



HEALTHY CHOICES, HOPEFUL FUTURES

A PARENTS GUIDE TO AWARE

MIDDLE SCHOOL

TABLE OF CONTENTS



Intro



Day 1 – 6th grade



Day 2 – 6th grade



Day 1 – 7th/8th grade



Day 2 – 7th/8th grade



Conclusion

MIDDLE 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 defines one's identity by their sexual activity.

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



DAY ONE – 6TH GRADE

GOALS, MATURITY, POSSIBLE RESULTS OF SEX

6TH GRADE AWARE PRESENTATION

Day 1: Goals, Maturity, Possible Results of Sex

We talk about what a goal is, and students are encouraged to share their goals with the class. We talk about how the little choices we make add up to help us reach our bigger goals, and we discuss what they can do now to reach their goals. We talk about marriage as a possible goal and the characteristics of a successful marriage.

We emphasize the importance of developing maturity and character to achieve our goals. We talk about abstinence (choosing not to do something when you have the opportunity). Abstaining from drugs, alcohol, smoking, gangs, violence and sex is recommended for students to protect their goals.

Then we talk about the possible results of being sexually active: 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 as hard choices that could affect their future goals. 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 – 6TH GRADE

TRUE FRIENDSHIP,
BOUNDARIES,
INTERNET SAFETY

6TH GRADE AWARE PRESENTATION

Day 2: True Friendship, Boundaries, Internet Safety

Students start out hearing a story about a boy who gives all his girlfriends the same gift throughout his life, a golden locket. One student is given the lockets to hand out to the “girlfriends” as the story is read, giving a visual of how giving away that special gift (his sexuality) to so many people can lessen its specialness. Then we talk about what true love actually is.

The students are encouraged to work on friendships, and positive/negative friendships are examined. We read a newspaper story about a pastor who grew up not wanting to follow the path of drugs/alcohol, but because of peer pressure and surrounding himself with negative friends, did the very thing he wanted to avoid.

A time of reflection is given to the students to think about what areas they can work on to be a better friend. We discuss healthy boundaries, how to say no, and following safety precautions online. They are encouraged to set their goals, save their hearts, and be a true friend, so that they can have healthy relationships and a successful future.

QUESTIONS TO TALK ABOUT:

- Why is our sexuality something we should save?
 - What friends might be holding me back from achieving my goals? How can I be a better friend?
 - Has anything happened on the internet that made me feel uncomfortable?
-



DAY ONE – 7TH/8TH GRADE

CHOICES, GOALS, MATURITY, SEXUAL PROGRESSION

7th/8th GRADE AWARE PRESENTATION

Day 1: Choices, Goals, Maturity, & Sexual Progression

The first day we talk about how choices are a central element to life, and each choice has a consequence, positive or negative. There is a video of a mouse named Willie who attempts to eat cheese off of a mouse trap without getting caught, but on the last nibble he is trapped, demonstrating that just because we don't see consequences the first time, doesn't mean it won't happen the next time.

We discuss what a successful life looks like, and then break it down to 5 & 10 years goals to achieve that successful life. We talk about how the little choices we make even now add up to help us reach our bigger goals, and that we need to develop maturity and character to achieve our goals.

One goal students may have is marriage, so we talk about the characteristics of a life-long relationship. We talk about a choice they each get to make: the choice to be sexually active as a teen or not. We present the idea of sexual integrity & abstinence. A fictional couple's relationship is examined as they progress through the boundaries that can lead to sexual activity.

QUESTIONS TO TALK ABOUT:

- What values do our family see as important in considering our goals?
 - What lessons have we learned in life that could help us make better choices for our future?
 - Where should we set our physical boundaries in relationships?
-



DAY TWO – 7TH/8TH GRADE

POSSIBLE RESULTS OF SEX, FRIENDSHIP, BOUNDARIES

7TH/8TH GRADE AWARE PRESENTATION

Day 2: Possible Results of Sex, Friendship, Boundaries

The second day we talk about our fictional couple's choice to be sexually active and how that could lead to the possible results of STD's, pregnancy, and emotional/social effects.

The students play a goal card game where they are given a list of goals to put in chronological order for the most successful life. Once the students agree on the order, the word SEX is introduced and they are asked to put it in the right place for the most successful life. The students are shown that wherever SEX is put, CHILDREN may come with it, possibly affecting other goals.

Then, the students are encouraged to focus on friendships and what a positive and negative friend is. Healthy boundaries are discussed and how to say no, including boundaries for internet safety. We briefly discuss sexting (sending or receiving nude images), and the consequences of that choice. We end by challenging the students to aim high, set their goals, and choose sexual integrity, enabling them to have healthy relationships & hopeful futures.

QUESTIONS TO TALK ABOUT:

- What are some goals you have for your future? How could early sexual activity make things more complicated?
 - What kind of friends do you have right now? Do you have any negative friends that you need to set boundaries with?
 - What experiences have you had on the internet that made you feel uncomfortable?
-



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