
- ama, or floater
- kia, or mast
- pe'a, or sail



Module 3

'Ohana Activity: Mōhala

Wa'a Assembly Directions... continued

- You will create a wa'a (canoe) symbolizing your unique self.
- Remember, these are guidelines to create your canoe, but there is no limit to what materials you may use to build it or how it needs to look when completed.

Different is normal!

Module 3

'Ohana Activity: Mōhala

Topics to Discuss

TOPICS TO DISCUSS:	'OHANA RESPONSES:
1. How did your parents (or others in your 'ohana) first learn about anatomy and puberty?	1.
2. What are some thoughts, feelings, and beliefs about puberty that are the same as when they went through puberty?	2.
3. What are some thoughts, feelings, and beliefs about puberty that are different than when they went through puberty?	3.

Module 3 'Ohana Activity: Mōhala Wa'a Examples



Module 4

The Role of Communication in Healthy Relationships

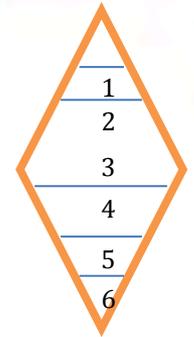
Nohona: How you communicate and relate with others

- 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 4

Who's In Your Canoe?



Seat 1. The Pace Setter:

This is the person that gets you going. You are willing to follow and listen to them because you know they are going to assist you in getting to your goal.

Seat 2. The Caller:

Encourages & motivates you

You will listen to this person because they will keep encouraging you to reach your goal, even when you are tired.

Seat 3. Powerhouse:

Supports you

You know this person will never give up on you and wants to see you succeed, even during the hardest times.

Seat 4. Powerhouse:

Supports you

You know this person will never give up on you and wants to see you succeed, even during the difficult times.

Seat 5. Powerhouse:

Your ultimate supporter

This is the person who always seems to be there for you, even when you least expect it. This person comes in and helps you reach your goal when other people may be walking out on you.

Seat 6. The Steersman:

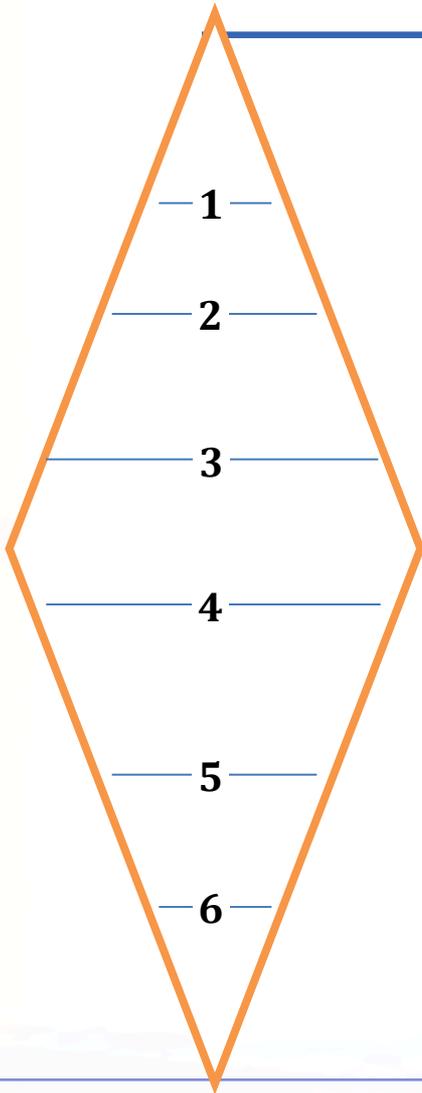
Guides you

You can turn to this person when you are unsure that you can reach your goal. They will look ahead to help you find the safest way for you to reach your goal.

Module 4

Who's In Your Canoe?

