

UNICEF - VNAIDS - MOET

ADOLESCENTS HEALTH DEVELOPMENT AND HIV/AIDS PREVENTION PROJECT

**VIETNAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND  
HIV/AIDS PREVENTION CURRICULUM**



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## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### TOPIC 1: YOURSELF

Grade	Knowledge	Attitude	LIFE SKILLS					
			Communication Self awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note
1	<ul style="list-style-type: none"> <li>• Know about yourself and people around you</li> <li>• Know about your likes and dislikes</li> </ul>	<ul style="list-style-type: none"> <li>• Self-confidence and respect for others</li> </ul>	<ul style="list-style-type: none"> <li>• Express verbally and non-verbally about yourself</li> <li>• Explain what you want and don't want</li> </ul>		<ul style="list-style-type: none"> <li>• Self-respect</li> <li>• Respect for others</li> </ul>	<ul style="list-style-type: none"> <li>• How to ask for what you want/do not want</li> </ul>	<ul style="list-style-type: none"> <li>• Your own life story</li> <li>• Plan a goal and timeline to fulfil it</li> </ul>	
2	<ul style="list-style-type: none"> <li>• Know about your care-provider</li> <li>• Know who is people you love/like</li> <li>• Know what makes you happy/frustrated</li> </ul>	<ul style="list-style-type: none"> <li>• Gratitude and respect for + Care providers + Who you love</li> <li>• Self-expressed in joys/sorrows</li> </ul>	<ul style="list-style-type: none"> <li>• Expressing thanks</li> <li>• Identify what causes frustration</li> </ul>	<ul style="list-style-type: none"> <li>• Consider good things and not good things</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate good terms with everybody</li> <li>• Identify positive/negative things</li> </ul>		<ul style="list-style-type: none"> <li>• Care for others</li> </ul>	
3	<ul style="list-style-type: none"> <li>• Know how to be honest with yourself</li> <li>• Know what you like by yourself</li> <li>• Know people you admire</li> </ul>	<ul style="list-style-type: none"> <li>• Truthfulness, modesty</li> </ul>	<ul style="list-style-type: none"> <li>• Awareness of yourself and of your characteristics</li> <li>• Ask for advice from others when necessary</li> </ul>		<ul style="list-style-type: none"> <li>• Distinguish good appearances</li> <li>• Identify personality</li> <li>• Identify talent, &amp; success you are pleased with</li> </ul>	<ul style="list-style-type: none"> <li>• How to ask for your own rights</li> <li>• Respect for the rights of others</li> </ul>		
4	<ul style="list-style-type: none"> <li>• Know what you can do.</li> <li>• Know who you ask when you are unable to do something.</li> <li>• Know what can you do in frustration, loneliness.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-appreciation</li> </ul>	<ul style="list-style-type: none"> <li>• Open and ready to share difficulties</li> <li>• Feeling and expressing sadness</li> <li>• Show asking and demanding</li> </ul>	<ul style="list-style-type: none"> <li>• How to make decision of being requested to provide spiritual help</li> </ul>	<ul style="list-style-type: none"> <li>• Develop self-appreciation</li> </ul>	<ul style="list-style-type: none"> <li>• How to ask for what you want</li> <li>• Develop confidence in difficult situations</li> </ul>	<ul style="list-style-type: none"> <li>• Planning what is to be done</li> <li>• Plan time to consider now and future.</li> </ul>	

Grade	Knowledge	Attitude	LIFE SKILLS					
			Communication Self awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note
			* Confidence in difficult situations					
5	<ul style="list-style-type: none"> <li>• Know how to be responsible for what you do</li> <li>• Know about different feeling:                             <ul style="list-style-type: none"> <li>+ Happy, comfortable</li> <li>+ Sad, lonely, strained</li> <li>* Cause of stress</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Sense of responsibility</li> <li>• Proper expressions of sentiments</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of ways to express different feelings associated with stress</li> <li>* Self-confidence</li> </ul>	<ul style="list-style-type: none"> <li>• How to make responsible decision-making</li> <li>• Seek way of stress reduction (by playing games, talking to friends)</li> </ul>	<ul style="list-style-type: none"> <li>• Identify individual responsibility</li> <li>• identifying different feelings associated with stress</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare to cope with stresses, losses, pains</li> </ul>	<ul style="list-style-type: none"> <li>• Prevent tension/ stress</li> <li>• Expectations from yourself</li> </ul>	

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### TOPIC 2: OTHER PEOPLE AND I

