

ABSTINENCE EDUCATION INITIATIVE

PREGNANCY RESOURCE CENTER
1143 S. 6TH STREET
LOUISVILLE KY 40203

Program Outline

Parent Meeting

This session informs parents about the Why kNOW Program, encourages them to be involved in their child's sexual growth and development, and informs them of national and local statistics involving adolescent sexual activity. Acknowledgment is made that parents are the primary educators of their children. Justification of the abstinence-until-marriage message is given through data of cultural trends. Visual aides and class activities are shared with parents. Dialogue, questions, and comments are encouraged throughout this session.

Session One (Youth)

The goal of this session is to establish the purpose of sex—procreation and the bonding and communication of husband and wife: *sex makes babies*. Abstinence is defined. The “Heart Skit” is presented. A recommitment to purity is encouraged to those who may have already experienced sexual intimacy. *“Today is the first day of the rest of your life.”*

Sessions Two and Three

The primary goal of this lesson is to present some of the destructive consequences of the misuse of sex. Slides of sexually transmitted infection information are presented. The “safe sex” message is countered. **This session is facilitated with students separated by gender.** Girls generally see medical information day two while boys view a film on relationships and decision making. Day three it is reversed. This gives the opportunity for questions and dialogue in a gender-separated environment.

Session Four

Included today is information about older fathers of babies born to teens, emotional consequences, and an activity that demonstrates what you do today could affect your future. The physical changes that occur during pregnancy are explained along with information regarding fetal development. Emphasis on the worth of the individual, esteem and uniqueness are presented. This lesson includes the message that *“no person is an island”*—our decisions do affect others.

Session Five

Dating standards, refusal skills, recognition of obstacles to abstinence, gender differences, and standard setting and achievement are the targets of this session. An activity about decision making is presented. Opportunity for commitment to sexual abstinence until marriage is offered.