More instructions will be added soon and also as features become available.

**Modeling and Rehearsal**

The video is introduced by Jessica, who tells about how she got caught up in the moment with her boyfriend and had sex even though they didn’t have a condom. Now, seventeen days later, she reflects on how she has been worried ever since that she might be pregnant.

She enlists her friends to think about what someone might do differently to avoid her situation when they attend a party that evening. Jessica’s friend Hailey finds condoms for the girls to have with them at the party and engages them in a hands-on lesson in how to use them. The girls are all in different circumstances, contemplating their relationship dilemmas and decisions about sexual behaviors. They demonstrate a variety of options and skills for making common potentially sexual situations through a six vignettes.

Each vignette presents the viewer with a story that will familiar, as they are based on formative research situations in which teens end up having sex. Here, the viewer will be asked to consider something how to escape from these heavily scripted situations choice that will change the outcome. Each story includes four “choice points” at which the female character thinks of different things that she could say.

One choice but two additional strategies that the tested with were realistic things some are indirect in comfort levels of opportunity to choose which of these options to follow and the story changes in response to that choice.

choices in selection of seem very describing however, unusual: and make a continues along the path toward sexual behavior, choices would stop the progression. These character is offering to the viewer were carefully adolescent audiences to make sure that they for young women to say. Some are direct and order to appeal to different interaction styles and diverse viewers. The viewer is given the
When a viewer makes one of these lower-risk choices, she is then invited to apply the demonstrated skills to her own life. In-story narrators make suggestions for how she might do this, and a simple graphic develops on the screen asking “what could you do” in a similar situation. The graphic plays unobtrusively for 30 seconds, then freezes so the viewer can take additional time to complete her thought process before resuming the story. **These screens are the COGNITIVE REHEARSALS.**

The video includes six different characters, each of whom has her own story to tell. Three of these young women have boyfriends, and the other three have met young women that they are interested in getting to know. Because of this program’s focus on pregnancy risk, only heterosexual couples are included in the story lines. All of them navigate through a similar series of choice points, demonstrate how to pursue less risky options, and present the opportunity for the viewer to engage in cognitive rehearsal for making these choices in her own life. Our research suggests that viewers often want to view several of these girls’ stories, thus exposing them to many different strategies for lowering risk and reinforcing the broader lessons.

The characters realize that they each have the ability to make their own choices and the right to say no and to bring up the need to use a condom, even with a boyfriend. Jessica, the narrator, continues to guide the viewer throughout the video.

**Mini Documentaries**

In addition to the relationship vignettes, **Seventeen Days** provides numerous additional resources. The narrator, Jessica, introduces a series of what we call mini-documentaries to the viewer as a collection of videos that she got her hands on when talking to other people about her dilemma. From her bedroom, she explains what resources are available, and the knick-knacks on her bedroom wall become a menu for the viewer to choose from, including going back to the bonfire to watch more of the girls’ stories, going back to review Hailey’s condom lesson, or watching one of four mini-documentaries:

**I got birth control and so can you (Interviews and Condom video are PART OF CORE DOSAGE)**

Starting with a series of person-on-the-street style interviews, we hear many different perspectives and experiences obtain birth control. These interviews are interspersed with expert content from a reproductive health provider who explains how the different kinds of contraceptives work and the need to use condoms with another method. At the end of the short video, an interactive feature is offered in which the viewer can get more in-depth information about methods of birth control that are of interest to her.
**Going to the gynecologist**
We hear a young woman’s inner monologue at her first visit to a reproductive health provider for gynecologic care. She has engaged in unprotected intercourse and is concerned about pregnancy and infection. This mini-documentary provides information on sexual-health awareness and the importance of seeing a reproductive health provider on a regular basis. It aims to de-mystify what happens at a gynecological exam and to reduce barriers to seeking care.

**Watch out for STIs (part of CORE DOSAGE)**
Students in a Sex Education class discuss sexually transmitted infections and relate conceptual points about pathogens to real-life decisions. Risk reduction is discussed at length using a large-scale model that the students use to “weigh” the risks of different kinds of sex and note any benefits of prevention techniques such as condoms. In an interactive feature at the end, viewers learn more about the causes, diagnoses, risks, and treatments of STIs in general, and about eight specific infections, in particular: gonorrhea, chlamydia, HPV, herpes, syphilis, HIV, hepatitis and trichomonas infections.

**Know your body**
In a fun, fast-paced segment, we break the mold for showing reproductive anatomy by painting it directly on a young woman’s body. This body painting interactive feature where the viewer can learn not just the names of the different parts of the internal and external reproductive system but also
Dashboard

Login:
http://seventeendaysweb.org/dashboard/users/login

Username and password provided by Seventeen Days Team. If you have any questions, please email info@seventeendays.org

Organizations

Your organization name should appear under this list once you login.

By clicking on your organization, you will be able to see the number of licenses and activation codes of your organization.

By clicking on the License, you will be able to see the specific activation code information.

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Once you click this page, you will see a list of all your activation codes. You can select to export the codes either as .cvs or Excel. You can choose to Email the Code to your viewers or if you send your own personalize message and want to keep track of codes given out, select: “Marked as Sent”. You should never have to change the Group for the purposes of using Seventeen Days.

### Reports

Reports can be found on the right-hand side of the Dashboard. Please select Seventeen Days, you must scroll to see the complete report. The reports can be exported in .csv or Excel format.

The reports include:

- Timestamp of last login
- Timestamp First Story complete
- Number of stories complete
- Number of Cognitive Rehearsals viewed
- Number of Choices selected (Currently being added)
- Mini-Docs viewed
  - STI Reports
  - Birth Control Options
  - Know Your Body
  - Condom demonstration

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Core Dosage is complete if:

- First Story has a timestamp
- Story Count is at least 1
- Cog0 is at least 1
- CogCondom is at least 2
- STIdetail is at least 1

[If you are using the handout for core dosage, then the last two bullets points do not apply.]

Codes

Cog=Cognitive Rehearsals
First Story=Time Stamp of when the first girls’ story is completed
Story Count=Number of girls’ stories viewed
CogCondom=Condom Cognitive Rehearsals viewed
BCDetail=Number of Birth Control Options viewed
KYBdetail=Number of Know Your Body Options viewed
STIdetail=Number of STIs Options viewed
Cognitive Rehearsals examples:

<table>
<thead>
<tr>
<th>if you didn’t want to go off alone with a guy?</th>
<th>if you didn’t want to have sex with a guy?</th>
<th>if you wanted to tell a guy that you had a condom?</th>
<th>if a guy didn’t want to use a condom?</th>
</tr>
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</tr>
<tr>
<td>if you didn’t want to go off alone with your boyfriend?</td>
<td>if you didn’t want to go off somewhere private with your boyfriend?</td>
<td>if you wanted to tell your boyfriend that you had a condom?</td>
<td>if your boyfriend didn’t want to use a condom?</td>
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