

HOW WE CAN HELP YOU?

Book a Presentation by contacting:
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**FREE &
CONFIDENTIAL
SERVICES**
FROM SOMEONE WHO CARES

**Our Educators are
trained by certified
Sexual Risk Avoidance
Specialists (SRAE)**

What we teach:

- Puberty and human growth & development (age-appropriate)
- Healthy versus unhealthy relationships
- Character education/goal setting, future focus
- Self-restraint, boundaries, refusal skills and decision making
- Consent
- Risks involved with “sexting”
- Pregnancy, STIs and the social, physical, emotional, moral and mental impacts
- Starting over without sex
- Contraception: methods, the efficacy and limitations
- Reinforce the intrinsic value of every student regardless of sexual orientation or gender identity
- All students are given the information and skills needed to achieve optimal sexual health



Impact!

Impact seeks to equip, empower and encourage adolescents to make healthy choices through interactive discussions and fun activities, referencing the latest CDC (Centers for Disease Control & Prevention) statistics.

Every child deserves to receive the knowledge and skills needed to achieve optimal health.

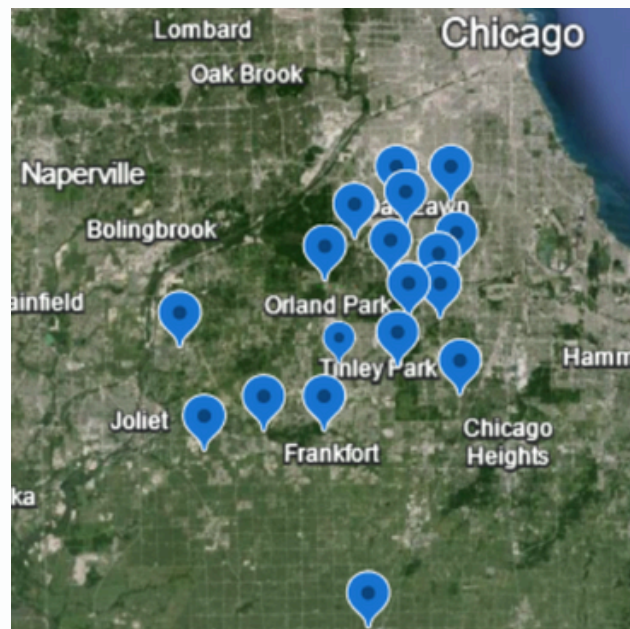
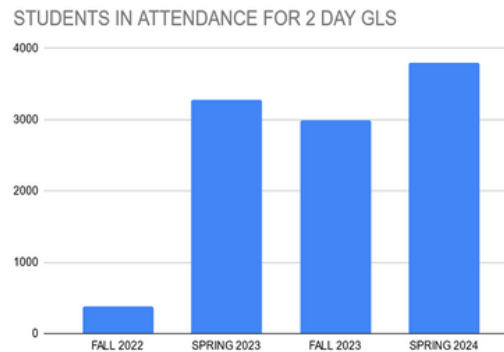


Because sex is always about more than sex.

Decisions adolescents make about sex can significantly impact their physical and emotional health, their relationships, and their future.

Locations for presentations include schools (public and private), community organizations, park districts, churches and youth centers. Presentations can be scheduled during daytime and evening hours, on weekdays and weekends.

YOUTH THRIVE WITH SEX EDUCATION THAT WORKS



- **4th - 5th Grade: Time For Change:** (Typically completed in 2 consecutive days, 50 minute class each day; Taught by a licensed nurse)
 - Puberty and Reproduction
 - Recommended that classes are separated (female and male)
 - 4th grade: girls learn about girls only; boys learn about boys only
 - 5th grade: begins with review of 4th grade curriculum; girls learn about boys; boys learn about girls
- **6th Grade: Healthy Self (45 minutes)**
 - Integrity & Values
 - Topics include personal values, decision-making, setting priorities
- **7th Grade: Healthy Relationships**
 - Friendships & Relationships (45 minutes)
 - Topics cover Character, Authenticity, Social Media, Love/Infatuation
- **8th Grade: Choices (45 minutes)**
 - Topics include choices and consequences related to sexual decision-making
 - Introduction to teen pregnancy, STIs, sexting, goal-setting and sexual risk avoidance
- **9th or 10th Grade: Greatest Lifetime Sex** (Typically completed in 2 consecutive days, 55 minute classes each day)
 - Relationships, sexting, consent, teen pregnancy, STIs, contraception, CDC stats, benefits of sexual risk avoidance

According to the Energy and Commerce Committee, “When it comes to preventing high-risk behavior among teens, the evidence is clear: risk avoidance is the most effective strategy. This is true of successful public health campaigns to reduce teenage smoking, drinking, and reckless driving, and it is also true of sex education curricula prevent-teenage-pregnancy”. [1]

Teens report that having more information from parents, school, and health arenas can prevent pregnancy.[2]

[1] U.S. House of Representatives Energy & Commerce Committee. (2012, July 6). A better approach to teen pregnancy prevention: Sexual risk avoidance. Retrieved June 22, 2024, from <http://energycommerce.house.gov/press-release/committee-analysis-highlights-most-effective-strategies->

[2] J Adolesc Health. (2000). Listening to youth: teen perspectives on pregnancy prevention. Retrieved from <https://pubmed.ncbi.nlm.nih.gov/10734275/>