Grade	Knowledge	Attitude	LIFE SKILLS					
			Communication Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note
1	1. Know about communicating with friends (speaking and listening, greeting, welcoming) 2. Know about agreeing/disagreeing 3. Know about what pleases/displeases other people	<ul style="list-style-type: none"> <li>• Feel cheerful and open to everybody</li> </ul>	<ul style="list-style-type: none"> <li>• Use welcoming expressions when a visitor comes</li> <li>• Show confidence in own ability in doing good things</li> </ul>	<ul style="list-style-type: none"> <li>• Assess good things done by you</li> <li>• Analyze bad things to avoid (spitting, throwing rubbish at random)</li> </ul>	<ul style="list-style-type: none"> <li>• Identify things to avoid</li> <li>• Respect for good things</li> </ul>			
2	1. Know about friendship: who is a good friend - your good friend 2. Know about bullying and teasing 3. Know about defending/supporting and protecting	<ul style="list-style-type: none"> <li>• Loving friends</li> <li>• Defending the truth</li> </ul>	<ul style="list-style-type: none"> <li>• Show how to be kind to friends, love them.</li> <li>• Show self-denial</li> </ul>	<ul style="list-style-type: none"> <li>• How to protection for friends when they are teased, bullied</li> </ul>	<ul style="list-style-type: none"> <li>• Identify what are good/bad things of your friends</li> <li>• Identify a good, honest, open-hearted considerate friend yourself must be always</li> <li>* Defending the truth</li> </ul>	Consider how to help him/her to become good	<ul style="list-style-type: none"> <li>• Plan to help your friend who is weaker than you in learning, help him/her</li> </ul>	
3	1. Know similarities and dissimilarities between you and others	<ul style="list-style-type: none"> <li>• Respecting others</li> <li>• Sympathizing with the disadvantages of others</li> <li>* .Know what is trust and how to be trusted</li> </ul>	<ul style="list-style-type: none"> <li>• Communicating with the disabled people.</li> <li>• Not being ashamed when in a disadvantageous position</li> </ul>	<ul style="list-style-type: none"> <li>• Decide how to help disabled people</li> </ul>	<ul style="list-style-type: none"> <li>• Develop truthfulness.</li> <li>• Respect for similarities and differences of others</li> <li>• No discrimination against the disabled people</li> </ul>	<ul style="list-style-type: none"> <li>• Decide to help disabled whatever you can</li> </ul>	<ul style="list-style-type: none"> <li>• Plan to be trusted</li> <li>• Prepare to be a good and exemplary friend</li> </ul>	
4	1 Know how to meet, and make and maintain friendship 2. Know when and how to agree and disagree	<ul style="list-style-type: none"> <li>• Self-respect</li> <li>• Respect for others</li> <li>• Being truthful and loving friends</li> </ul>	<ul style="list-style-type: none"> <li>• Identifying and accepting your strengths and weakness</li> </ul>	<ul style="list-style-type: none"> <li>• Alternatives of the good things for the bad things</li> <li>• Decide to not</li> </ul>	<ul style="list-style-type: none"> <li>• Distinguish the right from the wrong</li> <li>• Develop your strengthen - Respect for friendship</li> </ul>	<ul style="list-style-type: none"> <li>• How to ask for what is a good friendship</li> </ul>	<ul style="list-style-type: none"> <li>• Cultivate a close friendship based on mutual respect and help</li> </ul>	

Grade	Knowledge	Attitude	LIFE SKILLS					
			Communication Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note
			<ul style="list-style-type: none"> <li>Respecting and accepting friends' strengthen and weakness.</li> </ul>	judge friends when they make mistakes <ul style="list-style-type: none"> <li>Make decision to cultivate a good friendship</li> </ul>	<ul style="list-style-type: none"> <li>Not feeling ashamed of your weakness</li> <li>Recognize a line between good and bad</li> <li>Know what is trust and how to be trusted</li> <li>Know what is right and what is wrong</li> </ul>	<ul style="list-style-type: none"> <li>How to avoid the bad things</li> <li>Express what is right and what is wrong</li> </ul>		
5	1. Know how to be responsible for your health and health of others. 2. Know how to overcome your illness 3. Know how to help others to overcome theirs illness, including HIV/AIDS. 4. Identify risks when near people who are sick.	<ul style="list-style-type: none"> <li>Having a sense of responsibility for yourself and others</li> <li>Positive attitudes to health. Health is important.</li> </ul>		<ul style="list-style-type: none"> <li>Make decision on how to live a responsible life</li> <li>Made decision to avoid risks to sickness</li> </ul>	<ul style="list-style-type: none"> <li>How can I help people who are sick?</li> <li>Identify what is benefits/costs of staying healthy.</li> </ul>	<ul style="list-style-type: none"> <li>How to care of yourself when you are sick</li> <li>How to protect self from sick ness of others.</li> </ul>	<ul style="list-style-type: none"> <li>To plan to care your health</li> <li>Prepare to help other people when they are sick</li> <li>Benefits of being responsible for your health and care for other</li> </ul>	

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### TOPIC 3: HEALTH IMPROVEMENT

Grade	Knowledge	Attitude	LIFE SKILLS					
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note
1	<ul style="list-style-type: none"> <li>• Human body needs: air, food, water, light</li> <li>• It needs: sleep and rest</li> <li>• How and when to play</li> <li>• Know to keep body clean</li> <li>• Know to keep the neighborhood clean and beautiful</li> </ul>	<ul style="list-style-type: none"> <li>• Meeting the needs of human body</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of practical hygienic way of living</li> <li>• Aware of healthy body is important</li> </ul>	<ul style="list-style-type: none"> <li>• Decide to perform well (accurately and regularly)</li> <li>• Individual hygiene</li> <li>• Washing, teeth-cleaning, face-washing</li> <li>• Eating, sleeping, studying, resting, playing moderately and rationally</li> <li>• Decide to keep environment sanitation: not throwing rubbish, spitting at random, defecating/urinating in proper latrines</li> </ul>	<ul style="list-style-type: none"> <li>• Meeting the needs of human body is important</li> <li>• Matching value and behaviours</li> <li>• Healthy body is important</li> <li>* Value personal &amp; community strengths</li> </ul>			
	<ul style="list-style-type: none"> <li>• Human body needs enough food, moderation and cleanliness</li> <li>• Prevent digestion-related diseases, protect water sources, keep home clean, and kill flies, mosquitoes, cockroaches, and rats.</li> <li>• Your body: what to do to keep it healthy.</li> </ul>	<ul style="list-style-type: none"> <li>• Aware of the need to eat/drink moderately, cleanly to prevent digestion related diseases.</li> <li>• Fond of physical training exercises</li> </ul>	<ul style="list-style-type: none"> <li>• Eating and drinking is a chance of communication</li> </ul>	<ul style="list-style-type: none"> <li>* Consider benefits/costs of adequate and clean eating and drinking</li> <li>• Decide to keep environment sanitation, kill flies, mosquitoes, cockroaches, rats</li> <li>• Decide to do physical training</li> </ul>	<ul style="list-style-type: none"> <li>• Value personal &amp; community strengths</li> <li>• Healthy body is important</li> <li>* Physical training exercises is</li> </ul>	Be assertive re: <ul style="list-style-type: none"> <li>• The need to eat/drink moderately, cleanly</li> <li>• digestion related diseases.</li> </ul>	<ul style="list-style-type: none"> <li>• Eating ordinary food (without diet/selection), eat moderately, adequately, cleanly; ensure normal growth; without digestion-related diseases</li> <li>• Plan to do physical training regularly (good health, regular school</li> </ul>	

