

“I Have Standards!” Abstinence Education Curriculum Summary ***www.ihavestandards.net***

Navigator: Finding your way to a healthy and successful future!

Navigator helps students to develop their goals and dreams, to resist pressures to engage in risky behavior such as sexual activity before marriage, and to learn ways to build healthy relationships now and in the future.

Our Abstinence Education Program TEACHES

Vision – Encourages students to develop personal, family and community goals. Helps students realize that accomplishing goals takes careful planning, strong commitment and a lot of hard work. Teaches that developing a sense of purpose is the first step in planning for a healthy life and healthy relationships.

Clarity – Addresses the negative impact of media on society and instructs students on protecting themselves against negative media pressure. Encourages students to see through media manipulation, keep a clear head, and develop the maturity and self-control necessary to build relationships based on respect for oneself and others.

Direction – Stresses the importance of abstaining from sexual activity until marriage to avoid the negative physical, emotional, mental and social consequences that can result from premature sexual relationships. Abstinence is presented as a life skill; its principles improve life and relationships now and are also beneficial after marriage in the context of faithfulness to a spouse.

Safety – Discusses in detail the possible physical consequences of teen sexual activity such as pregnancy and STDs. Asks students to think about how these consequences would affect their lives, goals, and relationships. Provide medical facts about condom use and other alternative safe sex practices.

Strength – Teaches students that their bodies are their responsibility. Helps students understand that engaging in risky behaviors like drinking alcohol, smoking, and using drugs can damage their bodies, destroy their relationships and impair their ability to make decisions about life-and-death situations. Encourages students to develop and enhance relationships with people who will support their healthful choices.

Character – Presents the possession of character qualities such as self-control, kindness, honesty, patience, respect, and responsibility as essential to forming and sustaining healthy relationships and reaching one’s goals. Students learn that sometimes they will have to sacrifice short-term happiness for the sake of making a positive choice and acting for the good of others.

Companionship – Describes the importance of relationship building. Helps students understand the many different aspects and stages of relationships including friendship, dating, infatuation, and true love. Reaffirms the importance of taking time to get to know a person and setting boundaries before committing to a relationship. There are many questions in this chapter that encourage students to think about the impact that personal relationships have on our lives and to help them understand that choosing wisely in their relationships will help make life better for them and for others.

Destination – Asks students to identify specific dreams and goals for their future careers and relationships and the steps they will need to take to prepare themselves for those roles and responsibilities. Revisits the idea that healthy relationships involve challenges and responsibilities as well as benefits. Discusses the commitment involved in marriage and the importance of communication and conflict resolution in all relationships.

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