

Aim for Success

***Sexual Health Awareness - Equipping Students to Make Healthy Choices
2023-2024 School Year***

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 may affect your future. Staying focused will help you reach your dreams and goals.

Aim Game: Demonstrates how eliminating distractions can help keep dreams and goals in focus.

Word Game: Demonstrates that, depending on how it's used, sex can have positive or negative consequences.

As suggested by the CDC, and directed by the Texas Education Code, sex is best shared in a long term, mutually monogamous relationship, or marriage.

Teen Pregnancy

What is the only 100% guaranteed way you won't face a teen pregnancy? Waiting.

Family Violence / Child Abuse / Sexual Abuse / Teen Dating Violence / Sex Trafficking (*Senate Bill 9*)

Sexual abuse is never the victim's fault.

Who may be a sexual abuser? How to recognize sexual abuse.

If you are encountering, or have encountered a sexual abuser, (1) Tell them to stop; (2) Get away; (3) Tell an adult.

Teen Dating Violence: Legal definition and "red flags" for unhealthy relationships are discussed.

STDs

According to latest statistics from the CDC, there were about 13 million new STD infections in young people ages 15-24 within a year.

STDs can be asymptomatic – no signs, no symptoms, but contagious.

Discussion of HIV/AIDS, Chlamydia, Herpes and HPV (human papilloma virus).

A demonstration shows how easily STDs spread.

Emotional Hurts

Psychologists say having sex is one of the most intimate forms of bonding.

Breaking up after having sex can leave a person with painful memories and emotions.

Gloves Object Lesson: Having sex creates a special bond which makes breaking up harder.

Sexting

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

Juvenile sexting laws are discussed.

Once you hit send your images can be saved and shared even as technology continues to be updated.

Even with apps that allow you to unsend messages, there is always a way the images can be saved and shared.

Conclusion / Survey

Students recap the risks of having sex outside of a marriage, or long-term, mutually monogamous relationship.

Our surveys as well as the CDC show that most teens are not having sex.

A voluntary, anonymous survey is offered to students. Compiled results and comments are sent to the school.