

ADULT PREPARATION SUBJECTS RESOURCE GUIDE

The Teen Outreach Program (TOP) and Teen Health Project programs are currently being implemented in Utah and can easily be tailored to cover any or all of the adult preparation subjects. The TOP curriculum has lessons and elements that could cover all six of the subjects if desired. The youth coalition portion of Teen Health Project also has the inherent flexibility needed to cover all adult preparation subjects. The state program coordinator will work with sub-awardees implementing these evidence-based models to ensure that at least three subjects are built into their curriculum plan for each cohort of youth they serve.

The following outlines some teaching or lesson suggestions for each adult preparation subject, specific to sub-awardees using other curricula:

- **Healthy relationships:**
 - Several current sub-awardees are using the *Love Notes* curriculum (or select lessons and activities from the curriculum) to cover healthy relationships material.
 - Several current sub-awardees are also receiving rape prevention funding through the Utah Department of Health's Violence and Injury Prevention Program. They are teaching a curriculum called *Safe Dates* to cover this subject. Future sub-awardees could partner with these grant recipients in their areas and have them assist in providing this type of education.
 - The *Get Real* curriculum will be added to Utah's list of approved evidence-based curricula. The program model includes lessons on healthy relationships.
 - Invite a guest presenter to teach a lesson on a healthy relationships topic.

- **Educational and career success:**
 - Programs with a community service learning component help youth develop a good work ethic and expose participants to different types of services and employment in the community. Current grant sub-awardees are implementing an activity at the culmination of the program in which youth participants create a resume of the experiences and skills they've gained from their CSL activities.
 - A current sub-awardee uses role play interviews to teach program participants the concept of appropriate assertiveness.
 - Connect youth with adults in the community and allow them to learn about their careers through interviews or job shadowing.
 - Allow youth participants opportunities for peer education.
 - Invite a guest presenter to teach a lesson on an education and career success topic.
 - Have older program participants (18-19 year old college students) mentor younger participants.

- **Healthy life skills:**

- Nearly all of Utah’s approved evidence-based programs incorporate some elements of negotiation and communication skills.
 - Allow participants to role play using effective communication skills
 - Include a supplementary lesson on goal-setting from *Love Notes* or another curriculum.
 - Invite a guest presenter to teach a lesson on a healthy life skills topic.
- **Adolescent development:**
 - Many current PREP sub-awardees are reporting that their program participants have a lack of basic knowledge about their own bodies and development. Adding a supplementary lesson about adolescent development for all sub-awardees would be ideal.
 - ETR has a supplementary curriculum on development.
 - The *Get Real* curriculum also includes a lesson on development.
 - Cover material on adolescent brain development and how that impacts the decisions youth make.
 - Invite a guest presenter to teach a lesson on an adolescent development topic.
- **Parent-child communication:**
 - Implement the *Families Talking Together* curriculum for parents of youth participants.
 - The *Get Real* curriculum incorporates take home assignments and discussions for participants to complete with their parents or another trusted adult.
 - Take home assignments and discussion guides could be created for other program models as well.
 - Invite a guest presenter to teach a lesson to parent and/or youth participants on communication.
- **Financial literacy:**
 - A current grant sub-awardee uses monopoly money to award participation and good behavior. Participants can use their money to purchase incentive items throughout the program, which gives them an opportunity to practice money management skills.
 - A current grant sub-awardee includes a supplementary activity in which program participants learn how much having and raising a child would cost.
 - Use a supplementary lesson to teach financial literacy skills.
 - Invite a guest presenter to teach a lesson to parent and/or youth participants on financial literacy.

The state program coordinator will work with each sub-awardee to create an adult preparation subjects plan, which is specific to their needs and goals. A training on adult preparation subject requirements and options will be conducted with sub-awardees prior to program implementation.

**For more information or resources on covering adult preparation subjects, please go to: <http://www.acf.hhs.gov/sites/default/files/fysb/adult-prep-tip-sheet.pdf>
<http://www.prepeval.com/PrepNationwide.asp>**