Worksheet



Seat 1. The Pace Setter:

Seat 2. The Caller:

Seat 3. Powerhouse:

Seat 4. Powerhouse:

Seat 5. Powerhouse:

Seat 6. The Steersman:

Module 4

Pono Choices Relationship Guide

Worksheet

Healthy	Unhealthy	Abusive
A Healthy Relationship	An Unhealthy Relationship	An Abusive Relationship
<p><i>A healthy relationship means that both you and your partner are...</i></p> <p>Communicating. You talk openly about problems and listen to one another. You respect each other's opinions.</p> <p>Respectful. You value each other as you are.</p> <p>Trusting. You believe what your partner says. control methods.</p>	<p><i>Traits of an unhealthy relationship include if one or both of you are...</i></p> <p>Not communicating. When you talk about problems, you fight, or you do not talk about them at all.</p> <p>Disrespectful. One or both of you are not considerate of the other.</p> <p>Untrusting. You do not believe what your partner says.</p>	<p><i>A relationship is abusive when one of you is...</i></p> <p>Communicating in a way that is hurtful or insulting, mistreating the other. One or both partners do not respect the feelings and physical safety of the other.</p> <p>Jealous. Accuses the other of flirting or cheating when it is not true. The partner that accuses may hurt the other in a physical or verbal way as a result.</p>

Module 4

Pono Choices Relationship Guide... continued Worksheet

Healthy	Unhealthy	Abusive
<p>Honest. You are honest with each other but can still choose to keep certain things private.</p> <p>Balanced. You make decisions together and hold each other to the same standard.</p> <p>Enjoying personal time. You both enjoy spending time apart and respect when one of you needs time apart.</p> <p>Making mutual sexual choices. You talk openly about sexual choices together. You both consent to sexual activity and can talk about what is okay and what is not. You discuss using condoms or other birth control methods.</p>	<p>Dishonest. One or both partners are telling lies.</p> <p>Trying to take control. One or both partners feel their own desires and choices are more important.</p> <p>Trying to smother. One partner wants the other to only spend time together.</p> <p>Pressuring the other into sexual activity. One partner tries to convince the other that they should have sex, or more sex.</p> <p>Ignoring the consequences of sex. The partners are having consensual sex with each other but are not talking about possible consequences.</p>	<p>Denying that the abusive actions are abuse. One partner may try to blame the other for the harm they are doing.</p> <p>Controlling the other. There is no equality in the relationship. What one partner says goes.</p> <p>Isolating the other partner. One partner controls where the other one goes and who the other partner sees and talks to.</p> <p>Forcing sexual activity. One partner forces the other to have sex.</p>

Module 4

Scenario 1

Activity

Mia and Alexander have been going out for a few months, and started having sex about three weeks ago. One day, they are at the mall, and Mia sees some earrings she likes and turns to Alexander and says, "Buy these for me." Mia knows that Alexander really wants to buy a jacket for himself, but she asks him to buy the earrings anyway.

After Alexander buys the earrings, Mia turns to her friends and brags about the "catch" she has in Alexander. Later that day, Mia and Alexander are alone at Mia's house. They start making out, and get really intimate. They have not discussed condoms or other birth control methods, but since they've had sex before and nothing bad happened, they decide to have sex again.

Module 4

Scenario 2

Activity

Bill and James are just starting a relationship. On Thursday night at Bill's house, they kiss for the first time. The next day, they go to a party together. About an hour after they get there, Bill goes to kiss James. James moves away a bit.

Their first kiss was in private, and James isn't sure he wants to "go public" with their relationship yet. Bill asks James if he feels uncomfortable, and James says, "Yes." Bill asks James if he wants to leave the party, and James suggests they stay but maybe just have fun with their friends. Together, they go and join a group playing pool in the family room.

Module 4

Scenario 3

Activity

Justin and Kayla are arguing about the fact that Kayla thinks that Justin may be cheating on her, due to some text messages she read on his phone when he was in the bathroom.

Kayla is angry and starts slapping Justin, and yelling at him that he is cheating on her. When he turns to walk away from her, she continues to hurl insults at him. He gets on his skateboard and leaves, never saying another word.

Module 4

Scenario 4

Activity

Kanani and Noah are just starting a relationship. On Thursday night at Noah's house, they kiss for the first time. The next day, they go to a party together. About an hour after they get there, Noah goes to kiss Kanani. Kanani moves away a bit. Their first kiss was in private, and Kanani isn't sure she wants to "go public" with their relationship yet.

Noah asks Kanani if she feels uncomfortable and Kanani says, "Yes." Noah asks Kanani if she wants to leave the party, and Kanani suggests they stay but maybe just have fun with their friends. Together, they go and join a group playing pool in the family room.

