
BRAVEHEART SEXUAL RISK AVOIDANCE CURRICULUM

Description: Using humor, true stories, and facts about the risks of sexual activity, this program focuses centrally on having healthy relationships, sexual risk avoidance (abstinence), and the consequences of premarital sex. Though entertaining, this program is full of accurate information about teenage pregnancy, sexually transmitted diseases, and the emotional risks of premarital sexual activity. In line with Centers for Disease Control (CDC) and State of Georgia Performance Standards, the objective of this program is to encourage students to postpone sexual activity until a committed marriage relationship.

SEVENTH GRADE PRESENTATION

PROGRAM COMPONENTS

COMPONENT 7.1: GOAL OF THE PRESENTATION

- Introductory component of presentation.
- Presents the idea that the happiest, healthiest, and wealthiest people are postponing sexual involvement. (Wang, 2017)
- Presents the desire for the students to have the best sexual experience possible.

Georgia Performance Standards Compliance: HE7.1.b, HE7.3.c, HE7.5.g, HE7.7.b

COMPONENT 7.2: WHY CHOICES

- Introduces the idea of an irreversible decision with an irreversible consequence – provides a humorous example.
- Introduces the idea that sex is an irreversible decision with irreversible consequences.

Georgia Performance Standards Compliance: HE7.1.a, HE7.1.e, HE7.2.i, HE7.5.a, HE7.5.b, HE7.7.a, HE7.7.c

COMPONENT 7.3: SEX AND FIRE

- Fire can be enjoyable (provides warmth and comfort) as well as dangerous (can burn you, can hurt you, can kill you) depending on its location. If a fire is in the fireplace it is safe, but if it's in the middle of the living room it is dangerous.
- Sex is the same way: in the right place (committed marriage relationship) it is safe and enjoyable, outside of that safe location it is dangerous – can hurt you and can even kill you.

Georgia Performance Standards Compliance: HE7.1.a, HE7.1.e, HE7.5.f

COMPONENT 7.4: TEEN PREGNANCY AND COMMON OUTCOMES

- Using participation from the class, a skit is performed containing a typical exchange in a crisis pregnancy center when a teenage girl gets a positive pregnancy test.
- A discussion on the typical reactions by father of the baby and mother's parents.

Georgia Performance Standards Compliance: HE7.7.c

COMPONENT 7.5: SEXUAL PRESSURES

- Begins with a brainstorm on the pressures teens face to have sex, including peer pressures, media influences, physical urges, and love issues.
- Each source of pressure is discussed, with the eventual conclusion that each student has control over each pressure.

Georgia Performance Standards Compliance: HE7.1.c, HE7.1.e, HE7.1.g, HE7.2.a, HE7.2.b, HE7.2.c, HE7.2.d, HE7.2.e, HE7.2.f, HE7.2.g, HE7.3.a, HE7.4.a, HE7.4.b, HE7.5.a, HE7.5.f

COMPONENT 7.6: REAL LIFE EXAMPLES

- Examples of role models who are choosing abstinence.
- Story of a couple who saved all physical intimacy for their future spouse.
- Examples of local couples who have had long successful marriages.

Georgia Performance Standards Compliance: HE7.2.g, HE7.2.h, HE7.5.f, HE7.5.g, HE7.6.a, HE7.7.b, HE7.8.b

COMPONENT 7.7: CONSEQUENCES OF SEXUAL BEHAVIOR OUTSIDE OF MARRIAGE

- Discussion of consequences of sexual behavior, including pregnancy risk, sexually transmitted disease, emotional consequences.
- Introduction of PIESSF model – how sex affects you physically, intellectually, emotionally, spiritually, socially, and financially.

