



## *Aim For Success*

### ***Why Choose Abstinence: It Protects.***

The Aim For Success program is the first of three programs geared to motivate teens to choose sexual abstinence as the best lifestyle to help them reach their dreams and goals. Students can see the three programs in any order. It is not necessary to see Aim For Success first. The following outline requires at least 60 minutes.

### **Program Outline (Grades 7 – 12)**

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

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

#### **Pregnancy – Discussion**

When a teenager in America is involved in a pregnancy, does that affect their dreams and goals?  
What is the only way to make sure you don't face a pregnancy? Abstinence = Freedom.

#### **It's Never too Late to Change - Gift Box Object Lesson**

Have you been tempted to open a gift when no one was home? Why? - Curious!  
Some of you may have already opened your gift of virginity and now realize the dangers you are facing.  
It isn't too late. You have a second chance. You can decide to not have sex any more until marriage.

#### **STDs – Card Game**

The game demonstrates one out of every 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, AIDS, and Human Papillomavirus 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.  
Sexual abuse - It was not your fault. You didn't give the gift of your virginity away.  
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.

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

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 the birth control pill or condoms may reduce your risk to some of the chances, some of the time, they cannot eliminate your risk of any of the chances any of the time.

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

Having sex is gambling with your life, and your dreams and goals. Students will play a game to see the dangers of having sex outside of marriage. The only way to guarantee not to 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 tabulates the surveys and sends a report of the survey results and comments from students.