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 5

The 4Rs: Refusing with Aloha

Poster

1	Respect: You treat each other with Aloha	Listen to each other's opinions
		Show you care for one another
2	Refuse: You are able to say no to unwanted behavior	Say no with your voice: "NO"
		Say no with your body language
3	Reason: You communicate WHY you do not want to do something	Explain your beliefs
		Demonstrate your knowledge
4	Redirect: You provide a positive alternative	Communicate what you want to do
		Negotiate another activity

Module 5



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 6

Preventing an Unintended Pregnancy

Brochure

Preventing an Unintended Pregnancy Brochure



Preventing An Unintended Pregnancy

5 Reasons to be ABSTINENT:

1. Abstinence is 100% effective
2. It's free
3. No side effects
4. Effective STI prevention
5. Many who have had sex before age 17 say they wish they would have waited



Abstinence...

is the most reliable method of birth control
*but only if used correctly and at all times!

Condoms are free at some clinics, and inexpensive and easy to buy at many stores, gas stations and pharmacies.



If you choose to have sex, using a male* or female** condom plus another method of birth control can greatly reduce your risk of pregnancy.



Using condoms consistently and correctly can help reduce your risk for STIs.

*Use male condoms made of latex, polyurethane, or polyisoprene
**Use female condoms made of nitrile

Those who choose to be sexually active have many Birth Control options



There are many birth control options approved by the FDA. When choosing a method it is important to talk with your health care provider.



How to make birth control more effective:

Learn how to use it

Consider STI prevention

Before You Have Sex!

Talk to your partner about it

Have it available

Module 6

Gallery Walk for Pregnancy Costs

Activity

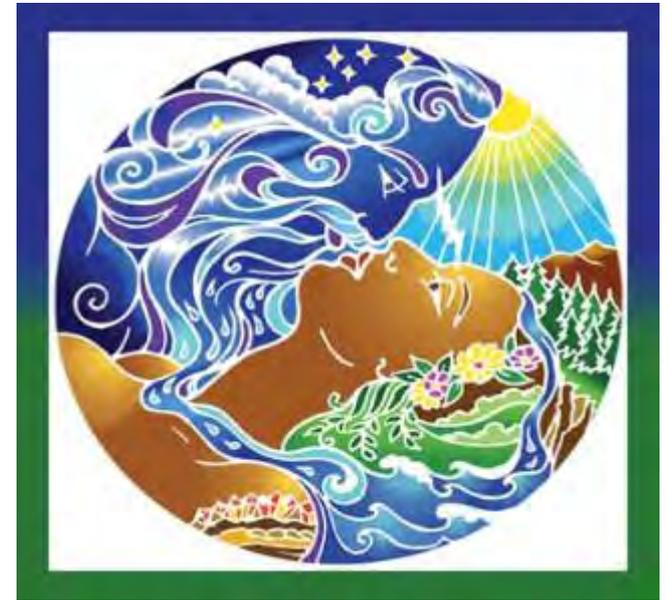


Module 6

'Ohana Activity: Hāpai Pono Papa and Wākea

There is a story in Hawaiian culture that tells about the relationship between Papa, or Earth Mother, and Wākea, or Sky Father.

The relationship between Papa and Wākea created their children, the Hawaiian islands, the kalo, and the Hawaiian race. This is called procreation, or reproduction.



Ohana Activity: Hāpai Pono

Papa and Wākea...continued

We have that power to create life, and so do animals, fish, and plants. Papa is the earth, soil, and nutrients; Wākea is the wind, sun, and rain. The union of the two provides the perfect setting to create and care for life.

This is an awesome responsibility that Papa and Wākea were aware of, so they planned and prepared to make sure they were ready to take on such a responsibility for the things they created.

For a pregnancy to be Hāpai Pono, one must be prepared for the responsibilities involved.



Ohana Activity: Hāpai Pono Papa and Wākea...continued

Topics to Discuss:

1. Tell your 'ohana what you learned today about the costs of raising a child. Ask if they think these costs are realistic.
2. Ask your 'ohana to give examples about other costs that we did not cover.
3. Discuss with your 'ohana what you've learned in Pono Choices about ways to prevent an unintended pregnancy.



