

# 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 6<sup>th</sup> grade, 7<sup>th</sup> and 8<sup>th</sup> grade and high school. The following is the Achieve Success outline for 7<sup>th</sup> - 12<sup>th</sup> grade and requires one hour.

### **7<sup>th</sup> – 12<sup>th</sup> 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.

#### **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.  
\$20 bill illustration – Abstinence from now on still has value. It's never too late to start over.

#### **Differences between Guys & Girls**

Girls are capable of a pregnancy only one to five days a month and are more easily sexually excited during that time.  
Guys can get a girl pregnant any day and are sexually excited by what they see.  
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.  
Sexual abuse is never the victim's fault.

#### **Dealing with Peer Pressure / Teen Dating Violence**

Students learn a N.I.C.E. way to say no without losing their friends.  
Role Play – Students learn basic refusal skills.  
Students learn to recognize the red flags associated with Teen Dating Violence.

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

Students hear a story illustrating the dangers of alcohol.  
Alcohol and drugs destroy the self control that abstinence requires.

#### **Positive Role Models**

Students see examples of real people successfully living the abstinent lifestyle.

#### **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.