Georgia Performance Standards Compliance: HE7.1.a, HE7.1.b, HE7.1.h, HE7.2.i, HE7.5.d, HE7.5.e, HE7.5.g, HE7.6.a, HE7.7.c

COMPONENT 7.8: SEXUALLY TRANSMITTED DISEASES PRESENTATION

- A review of the two categories of sexually transmitted disease, viral and bacterial.
- Accurate information about statistics, symptoms, and outcomes of the major sexually transmitted diseases, including HIV, Herpes, HPV, Chlamydia, Gonorrhea, and Syphilis.

Georgia Performance Standards Compliance: HE7.1.a, HE7.1e, HE7.1.h, HE7.2.i, HE7.3.a, HE7.7.c

COMPONENT 7.9: HOW DO CONDOMS AND CONTRACEPTIVES FIT INTO MY DECISION? THE FACTS ABOUT CONTRACEPTIVE USE

- Statistical data and practical advice about the effectiveness of condoms and contraceptives in every facet of the PIESSF model – eg. Condoms will protect you physically, but do nothing to protect you intellectually, emotionally, socially, etc.
- Talks about the risk of contraceptives that are not 100% effective.
- Discussion about the specific ways a condom can fail.

Georgia Performance Standards Compliance: HE7.1.e, HE7.1.g, HE7.1.h, HE7.2.b, HE7.2.i, HE7.2.j, HE7.3.a, HE7.5.f, HE7.6.a, HE7.7.c

COMPONENT 7.10: EMOTIONAL CONSEQUENCES OF SEX

- Using a powerful demonstration the discussion focuses on the effects of sex before marriage on your heart.
- Focuses on the emotional attachment that occurs as a result of sexual behavior and the memories that are formed.

Georgia Performance Standards Compliance: HE7.5.d, HE7.5.g, HE7.7.c

COMPONENT 7.11: LOVE TANK

- Introduces the idea that everyone has a love tank which is supposed to be filled with love by your family and friends through support and encouragement.
- Discussion of what you should do if your love tank is on empty – healthy sources of love vs. unhealthy sources of love.

Georgia Performance Standards Compliance: HE7.1.d, HE7.1.g, HE7.1.a, HE7.5.a, HE7.5.f, HE7.7.a, HE7.7.b, HE7.8.b

COMPONENT 7.12: WHAT IF I HAVE ALREADY HAD SEX?

- Makes the point that it's never too late to begin an abstinent lifestyle.
- Focuses on the health and social benefits of "secondary virginity"

Georgia Performance Standards Compliance: HE7.1.e, HE7.5.f, HE7.6.d

COMPONENT 7.13: A GREAT WEDDING GIFT

- Using a box of chocolates, illustrates what it is like to **not** remain abstinent and then want to give all of yourself to your future spouse.
- Illustrates the benefits of abstinence for future marriage.

Georgia Performance Standards Compliance: HE7.4.b, HE7.4.c, HE7.5.d

COMPONENT 7.14: WHAT KIND OF GIFT DO YOU WANT TO GIVE AWAY?

- Challenges students to think about what they would like to give their future spouses.
- Opportunity to sign purity commitment cards and request peer mentors from BRAVEheart Team.

Georgia Performance Standards Compliance: HE7.3.c, HE7.3.e, HE7.4.d, HE7.5.f, HE7.6.b, HE7.6.c, HE7.6.d, HE7.8.a

EIGHTH GRADE PRESENTATION

PROGRAM COMPONENTS

COMPONENT 8.1: GOAL OF THE PRESENTATION

- Introductory component of presentation.
- Presents the idea that the happiest, healthiest, and wealthiest people are abstaining. (Lingxin, 1996)
- Presents the desire for the students to have the best sexual experience possible.

Georgia Performance Standards Compliance: HE8.1.b, HE8.1.g, HE8.3.c, HE8.1.c

COMPONENT 8.2: LAND OF MAKE BELIEVE

- Every student imagines they are married with a fourteen year old daughter who decides to have sex.
- Makes the point that if something is wrong in the Land of Make Believe, it's wrong in the real world as well.

