



Achieve Success

How to Live the Abstinence Lifestyle

This is the third of three Aim For Success programs. It teaches ways to remain sexually abstinent after reviewing the main reasons to be sexually abstinent. Students can see the three programs in any order. It is not necessary to see Aim For Success or Freedom to Succeed first. The following outline requires *at least* 60 minutes.

Program Outline (Grades 7 – 12)

Pregnancy – Fun Quiz

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

Abstinence = Freedom from pregnancy

Dreams and Goals

Setting goals helps you achieve success. Choices you make now can affect your future dreams and goals.

STDs – Horn Game

The prevalence of STDs, how they're transmitted, their symptoms, and their risks, are discussed.

The failure rate of birth control pills and condoms in protecting from specific STDs is discussed in detail.

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

Abstinence = Freedom from STDs

Emotional Scars – Foil Hearts and Dollar Bill Object Lessons

Psychologists say having sex is the most intimate form of bonding. It's got to hurt when you break up.

Sexual abuse - It was not your fault. You still have the gift of your virginity to give away.

Some of you may have already had sex. You can decide to not have sex any more until marriage.

Abstinence = Freedom from emotional scars

Dealing with Hormone Pressure – Can You Tell the Difference Between Guys & Girls? Game

Girls are capable of a pregnancy only one to two days per month and are more easily sexually excited on those days.

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

Girls should be careful about how they dress, and guys should be careful to avoid pornography.

Achieve Success by avoiding hormone pressure and not using it as an excuse for sex.

Dealing with Peer Pressure – A N.I.C.E. Way to Say No / Teen Dating Violence

Students understand how to say no without losing their friends.

Students learn basic refusal skills.

Students learn how to recognize and stop teen dating violence.

Achieve Success by saying no when necessary.

Dealing with the Pressure of Romance – 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. Achieve Success by knowing true love.

Dealing with Media Pressure – The Favorites Game

Students play a game to see how the media influences our decisions.

Achieve Success by mastering the media.

The Pressure of Drugs and Alcohol – Discussion

Alcohol and drugs destroy the self control that abstinence requires.

Achieve Success by avoiding drugs and alcohol.

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.