

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.

6th 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.

“Hold Your Breath” Game: Students learn how goals help them achieve more success.

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

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 make sure you don't face a pregnancy or STDs?

Waiting = Freedom from pregnancy and STDs.

Difference between Guys and Girls

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

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

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.

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.

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 Pressures of Drugs and Alcohol

Students hear a true story illustrating the dangers of alcohol.

Alcohol and drugs can destroy the self control that avoiding sexual activity requires.

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.