



## Grades 7 and 8

PROGRAM OVERVIEW

The **y.wud.i** junior high program is a NO COST, three-day sexual risk avoidance program that empowers and equips students in grades 7 and 8 to make the best choices regarding their sexual wellness. The program accomplishes this by combining creative, multi-media and interactive teaching methods with practical tools and medically-accurate facts.\*

### Day One

**Day One** emphasizes the students' value as individuals and their ability to set goals and establish direction in their lives. Students are introduced to the concept of the whole person, and that every choice they make can impact their overall physical, mental and emotional health. Students are encouraged to consider creating strong personal and relational boundaries to protect their health and future.

### Day Two

**Day Two** encourages students to consider possible positive and negative outcomes of their choices in a very practical way. Topics discussed are those that particularly apply to students: appropriate use of social media, peer pressure, bullying and more. Students are introduced to the idea that relationships formed in a healthy way are based on shared values and respect, and to be aware of the risks that can be introduced in their lives when those factors are not present.

### Day Three

**Day Three** presents students with medically-accurate information on best practices for sexual risk avoidance throughout life, emphasizing abstinence until marriage for their best personal health. Students are educated on such risks of sex as unplanned pregnancy, sexual exposure, sexually transmitted infections and diseases and relational conflicts. The program is brought to a close with a challenge to students to reflect on how they will apply the information they received going forward.

\*All programs comply fully with Texas State requirements for health education appropriate for grade level and age of students.



For more information about this program, contact the Prevention Education Department at The Life Center at 432.683.6072, or by email at [education@thelifecentertx.org](mailto:education@thelifecentertx.org)

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