

# “Opt Out” Prevention Lessons

“Opt Out” prevention lessons in grades 6-12 are those that teach about barrier methods used to prevent the sexual transmission of HIV/STD, or about not sharing syringes/needles. In grades K-5, the “Opt Out” prevention lessons are the same as they were in the 2005 edition.

GRADE, LESSON	LESSON TITLE
K, 4	How Do People Get Sick? What Is HIV? What Is AIDS?
1, 3	What Are Viruses? How Do They Enter the Body to Cause Disease?
2, 3	What Causes and Prevents the Spread of Illness?
3, 4	What Are Healthy Choices That People Can Make?
4, 4	How Can We Help Each Other Make Healthy Choices?
5, 3	How Can We Reduce Our Risk Behaviors?
6, 5	How Can We Prevent HIV Infection?
7, 4	How Can We Protect Ourselves from Sexual Transmission of HIV and Other STIs?
8, 5	How Can One Prevent Sexual Transmission of HIV?
8, 6	What Role Can Each Person Take in Preventing the Spread of HIV Infection?
9, 2	How Is HIV Transmitted?
9, 5	How Can Abstaining from Drugs, Including Alcohol and Steroids, Reduce the Risk of HIV Infection?
9, 6	How Can Sexual Transmission of HIV Be Prevented?
10, 5	How Can We Reduce Our Risk of Transmission of HIV or Other STIs?
11, 4	How Can We Reduce Our Risk of Getting or Transmitting HIV Infection or Other Sexually Transmitted Infections (STIs)?
12, 2	How Is HIV Transmitted?
12, 3	How Can We Learn to Make Effective Decisions?
12, 4	What Factors Must Adolescents Consider Before Taking an HIV Antibody Test?
12, 5	How Can We Avoid Behavior That Can Lead to HIV Infection?