Georgia Performance Standards Compliance: HE8.5.a, HE8.6.e

COMPONENT 8.3: SEXUAL PRESSURES

- Begins with a brainstorm on the pressures teens face to have sex, including peer pressures, media influences, physical urges, and love issues.
- Each source of pressure is discussed, with the eventual conclusion that each student has control over each pressure.

Georgia Performance Standards Compliance: HE8.1.a, HE8.1.c, HE8.1.g, HE8.2.a, HE8.2.b, HE8.2.c, HE8.2.d, HE8.2.e, HE8.2.f, HE8.2.g, HE8.2.h, HE8.2.i, HE8.3.a, HE8.4.a, HE8.4.b, HE8.5.b, HE8.5.c, HE8.5.f, HE8.6.a, HE8.7.c

COMPONENT 8.4: REAL LIFE EXAMPLES

- Examples of role models who are choosing abstinence.
- Story of a couple who saved all physical intimacy for their future spouse.
- Examples of local couples who have had long successful marriages.

Georgia Performance Standards Compliance: HE8.2.g, HE8.2.h, HE8.8.b

COMPONENT 8.5: CONSEQUENCES OF SEXUAL BEHAVIOR OUTSIDE OF MARRIAGE

- Discussion of consequences of sexual behavior, including pregnancy risk, sexually transmitted disease, emotional consequences.
- Introduction of PIESSF model – how sex affects you physically, intellectually, emotionally, spiritually, socially, and financially.

Georgia Performance Standards Compliance: HE8.1.a, HE8.1.b, HE8.1.h, HE8.1.i, HE8.5.d, HE8.5.e, HE8.5.f, HE8.6.e, HE8.7.a, HE8.7.c

COMPONENT 8.6: SEXUALLY TRANSMITTED DISEASES PRESENTATION

- A review of the two categories of sexually transmitted disease, viral and bacterial.
- Accurate information about statistics, symptoms, and outcomes of the major sexually transmitted diseases, including HIV, Herpes, HPV, Chlamydia, Gonorrhea, and Syphilis.

Georgia Performance Standards Compliance: HE8.1.a, HE8.1.h, HE8.1.i, HE8.3.a, HE8.5.d, HE8.5.e, HE8.6.e, HE8.8.a

COMPONENT 8.7: HOW DO CONDOMS AND CONTRACEPTIVES FIT INTO MY DECISION? THE FACTS ABOUT CONTRACEPTIVE USE

- Statistical data and practical advice about the effectiveness of condoms and contraceptives in every facet of the PIESSF model – eg. Condoms will protect you physically, but do nothing to protect you intellectually, emotionally, socially, etc.
- Talks about the risk of contraceptives that are not 100% effective.
- Discussion about the specific ways a condom can fail.

Georgia Performance Standards Compliance: HE8.1.b, HE8.1.e, HE8.1.h, HE8.3.a, HE8.5.d, HE8.5.e, HE8.8.a

COMPONENT 8.8: EMOTIONAL CONSEQUENCES OF SEX

- Using a powerful demonstration the discussion focuses on the effects of sex before marriage on your heart.
- Focuses on the emotional attachment that occurs as a result of sexual behavior and the memories that are formed.

Georgia Performance Standards Compliance: HE8.5.c, HE8.5.d, HE8.5.e, HE8.6.e

COMPONENT 8.9: LOVE TANK

- Introduces the idea that everyone has a love tank which is supposed to be filled with love by your family and friends through support and encouragement.
- Discussion of what you should do if your love tank is on empty – healthy sources of love vs. unhealthy sources of love.

Georgia Performance Standards Compliance: HE8.1.b, HE8.1.d, HE8.1.g, HE8.2.a, HE8.4.a, HE8.4.d, HE8.5.c, HE8.5.d, HE8.5.e, HE8.5.f, HE8.6.a, HE8.7.a, HE8.7.b, HE8.7.c, HE8.8.b

COMPONENT 8.10: WHAT IF I HAVE ALREADY HAD SEX?

