



Lake County Health Department Sexual Health and Risk Prevention (SHARP) Registration Form



Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Date of Birth: _____ Race/Ethnicity: _____ Gender: _____

Email: _____ Phone: _____

SHARP is a two session preconception educational curriculum focusing on sexual health and risk prevention.

Research shows that well-designed and implemented Sexually Transmitted Infections (STI) / HIV prevention programs can decrease sexual risk behaviors by:

- Increasing knowledge about unintended pregnancies and STI; including HIV/AIDS
- Increase knowledge about birth control, condoms, and abstinence
- Increase knowledge about signs, symptoms, and consequences of STI; including HIV/AIDS
- Modify attitudes about the effects of tobacco and alcohol and its relationship to sexual risk behaviors
- Coping with stress and baby

For these reasons, it is essential young people are given the skills to delay the onset or abstain from sexual intercourse

Did you know in the past five years Lake County has seen a 56% increase in STIs in the 15-24 year old age group?

To register fax this form to (352) 669-3166 or mail to: SHARP Education Program, Lake County Health Department, PO Box 1305, Tavares, FL 32778. For more information call 352-771-5553 or Email sharp@doh.state.fl.us

The curriculum is absolutely free and made possible by SHARP funding awarded to the Lake County Health Department by the March of Dimes.



SHARP CURRICULUM

Knowledge

- Participants learn STI/HIV/AIDS related definitions and vocabulary
- Participants learn STI/HIV transmission and take risky behavior quiz
- During this segment, program facilitators introduce a listing of STI/HIV/AIDS resources (clinics, testing sites, hotlines, etc.) in the local geographic area

Self Efficacy and Benefits

- Participants play the “Risky behaviors” computer video game
- A facilitator guided discussion follows the game as participants consider how making alternate decisions along the way that would result in less risky outcomes
- Discuss condom use and choices that allows participants to walk through steps that lead to smart decisions
- Interactive activity with correct condom application

Attitudes and Norms

- View and discuss video “Your Move”
- Video consists of vignettes or scenarios with pauses after each to allow the facilitator to incorporate questions for group discussion
- Conclusion - It is important to prepare for and talk with a partner about condom use and sexual activity in advance rather than in the “heat of the moment”

Condom and Alcohol & Tobacco Use Intentions/ Future Orientation

- Participants set personal goals regarding sexual activity and alcohol and tobacco use. They play the “Wheel of Fortune” game which offers several scenarios that could affect ones future goals
- Each participant discusses how the result of the spin might affect their goals in the future. The overall goal of this segment is to increase the participants intentions to use condoms and reduce alcohol and tobacco use
- The discussion is oriented toward future, near, and long term decisions

Special Session

- Participants will learn it is normal for a baby to cry – Period of Purple Crying
- A crying demonstration will show how quickly a person can become frustrated when dealing with a crying baby
- They will learn why shaking is the most dangerous thing anyone can do to a baby. Participants will discuss various appropriate coping strategies