

Achieve Success

How to wait for sexual activity

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

You achieve success by setting goals.

Your passion to succeed must exceed the pressures of life.

Pregnancy and STDs

About 1,250 teenage girls get pregnant, and about 10,000 teens get an STD in America each day.

What is the only way to guarantee you won't face a pregnancy before marriage or STDs?

Waiting = Freedom from pregnancy and STDs.

Waiting from now on still has value. It's never too late to start over.

Differences between Guys and Girls

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

Guys can get a girl pregnant any day and are sexually excited by what they see.

Knowing True Love

Heart illustration – Understanding the impact of emotional hurts.

Through a fun exercise, students learn to determine if a relationship is love or a crush.

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

Sexual abuse is never the victim's fault.

Dealing with Peer Pressure

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

Students learn basic refusal skills through a role play.

Dealing with the Pressure from the Media, Sexting and Pornography

Students discuss how the media uses sex to sell.

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

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

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

Dealing with the Pressure of Drugs and Alcohol

Students hear a true story illustrating the dangers of alcohol.

Alcohol and drugs destroy the self control that postponing sex requires.

Positive Role Models

Students see examples of real people successfully waiting until marriage.

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.