

ABSTINENCE EDUCATION INITIATIVE

LITTLE WAY PREGNANCY RESOURCE CENTER
515 W. OAK STREET
LOUISVILLE KY 40203

Program Outline

The AEI program is designed to last five (5) days and includes a two hour parent meeting and four 90 minutes classroom sessions. Due to the time constraints of individual schools, student sessions may be reduced to 45 minutes each with the understanding that some material will necessarily be omitted.

Parent Meeting

This session provides parents an overview of the Abstinence Education Initiative. Parents are encouraged to be involved in their child's education concerning sexual growth and development, and are informed 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)

This session begins with a summary presentation of the mission statement in six critical points. 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 and relative terms are 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

Students are presented with some of the destructive consequences of the misuse of sex via slides of sexually transmitted infection (STI) and supporting information. 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

The presentation includes 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. Consequences of media messages and destructive effects of pornography on youth are presented.

Session Five

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