Grade	Knowledge	Attitude	LIFE SKILLS					
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note
					important		attendance)	
3	<ul style="list-style-type: none"> <li>• Know organs in human body</li> <li>• Know what to do to protect these organs (respiratory, circulatory, urinary, nervous)</li> <li>• Know keep/protect the atmosphere clean</li> <li>• Know my internal, and external environment</li> </ul>		<ul style="list-style-type: none"> <li>• Aware of the need to protect the organs in your body</li> <li>• Aware of the need to keep the atmosphere clean</li> </ul>	Decide to: <ul style="list-style-type: none"> <li>• Help protect environment, not to cause pollution</li> <li>• Identify benefits and cost of all the principles learnt to protect the respiratory, circulatory, urinary and nervous systems</li> </ul>	<ul style="list-style-type: none"> <li>• Environment is important</li> <li>• Develop principles</li> <li>• Benefits of keeping the atmosphere clean</li> </ul> Benefits of the protection of the organs in your body	Be assertive re: <ul style="list-style-type: none"> <li>• Principles of environment protection (air) and keep hygiene regarding the 4 systems mentioned</li> </ul>	Goals: <ul style="list-style-type: none"> <li>• Clean, well-ventilated house, not smelt, not humid, without stagnant water</li> <li>• Good health, regular attendance</li> </ul>	
4	<ul style="list-style-type: none"> <li>• Inter-relation between body and mind</li> <li>• Aware of the important impact of the healthy mind has on the body</li> <li>• How do you feel when ill and what to do to keep fit</li> <li>• Immunisation and prevention</li> <li>• Dietary regime influences body growth- Not proper nutrition and not clean water are the main cause of illnesses</li> </ul>	<ul style="list-style-type: none"> <li>• Keep healthy living style is important</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate with other people about benefit healthy lifestyle;</li> <li>• Know how to express how you are and ask for advice</li> </ul>	<ul style="list-style-type: none"> <li>• Expand the circle of friends, show self-denial,</li> <li>• How to say nice things to please people.</li> <li>• Benefits/costs of the immunization and prevention programs, medical instruction and good dietary regime.</li> </ul>	<ul style="list-style-type: none"> <li>• Analyze the importance of healthy mind in the healthy body</li> <li>• Recognize the benefits of healthy living, dietary regime and immunization</li> </ul>	Be assertive re : <ul style="list-style-type: none"> <li>• How to protect self by performing healthy living, dietary regime immunization</li> </ul>	<ul style="list-style-type: none"> <li>• Plan to have many good friends, be nice with others, be loved by many others</li> <li>• Prepare to cope with pessimism, frustration, sorrows</li> <li>• Plan enjoy good health</li> <li>• Plan to attend school regularly.</li> <li>• Identify what you want life to be</li> <li>• Immunization</li> </ul>	
5	<ul style="list-style-type: none"> <li>• Similarities and dissimilarities between the growth rate and development of human body</li> <li>• Changes during puberty</li> <li>• Exercises affect the development of human body activities</li> </ul>	<ul style="list-style-type: none"> <li>• Comfortable with the body changes during puberty</li> </ul>	<ul style="list-style-type: none"> <li>• Feel free and know how to talk to your dear and near about physical changes</li> </ul>	2. Decide to talk and ask for advice on your physical changes. Decide to do physical training and how to do it <ul style="list-style-type: none"> <li>• Decide to have clothes, footwear bought and how to use them.</li> </ul>	Important to talk about the body changes during puberty <ul style="list-style-type: none"> <li>• Value physical</li> </ul>	4. Ask other people about the changes in your body. Show no fear nor confusion	<ul style="list-style-type: none"> <li>• Do physical training regularly</li> </ul>	



Grade	Knowledge	Attitude	LIFE SKILLS				
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting
	<ul style="list-style-type: none"> <li>• Resistance of the human body</li> <li>• Infection diseases including HIV</li> </ul>		<ul style="list-style-type: none"> <li>• Use proper terms to explain concepts re: (i) my body parts</li> </ul>	<ul style="list-style-type: none"> <li>• Decide to consult who, to follow the doctors' instruction</li> <li>• Decide to refuse of using unhealthy treatment</li> </ul>	exercises, involve in healthy games/sports <ul style="list-style-type: none"> <li>• Healthy lifestyle (sleep, exercise, monitoring helps prevent illness)</li> <li>• Feel the development of your body and define the level of health you enjoy</li> <li>• Sympathize with friends, and encourage them</li> <li>* Importance of supporting of sick people including people with HIV/AIDS.</li> </ul>	<ul style="list-style-type: none"> <li>• Not to be too fashion-conscious, decline the use of garments likely to do harm to health. Refuse unscientific, unreliable treatment of diseases</li> <li>• Protect self from any risk of infection diseases including HIV/AIDS.</li> </ul>	

