

Determined to Succeed

Exceeding the Pressures of Life
2022-2023 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

Setting goals will help you reach your dreams.

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

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 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).

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.

Examples of famous people who have either waited or decided to start waiting until marriage.

Pressures and Influences

Your passion to succeed must exceed the pressures of life.

5 pressures students may face:

- **Hormones / Biology:** Females can conceive 1-6 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. 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 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.

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.

Sexting

Students learn the short- and long- term risks of sexting. Juvenile sexting laws are discussed. Once you hit "Send," there are no "take backs".

Addiction and the Brain

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.

Determined to Succeed

Exceeding the Pressures of Life
2022-2023 School Year

Program includes an age-appropriate version 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

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.

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 1-6 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. 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 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.

Addiction and the Brain

Demonstration shows how pornography can lead to an imbalance of dopamine in the brain, can result in addiction, and the effect it can have on people.

Sexting

Students learn the short- and long- term risks of sexting. Juvenile sexting laws are discussed. Once you hit send there are no "take backs".

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.