

Module 1

Introduction to HIV and
AIDS

HIV/AIDS 初步介紹

Module 2

Building Knowledge
About HIV

建立HIV知識

Module 3

Understanding Vulnerability to
HIV Infection

了解HIV病毒的易感染性

Module 4

Attitudes and Beliefs About HIV,
AIDS and Safer Sex

關於HIV病毒、愛滋病和安全性
行為的態度和觀念

Module 5

Building Condom Use

Skills/Birth Control

建立安全套使用技能/計劃生育

Module 6

Building Negotiation and Refusal
Skills

建立談判和拒絕的技能



BE PROUD

有自信

負責任

BE RESPONSIBLE

PREP also includes topics
in Adult Preparation
PREP 還包括成人準備課程

- Healthy Relationships
健康人際關係
- Healthy Life Skills
健康生活技能
- Financial Literacy
金融管理知識

Adult Preparation Sample
Workshops
成人準備課題樣例

- Consent and Boundaries
尊重關係中的明確同意與界限
- Developing Healthy Body Image
建立健康自身形象
- Learning Styles & Stress Management
個人學習方式和和壓力調節
- Career Mapping
職業策劃
- Budgeting & Living On Your Own
金錢預算和獨立生活
- Credit Cards & Credit Score
信用卡和信用評分
- And much, much more!
還有更多有用的課題！

What is PREP?

The Personal Responsibility Education Program (PREP) is a comprehensive sexual health program for high school youth ages 14-19.

Come join us as we learn about HIV prevention and how to make proud and responsible choices!

We provide a safe space to discuss and learn about abstinence, safer sex practices, risky behaviors, and consent.

PREP 簡介

青少年健康系列活動(PREP)提供針對14-19歲青少年的綜合性健康教育。

來和我們一起學習怎樣預防HIV和做出自豪和負責任的選擇！

我們提供安全的空間來討論與學習節慾，安全性行為，風險行為和關係中的明確同意。

Get \$25 Gift Cards

Free food & drinks, field trips, games, prizes, and more!

Gift card earned after completion of program.

領取\$25禮品卡

各種免費食品飲料，遊戲，獎品，一日遊！

課程完成後領取禮品卡

To Sign Up, Contact Us at:

報名參加請聯繫：



ADVANCING OUR
COMMUNITY

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646-613-8420

Personal Responsibility Education Program

青少年健康系列活動