- Makes the point that it's never too late to begin an abstinent lifestyle.
- Focuses on the health and social benefits of "secondary virginity"

Georgia Performance Standards Compliance: HE8.1.a, HE8.1.e, HE8.5.a, HE8.5.c, HE8.5.d, HE8.5.e, HE8.5.f, HE8.7.a, HE8.7.c

COMPONENT 8.11: A GREAT WEDDING GIFT

- Using a box of chocolates, illustrates what it is like to **not** remain abstinent and then want to give all of yourself to your future spouse.
- Illustrates the benefits of abstinence for future marriage.

Georgia Performance Standards Compliance: HE8.1.g, HE8.4.a, HE8.4.b, HE8.4.c

COMPONENT 8.12: WHAT KIND OF GIFT DO YOU WANT TO GIVE AWAY?

- Challenges students to think about what they would like to give their future spouses.
- Opportunity to sign purity commitment cards and request peer mentors from BRAVEheart Team.

Georgia Performance Standards Compliance: HE8.3.c, HE8.3.e, HE8.4.d, HE8.6.a, HE8.6.b, HE8.6.c, HE8.6.d, HE8.6.e

NINTH GRADE PRESENTATION

PROGRAM COMPONENTS

COMPONENT 9.1: GOAL OF THE PRESENTATION

- Introductory component of presentation.
- Presents the idea that the happiest, healthiest, and wealthiest people are abstaining. (Lingxin, 1996)
- Presents the desire for the students to have the best sexual experience possible.

Georgia Performance Standards Compliance: HE HS.1.b, HE HS.1.g, HE HS.3.b

COMPONENT 9.2: DESIRES & DECISIONS, CHOICES, CONSEQUENCES, AND THE FUTURE

- Discussion of how choices today lead to the consequences in our future.
- Uses examples such as drugs and alcohol use, violence, etc. to prove the point.

Georgia Performance Standards Compliance: HE HS.1.a, HE HS.1.g, HE HS.1.h, HE HS.1.i, HE HS.4.a, HE HS.4.b, HE HS.5.a, HE HS.5.b, HE HS.5.g, HE HS.5.h, HE HS.6.a, HE HS.7.b, HE HS.7.c

COMPONENT 9.3: PROS AND CONS OF SEX OUTSIDE OF MARRIAGE

- Discussion about the benefits and negatives of choosing to have sex outside of marriage.
- Points out that most of the benefits of choosing to have sex before marriage are short-term, while the negative consequences can be long-term or even life-long.

Georgia Performance Standards Compliance: HE HS.1.a, HE HS.1.g, HE HS.1.h, HE HS.1.i, HE HS.2.i, HE HS.5.d, HE HS.5.e, HE HS.4.f, HE HS.5.g, HE HS.5.h

COMPONENT 9.4: SEXUAL PRESSURES

- Begins with a brainstorm on the pressures teens face to have sex, including peer pressures, media influences, physical urges, and love issues.
- Each source of pressure is discussed, with the eventual conclusion that each student has control over each pressure.

Georgia Performance Standards Compliance: HE HS.1.c, HE HS.1.g, HE HS.1.h, HE HS.1.i, HE HS.2.a, HE HS.2.b, HE HS.2.c, HE HS.2.d, HE HS.2.e, HE HS.2.f, HE HS.2.g, HE HS.2.h, HE HS.3.a, HE HS.4.a, HE HS.5.a, HE HS.5.b, HE HS.5.c, HE HS.7.a

COMPONENT 9.5: REAL LIFE EXAMPLES

- Examples of role models who are choosing abstinence.
- Story of a couple who saved all physical intimacy for their future spouse.
- Examples of local couples who have had long successful marriages.

