

Aim for Success

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

Program includes age-appropriate versions for 7th-8th grade and 9th-12th grade.

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

Choices you make now may affect your future.

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

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 / Contraception

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

While they do help prevent pregnancy, condom use is about 87% effective with typical use, and the birth control pill is about 93% effective with typical use (according to the CDC).

It's never too late to make a different decision and wait from now on. Focus on the future rather than the past.

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

Sexual abuse is never the victim's fault.

If you are or have been involved in sexual abuse, tell an adult/seek help.

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).

STDs can be transmitted by oral sex (or anal sex - *included in 9th-12th grade only*).

A demonstration shows how easily STDs spread.

It is important to seek STD testing from a doctor if either person has been involved in sexual activity.

Emotional Hurts

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

Story object lesson: The bond of sex can be powerful. Sex can make it harder to leave, even when a person is in an unhealthy relationship or experiencing teen dating violence.

Sexing

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.

Setting Boundaries

Determining your boundaries ahead of time helps you know when to say "no".

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. Response averages and comments are sent to the school.