

Outline for 5-day sexual risk avoidance program offered to 8<sup>th</sup> grade  
**Aspire: Live your life. Be free.**

Day 1

Introduction

Chapter 1: Living Life on Purpose, considering your future

Life Hike, Life timeline, The critical moment (ages 15-20)

Pressed on Every Side, negative pressures teens face, making critical choices.

Day 2

Chapter 2: Standing Strong, resisting pressures

Planning Ahead, Negative Pressures, Risky Behaviors

Teen Pregnancy, three legal options

The Whole Person: physical, mental, financial, social, emotional

The Safe place, the benefits of marriage to partners, children, community

Day 3

Tea Consent video, Discussion

Chapter 3: Thinking Ahead, Choosing to be free (of short-term and long-term negative consequences)

STDs, viral and non-viral

Safety First, difference between risk reduction and risk elimination

Day 4

Chapter 4: Protecting Your Mind, taking control of the Media

Chapter 5: The Power of Self-Control, building your character

Day 5

Chapter 6: Looking forward to your future, love for a lifetime

Chapter 7: Past, Present and Future View

Post-survey

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