

## Pono Choices

Pono Choices is a scripted, 10-module, 9.5-hour culturally responsive curriculum that provides middle school youth with the knowledge and skills necessary to reduce their risk of unintended pregnancies and sexually transmitted infections (STI). The curriculum provides youth with medically accurate information within a Hawaiian place-based framework. Pono Choices draws from social learning, self-regulation, and developmental assets theories.

The core components of Pono Choices are built around a set of knowledge, attitudes, and skills that have been derived from a review of evidence-based teen pregnancy and STI prevention programs. In addition, Pono Choices works from a pedagogy that believes student engagement through role-play and skill demonstration is essential. A key component unique to this curriculum is the use of cultural referents, Hawaiian practices, and connection and engagement activities involving 'ohana. The modules in the curriculum include information on abstinence, sexually transmitted infections, birth control methods, refusal skills (how to refuse unwanted sexual pressure), decision-making skills, goal setting, reproductive anatomy, puberty, and recognition of traits associated with healthy, unhealthy, and abusive relationships. Students are introduced to Hawaiian cultural terms and practices that stress positive character development and making pono choices.

*The general description of the curriculum was adapted from information provided on the publisher's website.*

## Reference

University of Hawai'i at Mānoa, College of Education, Center on Disability Studies. (2021). *Pono choices*. Retrieved from <https://cds.coe.hawaii.edu/ponochoices>.

## Opt-Out Process

For information about sexual health education and the opt-out process, visit <https://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/sexed>.

For information about controversial issues and the opt-out process, visit <https://www.hawaiipublicschools.org/ConnectWithUs/FAQ/Pages/Parent-opt-out-for-child.aspx>.