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

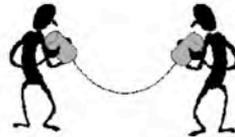


Module 8

Prevention Techniques

Worksheet

8 Prevention Techniques



1.



2.



3.



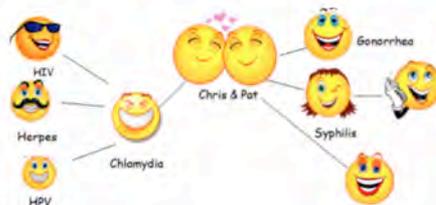
4.



5.



6.



7.



8.

Module 8

Prevention Techniques

Teacher Demonstration of
Correct Condom Usage

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 9

'Ohana Activity: Lei of Knowledge



- The 'Ohana Activity is to make a lei and bring it to our final class.
- The cultural symbolism of the lei is a gift that represents the connection between the lei giver and the receiver of the lei.
- Your lei represents your connection to the knowledge, skills, and attitudes that you've learned throughout this program.

Module 9

'Ohana Activity: Lei of Knowledge... continued



- Just as a lei is sewn together, one's experiences, memories, and Aloha are entwined together.
- A priceless example of a lei is when a child lays their arms around their parent's neck.
- The arms of the child can symbolize a lei that entwines the love and affection between the child and their parent.

'Ohana Activity: Lei of Knowledge... continued



MATERIALS NEEDED:

- Pono Choices Reflection Squares
- Braided cordage from Module 5 'Ohana Activity: Aloha

Get as creative as you like! Decorate your pieces, color them, or add pictures to make a lei that represents you.



'Ohana Activity: Lei of Knowledge

Directions

1. Use the cordage that you braided in Module 5 as the base of your lei.
2. Cut out each Reflection Square.
3. You can simply cut the squares apart, or you can cut them into any shape that you want. For example, some shapes associated with a voyage may include stars, paddles, birds, or sails.
4. Attach each piece to your braided cordage.
5. Tie the ends together to close the lei.

Get as creative as you like!

Decorate your pieces, color them, or add pictures to make a lei that represents you.



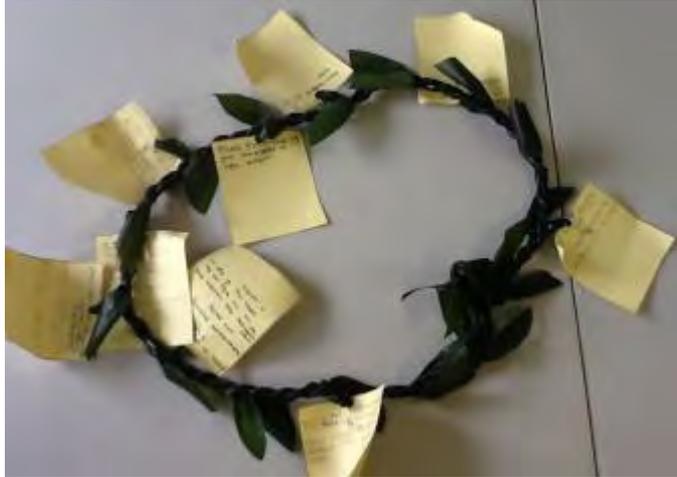
'Ohana Activity: Lei of Knowledge

Topics to Discuss

TOPICS TO DISCUSS:	'OHANA RESPONSES:
1. What is some advice you have for how I can increase my comfort and/or confidence in using the 4Rs?	1.
2. Share what you think are the three most important things you have learned from Pono Choices.	2.
3. What does your 'ohana think are the three most important things you have learned?	3.
DUE ON: Next class! Don't forget to bring in your completed lei so you can participate in the lei ceremony that concludes Pono Choices.	
'OHANA SIGNATURE:	



'Ohana Activity: Lei of Knowledge Student Examples



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 Cerem



Module 10

Tic-Tac-Pono Activity

**Male & Female
Anatomy**

Condoms

**8 Prevention
Techniques**

**Birth Control
Methods**

Pono Choices

Myth or Fact

Puberty

STIs

Vocabulary

Questions?



www.cds.hawaii.edu/ponochoices

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