Georgia Performance Standards Compliance: HE HS.1.g, HE HS.2.g, HE HS.2.h, HE HS.5.h, HE HS.8.b

COMPONENT 9.6: CONSEQUENCES OF SEXUAL BEHAVIOR OUTSIDE OF MARRIAGE

- Discussion of consequences of sexual behavior, including pregnancy risk, sexually transmitted disease, emotional consequences.
- Introduction of PIESSF model – how sex affects you physically, intellectually, emotionally, spiritually, socially, and financially.

Georgia Performance Standards Compliance: HE HS.1.b, HE HS.1.g, HE HS.1.h, HE HS.1.i, HE HS.5.e, HE HS.5.h

COMPONENT 9.7: SEXUALLY TRANSMITTED DISEASES PRESENTATION

- A review of the two categories of sexually transmitted disease, viral and bacterial.
- Accurate information about statistics, symptoms, and outcomes of the major sexually transmitted diseases, including HIV, Herpes, HPV, Chlamydia, Gonorrhea, and Syphilis.

Georgia Performance Standards Compliance: HE HS.1.i, HE HS.3.a, HE HS.5.h

COMPONENT 9.8: HOW DO CONDOMS AND CONTRACEPTIVES FIT INTO MY DECISION? THE FACTS ABOUT CONTRACEPTIVE USE

- Statistical data and practical advice about the effectiveness of condoms and contraceptives in every facet of the PIESSE model – eg. Condoms will protect you physically, but do nothing to protect you intellectually, emotionally, socially, etc.
- Talks about the risk of contraceptives that are not 100% effective.
- Discussion about the specific ways a condom can fail.

Georgia Performance Standards Compliance: HE HS.1.b, HE HS.1. e, HE HS.1.i, HE HS.2.b, HE HS.3.a, HE HS.5.d

COMPONENT 9.9: EMOTIONAL CONSEQUENCES OF SEX

- Using a powerful demonstration the discussion focuses on the effects of sex before marriage on your heart.
- Focuses on the emotional attachment that occurs as a result of sexual behavior and the memories that are formed.

Georgia Performance Standards Compliance: HE HS.1.b, HE HS.1.i, HE HS.5.h

COMPONENT 9.10: LOVE TANK

- Introduces the idea that everyone has a love tank which is supposed to be filled with love by your family and friends through support and encouragement.
- Discussion of what you should do if your love tank is on empty – healthy sources of love vs. unhealthy sources of love.

Georgia Performance Standards Compliance: HE HS.1.b, HE HS.1.d, HE HS.1.g, HE HS.2.a, HE HS.4.a, HE HS.4.c, HE HS.7.a, HE HS.7.b, HE HS.7.c, HE HS.8.b

COMPONENT 9.11: WHAT IF I HAVE ALREADY HAD SEX?

- Makes the point that it's never too late to begin an abstinent lifestyle.
- Focuses on the health and social benefits of “secondary virginity”

Georgia Performance Standards Compliance: HE HS.1.e, HE HS.1.g, HE HS.1.h, HE HS.5.a, HE HS.5.d, HE HS.6.c, HE HS.7.a, HE HS.8.a

COMPONENT 9.12: A GREAT WEDDING GIFT

- Using a box of chocolates, illustrates what it is like to **not** remain abstinent and then want to give all of yourself to your future spouse.
- Illustrates the benefits of abstinence for future marriage.

Georgia Performance Standards Compliance: HE HS.1.i, HE HS.4.b, HE HS.4.h

COMPONENT 9.13: WHAT KIND OF GIFT DO YOU WANT TO GIVE AWAY?

- Challenges students to think about what they would like to give their future spouses.
- Opportunity to sign purity commitment cards and request peer mentors from BRAVEheart Team.

Georgia Performance Standards Compliance: HE HS.1.h, HE HS.3.b, HE HS.3.c, HE HS.6.a, HE HS.6.b, HE HS.6.c, HE HS.7.b, HE HS.7.c, HE HS.8.a

Wang, W., Wilcox, B., (2017). The Millennial Success Sequence. Washington, DC: American Enterprise Institute.