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### TOPIC 4: SAFE LIVING

Grade	Knowledge	Attitude	LIFE SKILLS					Note
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
1	<ul style="list-style-type: none"> <li>• Know possible dangers when you are at home</li> <li>• Know how to be careful when using anything sharp/pointed</li> <li>• Know you may get a burn when using boiling water from a kettle, thermos flask</li> </ul>	<ul style="list-style-type: none"> <li>• Be careful when using household utensils</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize things all around you that may be of help to you but dangerous to you</li> </ul>	<ul style="list-style-type: none"> <li>• Consider the consequences of carelessness using use things</li> <li>• Decide not to topsy put household tools</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the positive and negative aspects of every tool at home.</li> <li>• Develop carefulness when using household utensils</li> </ul>	<ul style="list-style-type: none"> <li>• How to protect self from home accidents</li> </ul>	<ul style="list-style-type: none"> <li>• Organize to put things tidily and neatly where you live and study</li> </ul>	Lesson
2	<ul style="list-style-type: none"> <li>• Know how to be careful when using medicine for yourself and for others</li> <li>• Dangers that may happen to you at school and on the road</li> <li>* Do not touch blood or cuts/ sores of others</li> </ul>	<ul style="list-style-type: none"> <li>• Be careful in the use of medicine</li> <li>• Use of medicine under adults supervision</li> <li>• Be careful when going to school and sitting in class</li> </ul>	<ul style="list-style-type: none"> <li>• Ask parents or adult to read the doctor's prescription + Name of medicine + Production date and expiry date + Instruction for use</li> <li>• Wear shoes, sandals</li> <li>• Tables and chairs are good friends, but may break your legs if you are not careful</li> </ul>	<ul style="list-style-type: none"> <li>• Assess good and bad effects of using medicine</li> <li>• Consider bitter pill and good effect</li> <li>• Consequences of touching of blood or cuts sores of others</li> <li>• Consider benefit &amp; cost of wearing shoes or sandals to protect your feet</li> <li>• Consider good or bad table and chair before sitting down to study</li> </ul>	<ul style="list-style-type: none"> <li>• Respect for adults supervision when you are sick.</li> <li>• Respect for the doctor's recommendation</li> <li>• Important to wear shoes/sandals when going to school</li> <li>• Important to have a safe place for you in class</li> <li>• Love and take good care of your set</li> </ul>	<ul style="list-style-type: none"> <li>• Say NO to medicine not yours</li> <li>• How to protect yourselves from not to go barefooted</li> </ul>	<ul style="list-style-type: none"> <li>• Organize a medicine chest at home</li> <li>• Prepare labels for medicine bottles/boxes at home</li> <li>• To care for your shoes as "your good friend"</li> <li>• Plan how to protect your tables/chairs</li> <li>• Not to throw glass-pieces everywhere</li> </ul>	<ul style="list-style-type: none"> <li>• Your medicine chest lesson</li> <li>Lessons</li> </ul>

Grade	Knowledge	Attitude	LIFE SKILLS						
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note	
				<ul style="list-style-type: none"> <li>Evaluate risks while you are on the road</li> </ul>	of table/chair in class				
3	<ul style="list-style-type: none"> <li>Know what are safe play</li> <li>Know dangers of tree-climbing, football playing in street</li> <li>Know snakes, centipedes, mad dogs can be dangerous to you</li> </ul>	<ul style="list-style-type: none"> <li>Be very careful when climbing trees, playing football in school yards</li> </ul>		<ul style="list-style-type: none"> <li>Consider consequences of climbing trees in schoolyards and parks.</li> <li>Decide not to play in grassy, bushy places</li> </ul>	<ul style="list-style-type: none"> <li>Love green trees in school-yards and parks</li> <li>Take care of yourself on the road</li> </ul>	<ul style="list-style-type: none"> <li>Restrain your self and others</li> <li>How to say NO to avoid climbing the trees, playing football in the street</li> </ul>	<ul style="list-style-type: none"> <li>To prevent for climbing trees</li> <li>Care for green trees in school-yards and parks</li> <li>To prevent from bitten of snakes, dogs, and insects.</li> </ul>	Lessons	
4	<ul style="list-style-type: none"> <li>Signal lights and traffic safety</li> <li>Read and understand the traffic signs</li> <li>When going in the street always observe traffic signs</li> <li>Fire precaution at home and at school</li> <li>Dangers of playing with petrol and fire</li> </ul>	<ul style="list-style-type: none"> <li>Strictly follow regulations on traffic safety</li> <li>Be careful in contact with fire, lamps, petrol, and electric cookers</li> </ul>		<ul style="list-style-type: none"> <li>Analyze the benefits of respecting of traffic regulation( stop at red lights and keep right)</li> <li>Where to keep inflammable thing at specified places, away from fire</li> <li>Evaluate positive and negative of storing inflammable thing in different places</li> </ul>	<ul style="list-style-type: none"> <li>Careless overtaking, speeding up may be dangerous</li> <li>Respect for the traffic signs</li> <li>Identify dangers of fire</li> <li>Electric cooker may be dangerous</li> </ul>	<ul style="list-style-type: none"> <li>How to protect self from road accidents</li> <li>Keep others away from fire and petrol to protect your self</li> <li>How to say NO to play with fire</li> </ul>	<ul style="list-style-type: none"> <li>Practice correct use of traffic signs</li> <li>A water tank close to the kitchen</li> <li>Practice fire procedures</li> </ul>	Lessons  Lessons	
5	<ul style="list-style-type: none"> <li>Know possible dangers when somebody wants to take advantage of you</li> <li>Know dangers of cigarettes, wine, drugs are dangerous to you</li> </ul>	<ul style="list-style-type: none"> <li>Be cautions when in contact with strangers</li> </ul>		<ul style="list-style-type: none"> <li>Decide to ask seek opinion of others when in doubt</li> <li>Decide who to trust</li> </ul>	<ul style="list-style-type: none"> <li>Suspicious</li> <li>Evaluate of others opinion</li> </ul>	<ul style="list-style-type: none"> <li>How to say NO to refuse cigarettes, wine, opium heroin</li> <li>Say "no" when induced by friends</li> <li>Ask someone when</li> </ul>	<ul style="list-style-type: none"> <li>Plan a goal to not use cigarettes, wine, opium heroin</li> <li>Identify the steps required to achieve goal</li> </ul>	Lessons	

Grade	Knowledge	Attitude	LIFE SKILLS					
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	Note
	<ul style="list-style-type: none"> <li>• Know how to say "no" to temptations</li> </ul>					feeling something fishy.		

