

Outline for 5-day sexual risk avoidance program offered in the 7th grade.

Quest

Day 1:

Entry Survey

Introduction

Clearly assess future goals and importance of planning in order to reach them

Discuss how choices now impact the future

Day 2:

Empower to resist negative pressures that lead to unhealthy choices in sexual activity and other risk taking behaviors

Increase awareness of the possible emotional, social, and biological effects of choices

Understand that it is never too late to start making healthy choices

Day 3:

Appreciate the benefits of sexual abstinence in the context of successful future goals

Recognize the impact of sexual abstinence on building a healthy future marriage

Day 4:

Increase awareness of the possible emotional, social, and biological effects of sexual activity

Increase knowledge of STD transmission, types, symptoms, and current rates

Day 5:

Inspire and motivate toward healthy friendship and dating relationships

Stories of Impact

Exit Survey