

Aim for Success

Why wait for sexual activity? It protects.

Aim for Success offers four relationships and sexual health programs. *Aim for Success*, *Freedom to Succeed* and *Achieve Success* each have a version for 6th grade, 7th-8th grade and high school. *Xtreme* is for high school only.

7th-12th Grade Outline for a One-Hour Program

Portions of the program will be omitted if less than one hour.

Introduction: Dreams and Goals

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

Pregnancy

About 1,250 teenage girls get pregnant every day.

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

Waiting = Freedom.

Gift Box Object Lesson

The first time you have sex is a very special gift you only get to give away one time.

Sexual abuse is never the victim's fault. This person still has their gift 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.

STDs can be transmitted by oral sex (anal sex included in high school only).

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

Waiting until marriage = Freedom.

Emotional Hurts – Gloves Object Lesson

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

Therefore, breaking up after having sex can leave a person with painful memories and regrets.

Waiting until marriage = Freedom.

Sexting

Students learn the short- and long- term risks of sexting.

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.

Contraception

Students see that while using contraception can reduce the risks some of the time, they do not guarantee protection.

Can You Chance It? Dice Game

Having sex before marriage is gambling with your life, dreams and goals.

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.

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.