

AIM FOR SUCCESS™

A V O I D I N G T H E R I S K S

Achieve Success

How to Succeed at Sexual Abstinence

Aim For Success has three sexual abstinence programs. Each program has a version for 6th grade, 7th and 8th grade and high school. The following is the Achieve Success outline for 6th graders.

6th Grade Outline for a One Hour Program

Introduction – Dreams and Goals

You achieve success by setting goals.

Your passion to succeed must exceed the pressures of life.

Hold Your Breath Game: Students learn how goals help you achieve more success.

Word Game: Like fire, sex can be good or bad depending on how and when it is used.

Pregnancy and STDs

Over 2,000 teenage girls get pregnant and over 10,000 teens get an STD in America each day.

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

Abstinence = Freedom from pregnancy and STDs.

Difference between Guys and Girls

Girls are capable of a pregnancy only one to five days per month.

Guys can get a girl pregnant any day and are sexually excited by sight.

Therefore, girls should be careful about how they dress, and guys should be careful about what they see.

Knowing True Love

Foil heart illustration – Understanding the impact of emotional scars

Is it a Crush or Love? Fun Quiz – Students learn to determine if a relationship is love or just infatuation.

True love never pressures someone to do something that could hurt them.

Beware of Sexual Abusers

\$20 bill illustration: If you've been abused, abstinence still has value.

Sexual abuse is never the victim's fault.

A sexual abuser is usually someone you know.

Sexual abusers may make promises or threaten you to never to tell.

Sexual abuse may involve pictures/videos, looking at each other's sexual areas or sexual touching.

If you are involved in sexual abuse, (1) Stop; (2) Run away; (3) Tell an adult.

Dealing with Peer Pressure

Students learn a N.I.C.E. way to say no without losing their friends.

Role Play – Students learn basic refusal skills.

Dealing with the Pressure from the Media

While playing the Favorites Game, students learn how the media often manipulates viewers.

Students discuss how the media uses sex to sell.

Pornography: Students are warned about the addictive power of pornography.

Pornography can lead to sexual harassment, aggression and rage. It can also destroy marriages.

Dealing with the Pressures of Drugs and Alcohol

Students hear a story illustrating the dangers of alcohol.

Alcohol and drugs can destroy the self control that abstinence requires.

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.