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### GRADE 6

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication	Decision-making	Value Clarification	Assertion	Goal•setting	
Health and development	<ul style="list-style-type: none"> <li>• Signs of puberty in boys and girls</li> <li>• Hygiene for boys and girls</li> </ul>	<ul style="list-style-type: none"> <li>• Physical changes during puberty are normal physiological phenomena (not to get worried about these changes; not to tease your friends when they experience these changes)</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to parents, brothers, sisters and friends to know about + Signs of puberty + Hygiene for boys/girls + HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>• Consider benefits and costs of keeping personal hygiene practices</li> </ul>	<ul style="list-style-type: none"> <li>• Identify physical changes during puberty</li> <li>• Respect for feeling of friends when they experience these changes</li> <li>• Health is the most precious asset, to be protected by every individual</li> </ul>	<ul style="list-style-type: none"> <li>• How to say NO to not use non-sterilised medical equipment</li> </ul>	<ul style="list-style-type: none"> <li>• List improvements you can make to be more healthy, and free of diseases</li> </ul>	"Civic lessons: "Self-control" lesson: "Determination lesson: "Self-esteem"
Basic information on HIV/AIDS	<ul style="list-style-type: none"> <li>• What is a disease? Infectious diseases and non-infectious diseases</li> <li>• What do you know about HIV/AIDS</li> <li>• Know what should you do to protect yourself against AIDS</li> <li>• Know about unwanted attention or touching: know what should you do when you have unwanted attention or touching</li> </ul>	<ul style="list-style-type: none"> <li>• Put up a strong objection when unwanted attention or touching</li> <li>• Identify people you can trust</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to parents teachers to recognize unwanted attention or touching and how to react when unwanted attention or touching</li> </ul>	<ul style="list-style-type: none"> <li>• Decide what could you do yourself when you have unwanted attention or touching</li> </ul>	<ul style="list-style-type: none"> <li>• Identify people you can trust</li> </ul>	<ul style="list-style-type: none"> <li>• How to say NO to avoid unwanted attention or touching</li> <li>• Put up a resolute objection &amp; denial when unwanted attention or touching</li> </ul>	Practice "Stop that", saying No	
Risks of HIV/AIDS infection and its impact on human life	<ul style="list-style-type: none"> <li>• A number of common behavior in life conducive to HIV/AIDS infection</li> <li>+ Use non-sterilized medical equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Life is better than use of drugs</li> </ul>		<ul style="list-style-type: none"> <li>• Decide to use sterilized medical equipment</li> <li>• Decide to</li> </ul>	<ul style="list-style-type: none"> <li>• Life is better than use of drugs</li> </ul>	<ul style="list-style-type: none"> <li>• How to say NO to use of drugs</li> </ul>		

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication	Decision-making	Value Clarification	Assertion	Goal-setting	
	+ Scratches, bleeding + Drug injection			not use drugs • Alternatives to drug use				
Responsibilities of an individual and the community for HIV/AIDS prevention and care	<ul style="list-style-type: none"> <li>• Know how to live in moderation to keep healthy</li> <li>• Know how to help brothers/sisters in the family to do the same</li> <li>• Know who can help you in this respect</li> </ul>	<ul style="list-style-type: none"> <li>• Explain brothers/sisters in the family to live in moderation</li> <li>• Communicate healthy family is important</li> </ul>					Plan to be supportive	

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### GRADE 7

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
Health and development	<ul style="list-style-type: none"> <li>• Effects of dietary and physical training regime on your physical development</li> <li>• Impacts of environment on health and development</li> <li>• You and friends, you and same sex friends, you and opposite-sex friends</li> </ul>	<ul style="list-style-type: none"> <li>• Important to fulfill voluntarily regimes regarding eating, training, resting, playing</li> </ul>	<ul style="list-style-type: none"> <li>• Talk to parents, brothers, sisters, teachers, doctors about your health problems</li> </ul>	<ul style="list-style-type: none"> <li>• Decisions re: practice healthy and rational life style</li> <li>• Gather information rational regime of eating, training, resting, playing</li> </ul>	<ul style="list-style-type: none"> <li>• Health is the most precious asset of the individual, family and society to be protected</li> </ul>	<ul style="list-style-type: none"> <li>• How to say NO to not smoke, drink wine</li> <li>• How to prevent from unhealthy practices (eating, drinking, playing)</li> </ul>	<ul style="list-style-type: none"> <li>• Plan be healthy physically and mentally</li> <li>• Plan be free of any disease</li> <li>• Plan not to smoke, drink wine</li> </ul>	"Civics" Lesson: Self-care and physical training
Basis information on HIV/AIDS	<ul style="list-style-type: none"> <li>• Why can you get ill?</li> <li>• Why can you contact an infectious disease?</li> <li>• HIV/AIDS can easily be transmitted through blood</li> <li>• What to do to protect yourself against HIV/AIDS infection through blood</li> </ul>	<ul style="list-style-type: none"> <li>• Important to protect from diseases and HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>• Explain consequences of social evils on yourself and your family</li> </ul>	<ul style="list-style-type: none"> <li>• Consider the risks of depraved cultural publication</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize the importance of health</li> </ul>	<ul style="list-style-type: none"> <li>• Have good manners</li> <li>• How to say NO to risk situation</li> </ul>	<ul style="list-style-type: none"> <li>• Plan to protect yourself from HIV/AIDS infected</li> </ul>	Lesson: "Help build the material and spiritual life of family"
Risks of HIV/AIDS infection and its impact on human life	<ul style="list-style-type: none"> <li>• Adverse impacts of HIV/AIDS on yourself and the family and community</li> <li>• Adverse effects of drug and not taking care of self</li> </ul>	<ul style="list-style-type: none"> <li>• Important to keep way from social evils (cigarettes, wine, drugs)</li> </ul>		<ul style="list-style-type: none"> <li>• Ways to avoid using cigarette, drugs</li> <li>• Ways to use non-sterilized medical equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits of keeping away from social evils</li> </ul>	<ul style="list-style-type: none"> <li>• How to say NO to smoke cigarettes, drink wine, use drugs.</li> <li>• How to say NO to use non-sterilized medical equipment</li> </ul>		
Responsibility	<ul style="list-style-type: none"> <li>• Rest, play, relax in a healthy way</li> </ul>		<ul style="list-style-type: none"> <li>• Communicate</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits of</li> </ul>	<ul style="list-style-type: none"> <li>• Protect</li> </ul>	<ul style="list-style-type: none"> <li>Respect and be</li> </ul>		

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
of the an individual and the community for HIV/AIDS prevention and care	to keep fit and prevent HIV/AIDS		with the same sex friends • Communicate with opposite sex friends	cultivation of friendship. healthy. open opposite sex friendship	environment for the benefits of health and human development	responsible to friends		



## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### GRADE 8

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
Health and development	<ul style="list-style-type: none"> <li>• Structures and functions of boys and girls reproductive organs.</li> <li>• There are menses in girls and wet dreams in boys - why?</li> <li>• Conception and development of fetus</li> <li>• Symptoms of pregnancy</li> </ul>	<ul style="list-style-type: none"> <li>• Not to be ashamed of the changes of your reproductive organs</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to talk to parents, brothers, sisters, teachers, friends and medical officers to know about the development of the body</li> </ul>		<ul style="list-style-type: none"> <li>• Have self respect and self responsibility</li> </ul>	<ul style="list-style-type: none"> <li>• How to protect yourself from physical violations</li> </ul>	<ul style="list-style-type: none"> <li>• Plan healthy body, normal development</li> </ul>	Biology: Lessons Immunization, human body and infectious diseases. <ul style="list-style-type: none"> <li>• Sexually transmitted diseases</li> </ul> HIV/AIDS and how to prevent them
Basic information on HIV/AIDS	<ul style="list-style-type: none"> <li>• Immunization, the immunization system of the body</li> <li>• Infectious diseases and sexually transmitted diseases.</li> <li>• HIV/AIDS destroys the body's immunization system</li> <li>• What is AIDS? 2 stages of AIDS development: HIV stage and AIDS stage</li> <li>• What does and does not transmit HIV/AIDS</li> <li>• Preventive measures</li> </ul>	<ul style="list-style-type: none"> <li>• Neither make light of nor be afraid of the HIV/AIDS spread and infection</li> </ul>	<ul style="list-style-type: none"> <li>• Use terms re: HIV</li> </ul>	<ul style="list-style-type: none"> <li>• Benefits of being STDs and HIV/AIDS free</li> </ul>		How to prevent from high-risk behaviors: <ul style="list-style-type: none"> <li>• How to not have sex</li> <li>• How to not use drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Plan be STD and HIV/AIDS free</li> </ul>	Civics: Introductory lesson: citizens and legislation Lesson 5: Rights and obligations of grand-parents regarding grand children Lesson 14: Respect for regulations on the prevention of social evils

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal setting	
Risks of HIV/AIDS infection and its impact on human life	<ul style="list-style-type: none"> <li>Disastrous effects of HIV/AIDS have on you, your family and community</li> <li>High, low and "no" risk HIV/AIDS infection behaviors</li> </ul>			<ul style="list-style-type: none"> <li>Evaluate risk of HIV/AIDS on yourself, your family and the community</li> </ul>		<ul style="list-style-type: none"> <li>How to avoid use non-sterilized medical equipment</li> </ul>		
Responsibilities of an individual and the community	<ul style="list-style-type: none"> <li>State regulations on prevention of social evils.</li> <li>Responsibility of individuals for the implementation of the state regulations.</li> <li>Join the HIV/AIDS prevention activities in community</li> <li>Suppose you were HIV/AIDS positive, what would you have to do</li> <li>What would you have to do if a family member infected with HIV/AIDS</li> <li>What would you do when your friends/ neighbors are HIV/AIDS positive</li> </ul>	<ul style="list-style-type: none"> <li>Fully support and abide by the HIV/AIDS prevention regulation of community</li> <li>Actively involve in HIV/AIDS prevention regulations.</li> <li>Provide help to HIV/AIDS infected people.</li> <li>Not to lose heart when HIV/AIDS infected</li> </ul>	<ul style="list-style-type: none"> <li>Communicating with HIV/AIDS infected people communicating with healthy people when you are unfortunately HIV/AIDS infected</li> </ul>	<ul style="list-style-type: none"> <li>Decide to protect others when you are HIV/AIDS infected</li> </ul>	<ul style="list-style-type: none"> <li>Provide help to HIV/AIDS infected people.</li> <li>Not to lose heart when HIV/AIDS infected</li> </ul>	<ul style="list-style-type: none"> <li>How not to infringe on state regulations on prevention of social evils.</li> <li>How to not discriminate against HIV/AIDS people.</li> <li>How not to spread HIV/AIDS to others</li> </ul>		

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### GRADE 9

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
Health and development	<ul style="list-style-type: none"> <li>• Sex</li> <li>• Characteristic feature of men and women</li> <li>• Communication with opposite sex friends</li> </ul>	<ul style="list-style-type: none"> <li>• Respect for the opposite sex friends and their sex characteristics</li> </ul>	<ul style="list-style-type: none"> <li>• Have a skills of communicating with opposite sex friends</li> </ul>	<ul style="list-style-type: none"> <li>• Consider the sex characteristics of opposite sex friends</li> </ul>	<ul style="list-style-type: none"> <li>• Respect for and be true to friends</li> <li>• Not to tease ridicule or discriminate against the sex characteristics of opposite sex friends</li> </ul>	<ul style="list-style-type: none"> <li>• How to behave yourself to opposite sex friends</li> </ul>	<ul style="list-style-type: none"> <li>• Plan to cultivate the fine, good characteristics of each sex</li> <li>• Health, open opposite sex friendship</li> </ul>	Biology: Reference material
Basic information on HIV/AIDS	<ul style="list-style-type: none"> <li>• Correct and incorrect concepts of HIV/AIDS</li> <li>• What is safe sex</li> <li>• Consequences of unsafe sex: unwanted pregnancy, sexually transmitted diseases, HIV/AIDS</li> <li>• Condoms for safe sex</li> </ul>	<ul style="list-style-type: none"> <li>• Object to unsafe sex relations</li> </ul>		<ul style="list-style-type: none"> <li>• Evaluate the risks of unsafe sex relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Important to avoid unsafe sex relationship</li> </ul>	<ul style="list-style-type: none"> <li>• How to say "NO" to avoid early and unsafe sexual relations</li> <li>How to not to have any sexual relations</li> </ul>		
Risks of HIV/AIDS and its impact on the human life	<ul style="list-style-type: none"> <li>• HIV/AIDS is the century's pandemic</li> <li>• Impact of HIV/AIDS on the human life</li> <li>• Who is of the high-risk HIV/AIDS groups</li> </ul>	<ul style="list-style-type: none"> <li>• Important to help protect HIV/AIDS</li> </ul>		<ul style="list-style-type: none"> <li>• Assess risks to involve in such high-risk activities as:</li> <li>+ Drug</li> <li>+ Non-sterilized equipment</li> <li>+ Unsafe sex</li> </ul>		<ul style="list-style-type: none"> <li>• How to say NO to not involve in such high-risk activities as:</li> <li>+ Drug</li> <li>+ Non-sterilized equipment</li> <li>+ Unsafe sex</li> </ul>		

