

## ***Determined to Succeed***

***Exceeding the Pressures of Life***  
**2023-2024 School Year**

Program includes an age-appropriate version for 7<sup>th</sup>-8<sup>th</sup> grade and 9<sup>th</sup>-12<sup>th</sup> grade.

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

Portions of the program will be omitted if less than one hour.

#### **Introduction / Dreams and Goals**

Setting goals will help you reach your dreams.

Your passion to succeed must exceed the pressures of life.

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

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

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

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

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

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

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.

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

#### **Pressures and Influences**

Your passion to succeed must exceed the pressures of life.

5 pressures students may face.

- **Hormones / Biology:** Females can conceive 1-7 days per month, but (especially for teenage girls) there is no way to know when the egg is released. Males are able to fertilize an egg every day of the month/potentially every time they have sex. Hormones are more active throughout teen years. Both males and females are capable of controlling desires. Set boundaries in your relationships.
- **Love:** True love never pressures someone to do something that could hurt them. Breaking up from a sexual relationship can result in long lasting emotional hurts. Through an object lesson, students learn the difference between healthy vs. unhealthy relationships. Understand that love always protects.
- **Peer Pressure:** Students learn refusal skills and are given ideas on how to remove themselves from a situation.
- **Media:** Students learn how the media uses sex to sell products or influence decisions.
- **Drugs and Alcohol:** Students hear a scenario illustrating how drugs and alcohol can impair your ability to make decisions leading to things you may not normally do.

#### **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.

#### **Sexting**

Students learn the short- and long- term risks of sexting. Juvenile sexting laws are discussed. Once you hit "Send," there is always a way images can be saved and shared even with apps that allow you to "unsend".

#### **Addiction and the Brain**

A demonstration of chemicals in the brain shows how pornography can lead to an imbalance of dopamine.

Addiction is discussed, and the effect pornography can have on people.

#### **Conclusion / Survey**

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.