



HEALTHY CHOICES, HOPEFUL FUTURES

# A PARENTS GUIDE TO AWARE

ELEMENTARY SCHOOL

# TABLE OF CONTENTS

---



**Intro**



**Day 1 – Girls**



**Day 2 – Girls**



**Day 1 – Boys**



**Day 2 – Boys**



**Conclusion**

# ELEMENTARY SCHOOL AWARE PRESENTATION

---

## *Introduction*

Parents, Grandparents, and Caregivers,

Thank you for allowing us to step into the lives of your children and educate them on the subject that is oftentimes easier to avoid than to discuss.

We're thrilled to have the opportunity to educate, equip, and encourage your child to think and plan for a healthy future. We look around today and see that our youth are suffering not just from the physical consequences of sex (although those are very real), but also from the mental and emotional scars inflicted by a culture that encourages early sexual behavior.

Through the AWARE program, we aim to empower your child with the knowledge and skills they need to make healthy choices for a hopeful future. At the same time, we know that your involvement is key to their success.

Because of that, we made this guide as an overview of what your child is learning in AWARE, and to provide you with tools to continue the conversation at home. Your role is crucial!

Sincerely,

Connie Peacock  
AWARE Program Coordinator  
[aware@life-options.org](mailto:aware@life-options.org)



DAY ONE – GIRLS

---

GOALS, CHARACTER,  
POSSIBLE RESULTS  
OF PHYSICAL  
CLOSENESS

# ELEMENTARY AWARE PRESENTATION – GIRLS

---

## *Day 1: Goals, Character, Possible Results of Physical Closeness with Boys*

We talk about what a goal is, and students are encouraged to think about their future goals and what they'd like to achieve. They are given a heart to write their goals on the edge of, and their names in the middle. We talk about marriage as a possible goal and the characteristics of a successful marriage.

Students are encouraged to have positive attitudes, behavior and character to help them mature and work on their goals. We talk about abstinence (choosing not to do something when you have the opportunity). Drugs, alcohol, smoking, gangs, violence and sex are areas that are discussed as something students should abstain from to protect their goals.

We examine the possible results of being physically close with a boy: S.T.D.s, pregnancy, and emotional consequences. Four viral diseases are discussed: HIV/AIDS, HPV, Herpes, and Hepatitis. Pregnancy options of parenting, adoption, and abortion are discussed and the difficulties of each of these hard choices. The emotional impact of sexual activity is examined.

### **QUESTIONS TO TALK ABOUT:**

- What personal goals do you have? How can you reach them?
  - Why should we practice abstinence? What are some consequences if we choose not to?
  - Who do we know who has gone through some tough possible results of sexual activity, and how did it change their lives?
-



DAY TWO – GIRLS

---

TRUE FRIENDSHIP,  
POSITIVE & NEGATIVE  
FRIENDS,  
BOUNDARIES

# ELEMENTARY AWARE PRESENTATION – GIRLS

---

## *Day 2: True Friendship, Positive & Negative Friends, Boundaries, Saying No*

We read a story about a fictional character and her dating relationships. A student rips a piece of her heart off every time she breaks up with one of her boyfriends and by the end of the story there isn't very much of her heart left. We talk about how they are special, and so they should wait for someone who will treat them as special and not risk their goals.

The students are encouraged to work on friendships, and positive/negative friendships are examined. A time of reflection is given to the students to think about what areas they can begin to work on being a better friend. Healthy boundaries are discussed, and how to say no when needed.

We read the story "The Princess and the Kiss" and talk about the different suitors that come to call and the importance of saving that special gift (the kiss) for the right person.

### **QUESTIONS TO TALK ABOUT:**

- Who are friends in your life that are pulling you away from your goals? Who are the positive friends in your life?
  - What areas can you improve to be a better friend?
  - What secret code word can we establish amongst ourselves to use in case of emergency?
-



DAY ONE – BOYS

---

GOALS, CHARACTER,  
POSSIBLE RESULTS  
OF PHYSICAL  
CLOSENESS

# ELEMENTARY AWARE PRESENTATION – BOYS

---

## *Day 1: Goals, Character, Possible Results of Physical Closeness with Girls*

We talk about what a goal is, and students are encouraged to think about their future goals and what they'd like to achieve. They write these goals on a bucket list. We talk about marriage as a possible goal and the characteristics of a successful marriage.

We look at things that can distract us from our goals (“lures”, like in fishing), such as drugs, alcohol, smoking, gangs, violence and sex. The importance of character and abstinence (choosing not to do something when you have the opportunity) is emphasized, including reserving physical closeness (sex) for marriage.

Then, we examine the possible results of being physically close with a girl: S.T.D.s, pregnancy, and emotional consequences. Four viral diseases are discussed: HIV/AIDS, HPV, Herpes, and Hepatitis. Pregnancy options of parenting, adoption, and abortion are discussed and the difficulties of each of these hard choices. The emotional impact of sexual activity is examined.

### **QUESTIONS TO TALK ABOUT:**

- What personal goals do you have? How can you reach those goals?
  - Why should we practice abstinence? What are some consequences if we choose not to?
  - Who do we know who has gone through some tough possible results of sexual activity, and how did it change their lives?
-



DAY TWO – BOYS

---

TRUE FRIENDSHIP,  
POSITIVE & NEGATIVE  
FRIENDS,  
BOUNDARIES

# ELEMENTARY AWARE PRESENTATION – BOYS

---

## *Day 2: True Friendship, Positive & Negative Friends, Boundaries, Saying No*

The students are encouraged to work on friendships, and positive/negative friendships are examined, along with the ways that a friend can influence you. We talk about what true friendship is, and how to choose friends.

A time of reflection is given to the students to think about what areas they can begin to work on being a better friend. Healthy boundaries are discussed, and how to say no when needed.

We talk about how their generation has huge potential, and they can aim high and avoid mistakes from past generations. Students are challenged to choose the best by setting their goals, saving their hearts, and being a true friend, so that they can have healthy relationships and a successful future.

### **QUESTIONS TO TALK ABOUT:**

- Who are friends in your life that are pulling you away from your goals? Who are the positive friends in your life?
  - What areas can you improve to be a better friend?
  - What secret code word can we establish amongst ourselves to use in case of emergency?
-



## HEALTHY CHOICES, HOPEFUL FUTURES

The conversation doesn't stop here! You are the person that inspires your child to make healthy choices, and you play a crucial role in their future.

Nearly 9 in 10 (87%) young people say it would be much easier for them to delay sexual activity if they have open, honest conversations about this topic with their parents. Statistically, parents have more influence on teens sexual choices than peers, media, or teachers.

Be encouraged! YOU can be the change!

[www.AwareOptions.org](http://www.AwareOptions.org)