

THERE IS **NO GRAY**™ AREA

HIGH SCHOOL PROGRAM OVERVIEW

The **NO GRAY AREA** high school program is a NO COST, three-day sexual integrity education program that empowers and equips students in grades 9 through 12 with practical tools to make the best choices regarding their sexual health. The program accomplishes this by combining creative, multi-media and interactive teaching methods, practical tools and medically-accurate facts.

Day One

Day One focuses on the students' value as individuals, their goals and who they are as a whole.

- Discusses the importance of having a plan for their lives so students can make appropriate choices to meet their goals
- Discusses how high-risk behaviors can affect students' goals
- Establishes that setting boundaries protects their future and their goals
- Describes what makes an individual a whole person

Day Two

Day Two focuses on high risk behaviors (drugs, alcohol, smoking, sex outside of marriage, pornography and sexting) and their consequences.

- Discusses the influence that media messaging has on sexual behavior
- Defines sex and abstinence
- Describes the dangers of pornography
- Discusses sexting laws and consequences
- Identifies high-risk behaviors and discusses risk avoidance
- Emphasizes that sexual abuse is NOT sex; it is violence. REPORT IT!

Day Three

Day Three discusses the consequences of sex outside of marriage in regards to pregnancy and sexually transmitted diseases (STDs), and provides an action plan for healthy relationships.

- Discusses symptoms, statistics and types of STDs
- Discusses the responsibilities of being a parent
- Helps young people identify and develop healthy relationships

For more information about this program, contact The Life Center's Prevention Education Department at 432.683.6072 or by email at education@midlandlifecenter.org