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
Responsibility of individual and community for HIV/AIDS prevention and care	<ul style="list-style-type: none"> <li>• Have access to correct information on health protection and HIV/AIDS prevention from consulting addresses.</li> <li>• Recommend and advise friends to come to consulting addresses, when necessary</li> </ul>	<ul style="list-style-type: none"> <li>• Be courageous and voluntary enough to seek advice and encourage friends to consult right people/agency on health care and HIV/AIDS prevention when necessary</li> </ul>		<ul style="list-style-type: none"> <li>• Benefits and costs of seeking advice and encourage friends to do the same when necessary</li> </ul>		<ul style="list-style-type: none"> <li>• How to seek advice and encourage friends to do the same when necessary</li> </ul>		

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### GRADE 10

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
Health and development	<ul style="list-style-type: none"> <li>• Healthy and pure friendship</li> <li>• Live a healthy way of life to protect health and prevent HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>• Wish to have a healthy way of life and good health</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate with friends</li> </ul>	<ul style="list-style-type: none"> <li>• Assess benefits of a healthy life and pure friendship</li> </ul>	<ul style="list-style-type: none"> <li>• Healthy life and pure friendship help health and happiness</li> </ul>	<ul style="list-style-type: none"> <li>• Determined to cultivate a healthy way of life and pure friendship</li> </ul>	<ul style="list-style-type: none"> <li>• Plan healthy living and pure friendship now and future</li> </ul>	Biology lesson: <ul style="list-style-type: none"> <li>• Living forms</li> <li>• Virus</li> <li>• Disease causing microorganisms in humans and animals</li> </ul>
Basic information on HIV/AIDS	<ul style="list-style-type: none"> <li>• HIV: Size, form, living activities, and different ways of causing diseases.</li> <li>• AIDS is the last stage of HIV infections. How to treat it?</li> <li>• Sex is one of the ways of HIV/AIDS infections among the young people</li> <li>• Healthy friendship and love to combat HIV/AIDS</li> <li>• Sexual abuse, sexual harassment</li> </ul>	<ul style="list-style-type: none"> <li>• Believe that HIV/AIDS could be prevented</li> <li>• Delay having sex at student age</li> <li>• Be against sexual abuse and sexual harassment</li> </ul>	<ul style="list-style-type: none"> <li>• How to communicate (particularly with opposite-sex peoples) to recognize and avoid sexual abuse and sexual harassment</li> </ul>	<ul style="list-style-type: none"> <li>• What would you do not abuse or harass others sexually</li> </ul>		<ul style="list-style-type: none"> <li>• How to say No to protect self from sexual abuse or harassment</li> </ul>	<ul style="list-style-type: none"> <li>• Plan to avoid HIV/AIDS or STD infected now and future</li> </ul>	Further reading: AIDS • do not get killed by ignorance Further reading: the formation of personality
Risk of HIV/AIDS infection and its impact on the human life	<ul style="list-style-type: none"> <li>• Extent and risks of HIV/AIDS infections in Vietnam, the region and the world</li> </ul>							
Responsibility of individuals and community for HIV/AIDS prevention and	<ul style="list-style-type: none"> <li>• Cultivate pure and healthy friendship and love to protect yourself and your friends.</li> <li>• Exercise your right and responsibility to avoid sexual abuse and harassment</li> </ul>	<ul style="list-style-type: none"> <li>• Take responsibility in friendship and love.</li> <li>• Believe in rights and self responsibility in avoiding sexual</li> </ul>	<ul style="list-style-type: none"> <li>• How explain the spreading and risks of HIV/AIDS infections in the country, the region</li> </ul>	<ul style="list-style-type: none"> <li>Assess benefits pure and healthy friendship and love</li> </ul>	<ul style="list-style-type: none"> <li>Respect for the rights to protect self from sexual abuse and</li> </ul>	<ul style="list-style-type: none"> <li>• Protect self from HIV/AIDS infection</li> <li>• How to refuse sexual abuse and</li> </ul>	<ul style="list-style-type: none"> <li>• Plan to cultivate healthy, low risk relationship.</li> </ul>	

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
care		abuse and harassment	and the world		harassment	harassment		

## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### GRADE 11

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
Health and development	<ul style="list-style-type: none"> <li>Differences between opposite sex friendship and love</li> <li>To have or not have sex at the student age</li> <li>Responsibility for yourself and opposite-sex friends</li> </ul>	<ul style="list-style-type: none"> <li>Agree on the idea not to have a sex at student age</li> </ul>	<ul style="list-style-type: none"> <li>How to behave with self-control and responsibility towards opposite sex friends</li> </ul>	<ul style="list-style-type: none"> <li>Not to have sex at student age</li> <li>Alternatives for not having sex at student age</li> </ul>	<ul style="list-style-type: none"> <li>Healthy and pure friendship helps formulate good personality at student age</li> </ul>	<ul style="list-style-type: none"> <li>Not to be involved in sex at student age</li> </ul>	<ul style="list-style-type: none"> <li>Benefits of physically healthy to study well and pure friendship</li> <li>* Planning for transition to adulthood, university, work and other responsibilities</li> <li>* Assess change in risk in the coming years( eg 5 years)</li> </ul>	Civics: Lesson 10: Common problems of mankind Lesson 12: Happiness Lesson 16: Friendship and love Lesson 21: Love
Basic information on HIV/AIDS	<ul style="list-style-type: none"> <li>HIV/AIDS: who is infected. Statistics (local, international)</li> <li>Know about social risk of HIV/AIDS infection for men and women.</li> <li>Preventive measures against HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>Not to be frightened nor indifferent to HIV/AIDS</li> </ul>	Use correct terms of HIV/AIDS <ul style="list-style-type: none"> <li>Advocate for and disseminate correct concepts of HIV/AIDS</li> <li>How to behave towards other people to prevent self and prevent</li> </ul>	Assess risk of having sex at student age injecting drugs, using of non-sterilized medical equipment <ul style="list-style-type: none"> <li>Benefits of using of condoms for safe sex</li> </ul>	<ul style="list-style-type: none"> <li>Important to prevent HIV/AIDS</li> <li>Benefits of understanding of HIV/AIDS risk</li> </ul>	<ul style="list-style-type: none"> <li>How to say NO to not have sex at student age</li> <li>How to avoid having sex at student age injecting drugs, using of non-</li> </ul>		

