



## Discussion Guide

For Adults Working with Teens

Sexetc.org

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### Lesson: What Is Prevention?

1. Divide students into four groups. Give each group a large sheet of paper, a magic marker, and an index card containing one of the following four conditions:

- The common cold
- Heart Disease
- HIV/AIDS
- Burns suffered in a house fire

2. Tell students: You are doctors at a major hospital. You have been assigned a group of patients who are at risk for the condition written on your card. Your job is to help prevent them from getting this condition. Part of doing that involves helping these patients change their own behavior. In your opinion, what will have to change about the way these patients think and behave in order for them to avoid this condition?

3. Ask each group to read its suggestions out loud. Write down suggestions from each group where everyone can see them. Examine where the lists overlap and where they don't.

4. Point out that, whether one is talking about the common cold, heart disease, or a sexually transmitted disease, many of the same elements are required for prevention.

*The Discussion Guide was created by Nora Gelperin, M.Ed. For additional lessons, go to [http://answer.rutgers.edu/page/lesson\\_plans](http://answer.rutgers.edu/page/lesson_plans).*

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