

# AIM FOR SUCCESS™

A V O I D I N G   T H E   R I S K S

## *Aim For Success*

### ***Why Abstinence? Because it Protects***

Aim For Success has three sexual abstinence programs. Each program has a version for 6<sup>th</sup> grade, 7<sup>th</sup> and 8<sup>th</sup> grade and high school. The following is the Aim For Success outline for 7<sup>th</sup> – 12<sup>th</sup> grade.

### **7<sup>th</sup> – 12<sup>th</sup> Grade Outline for a One Hour Program**

#### **Introduction: Dreams and Goals**

Choices you make now will affect your future dreams and goals.

#### **Pregnancy**

Over 2,000 teenage girls get pregnant every day.

What is the only way to make sure you don't face a pregnancy?

Abstinence = Freedom.

#### **Gift Box Object Lesson**

Everyone has the gift of virginity to give away one time.

Sexual abuse is never the victim's fault. This person still has the gift of their virginity to give away.

If you've already been sexually involved, it isn't too late. You could decide to rewrap your gift and not have sex any more until marriage.

#### **STDs – Card Game**

The game demonstrates one out of four teens who are having sex gets an STD every year.

The game also shows that these STDs can be asymptomatic – no signs, no symptoms, but contagious.

Discussion of Chlamydia, Herpes and Human Papilloma Virus.

STD's can be transmitted by oral sex.

Two people faithful to each other for a lifetime never have to worry about STDs

Abstinence = Freedom.

#### **Emotional Scars – Gloves Object Lesson**

Psychologists say having sex is the most intimate form of bonding.

It's got to hurt when you break up and could leave you with a hard, cold heart.

Abstinence = Freedom

#### **Setting Boundaries - Stop Sign Object Lesson**

Stop signs are designed for protection.

As you begin to date you will need to set boundaries and always be prepared to stop.

Students learn how to recognize and stop teen dating violence.

#### **The Pressure of Drugs and Alcohol**

One of the biggest pressures on teens to have sex is drug and alcohol use.

Alcohol wipes away the self control needed to live a sexually abstinent lifestyle.

#### **Contraceptives**

Students see that while using birth control pills and/or condoms can reduce the risks some of the time, they do not guarantee protection.

#### **Can You Chance It? Dice Game**

Students will play a game to see the dangers of having sex outside of marriage.

The only way to guarantee you won't get hurt is not to play the game.

Abstinence = Freedom

#### **Survey**

Most teens have not had sex!

A voluntary, anonymous survey is offered at the conclusion. Aim for Success sends the survey results and student comments back to the school.