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
			for other from HIV/AIDS			sterilized medical equipment		
Risks of HIV/AIDS and its impact on the human life	<ul style="list-style-type: none"> <li>The cost to be paid for HIV/AIDS (health, race, social culture, spirit, economy and politics)</li> </ul>	<ul style="list-style-type: none"> <li>Be responsible enough not to spread HIV/AIDS to other people</li> </ul>	<ul style="list-style-type: none"> <li>How to disseminate disastrous effects and risks of HIV/AIDS infections</li> </ul>		Important to not spread HIV/AIDS to other people			
Responsibility of individuals and community for HIV/AIDS prevention and care	<ul style="list-style-type: none"> <li>Make a responsible/careful study of HIV/AIDS prevention policies of the state</li> <li>Seek advice on friendship, love; sex and disseminate correct and relevant information to other people</li> </ul>	<ul style="list-style-type: none"> <li>Make a serious study of and abide by all state policies regarding HIV/AIDS prevention</li> </ul>	<ul style="list-style-type: none"> <li>Communicate all state policies regarding HIV/AIDS prevention</li> <li>How to seek advice on sex and HIV/AIDS</li> </ul>	<ul style="list-style-type: none"> <li>Gather information on state policies regarding HIV/AIDS prevention</li> </ul>	How to seek advice on friendship, love and HIV/AIDS	<ul style="list-style-type: none"> <li>Practice/Demonstrate behaviours consistent with policies including regulations on HIV/AIDS prevention</li> </ul>		



## VIET NAM LIFE SKILLS EDUCATION FOR HEALTH IMPROVEMENT AND HIV/AIDS PREVENTION CURRICULUM

### GRADE 12

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
Health and development	<ul style="list-style-type: none"> <li>• Love and marriage</li> <li>• Selection of partners (husband &amp; wife)</li> <li>• Role and responsibility of the wives/husband in protection of the family health and happiness</li> </ul>	<ul style="list-style-type: none"> <li>• Be careful when selecting of a partner</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate with friends to cultivate pure friendship, love and safe sex.</li> </ul>		<ul style="list-style-type: none"> <li>• Respect for pure friendship love, and safe sex</li> </ul>	<ul style="list-style-type: none"> <li>• Develop pure friendship love, and safe sex</li> </ul>	<ul style="list-style-type: none"> <li>• Care for pure friendship love, and sex</li> <li>- Plan to keep friendship and love always pure and healthy</li> </ul>	<ul style="list-style-type: none"> <li>• Biology (specialized secondary education) lesson: Decoding heredity</li> <li>Civics lesson: Marriage and family</li> </ul>
Basic information on HIV/AIDS	<ul style="list-style-type: none"> <li>• Reproductive mechanisms of HIV in T4 lymphocyte and deactivation of the immunization system</li> <li>• Correct and incorrect concepts on safe sex and unsafe sex</li> <li>• Disastrous effects of early sex, unsafe sex and promiscuous sex</li> </ul>	<ul style="list-style-type: none"> <li>• Agree upon correct concepts of safe sex</li> <li>• disagree upon extra-marital sex</li> <li>• Disagree upon the early marriage and pre-marital sex</li> </ul>	<ul style="list-style-type: none"> <li>• Communicate with friends to have safe sex</li> <li>• Communicate about not to have promiscuous sex, and unsafe sex</li> </ul>	<ul style="list-style-type: none"> <li>• How to made decisions re not to have early sex, pre-marital sex and unsafe sex.</li> </ul>	<ul style="list-style-type: none"> <li>• Self-respect</li> <li>• Important not to have early sex, pre-marital sex and unsafe sex.</li> </ul>	<ul style="list-style-type: none"> <li>• Say NO to avoid early sex, pre-marital sex, extra marital sex and unsafe sex</li> </ul>	<ul style="list-style-type: none"> <li>• Plan not to have early sex, pre-marital sex, extra marital sex and unsafe sex</li> </ul>	
Risks of HIV/AIDS and its impact on the human life	<ul style="list-style-type: none"> <li>• Extent and risks of HIV/AIDS spread in the country.</li> <li>• What to do not to be involved in the high-risk behaviors.</li> </ul>	<ul style="list-style-type: none"> <li>• Important to protect yourself from high risk behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• How to deal with people of the high-risk groups</li> </ul>	<ul style="list-style-type: none"> <li>Alternatives not to have high risk behavior</li> </ul>		<ul style="list-style-type: none"> <li>• Avoid involving in high-risk behaviors</li> </ul>	<ul style="list-style-type: none"> <li>• Plan not to be involved in high-risk behaviors</li> <li>* Planning for transition to adulthood, university.</li> </ul>	

Topic	Knowledge	Attitude	LIFE SKILLS					To be taught in:
			Communication & Self-awareness	Decision-making	Value clarification	Assertion	Goal-setting	
							work and other responsibilities * Assess change in risk in the coming years( eg 5 years)	
Responsibility of individuals and community for HIV/AIDS prevention and care	<ul style="list-style-type: none"> <li>• Implement the law on family and marriage to protect family health and happiness and to combat HIV/AIDS.</li> <li>• Know where and how to seek advice on marriage and family and recommend it to others</li> </ul>	<ul style="list-style-type: none"> <li>• Support the law on family and marriage and marriage counseling</li> </ul>	<ul style="list-style-type: none"> <li>• How to make a study of the law on family and marriage.</li> <li>• How to seek advice on marriage and family</li> </ul>		<ul style="list-style-type: none"> <li>• Important to respect for the law marriage and family</li> </ul>		Plan to respect for the law of marriage and family	