

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. The following is the *Freedom to Succeed* outline for 6th grade.

6th 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.

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

Pregnancy

About 1,250 teenage girls get pregnant every day.

What is the only way to guarantee you won't face a pregnancy?

Waiting = Freedom.

Beware of Sexual Abusers

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 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) Get away; (3) Tell an adult.

STDs – Card Game & Object Lesson

The game demonstrates one out of every four sexually active teens 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.

Through a PowerPoint object lesson, students learn how easily STDs spread.

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.

Can You Chance It? Dice Game

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

Students 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.