

# AIM FOR SUCCESS™

## *Achieve Success*

### **How to Avoid Sexual Activity**

Aim For Success has four programs on avoiding sexual activity. Each program has a version for 6<sup>th</sup> grade, 7<sup>th</sup> and 8<sup>th</sup> grade and high school. The following is the Achieve Success outline for 7<sup>th</sup> - 12<sup>th</sup> grade and requires one hour.

#### **7<sup>th</sup> – 12<sup>th</sup> Grade Outline for a One-Hour Program**

##### **Introduction – Dreams and Goals**

You achieve success by setting goals.

Your passion to succeed must exceed the pressures of life.

##### **Pregnancy and STDs**

About 1,500 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?

Avoiding Sexual Activity = 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.

Therefore, girls should be careful about how they dress, and guys should be careful about what they see.

##### **Knowing True Love**

Foil heart illustration – Understanding the impact of emotional scars.

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 destroy 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.