

## COMMUNITY-BASED ABSTINENCE EDUCATION PROGRAM

“I Can Wait...Will You?”

PRESENTED BY TEXAS COLLEGE

(PROGRAM FUNDED THROUGH GRANTS FROM US DEPARTMENT OF HEALTH AND HUMAN SERVICES)

CHOOSING THE BEST is a school-based sexual abstinence instructional program for grades 6-12. Each grade level has age-appropriate instruction based on five to eight lessons in a three day period. More information about the program may be obtained by calling 1-800-774-BEST or by visiting the website [www.choosingthebest.org](http://www.choosingthebest.org).

### **Choosing the Best: Way 6<sup>th</sup> Grade**

Lesson 1: Deciding on Your Future

Lesson 2: Figuring Out Friendships and Relationships

Lesson 3: Avoiding Unhealthy Relationships

Lesson 4: Identifying the Risks

Lesson 5: Choosing the best WAY

Lesson 6: Learning How to Say NO

### **Choosing the Best: Path 7<sup>th</sup> Grade**

Lesson 1: Sex: Everybody's Talking About It

Lesson 2: The Risks of STDs and HIV/AIDS

Lesson 3: Teen Pregnancy and “Safe Sex?”

Lesson 4: Pressures to Be Sexually Active

Lesson 5: Choosing the best PATH

Lesson 6: Set It! The Need for Boundaries

Lesson 7: Say It! The Need to Speak Up

Lesson 8: Show It! The Need to Be Assertive

### **Choosing the Best: Life 8<sup>th</sup> Grade**

Lesson 1: Sex, Emotions, and Self-Respect

Lesson 2: Sex, Alcohol, and Respect

Lesson 3: Sex, STDs, and Honest

Lesson 4: Sex, Pregnancy, and Responsibility

Lesson 5: Sex, HIV/AIDS and Compassion

Lesson 6: Sex, Love, and Choices

Lesson 7: Sex, Limits, and Self-Discipline

Lesson 8: Sex, Saying “NO” and Courage

### **Choosing the Best: Journey 9<sup>th</sup>-10<sup>th</sup> Grade**

Lesson 1: Setting Goals

Lesson 2: Making the BEST Decision

Lesson 3: Avoiding Pregnancy

Lesson 4: Avoiding STDs

Lesson 5: Developing the BEST Relationships

Lesson 6: Choosing Abstinence Until Marriage

Lesson 7: Overcoming the Pressure

Lesson 8: Being Assertive

### **Choosing the Best: Soul Mate 11<sup>th</sup>-12<sup>th</sup> Grade**

Lesson 1: Finding the Right One

Lesson 2: Being the Right One

Lesson 3: Developing Relational Skills

Lesson 4: Dating to Discover

Lesson 5: Making Marriage Work

### **Parent Workshop**

Texas College Community-Based Abstinence Program provides a parent workshop which is designed to provide parents with resources and to help parents gain an understanding of youth behavior. The workshop also provides relevant information to help parents communicate with their teens about the benefits of abstaining from sexual activity.

Texas College

Community-Based Abstinence Education Program

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