

Real Talk Program Overview

Topics, Learning Objectives, and Standards: Pregnancy and STD Prevention through Abstinence

Students will be able to:

- Relate decision making by self and others to one's health (2.2.B.2)
- Analyze factors that affect the decision to become a parent (2.4.12.C.7)
- Summarize strategies to remain abstinent and resist pressures to become sexually active (2.4.6.B.2)
- Determine behaviors that place one at risk for HIV/Aids, STIs, HPV and unintended pregnancy (2.4.6.B.3)
- Predict the possible physical, social and emotional impacts of adolescent decisions regarding sexual behavior (2.4.6.B.4)
- Students will be able to determine benefits of sexual abstinence and develop strategies to resist pressure (2.4.8.B.2)

Student Surveyed

We receive and incorporate feedback from many students in response to our Real Talk presentation. This feedback shows an interest in learning how to implement strategies to successfully:

1. Achieve personal goals
2. Develop in character
3. Protect their futures
4. Abstain from early sexual activity

Action Oriented

Both male and female students report that they have made mistakes in the past and want to pursue a new plan of action. At the minimum, students tell us that we “gave them a lot to think about!” That is all the proof we need to know that we are changing the way students **think** and **act** after they hear our presentation.

Factually Guided

We pride ourselves in using up-to-date and accurate information, which is typically obtained from the CDC (Centers for Disease Control) and the NJ Physicians Advisory Board. In the wake of increased sexually transmitted diseases, teen pregnancies, and other high-risk behaviors, our Real Talk presentation is timely, **life-changing**, and **life-saving**.

Future Focused

We guide and shape students to consider ideas they may have heard before in completely new ways, so they can start thinking, “outside the box” of all that the culture and media tells them. They deserve to know that abstinence is a possible and wise decision to protect self-esteem, reputation, and health for their future goals, dreams, and relationships.

We greatly appreciate the opportunity to enter classrooms and share with students the possibilities of building healthy, balanced relationships, which includes abstinence education.

