



# REAL Essentials with Life Choices Fact Sheet

## *What are the goals?*

- Students choosing sexual abstinence until marriage
- Delay of sexual activity
- Accurate understanding of the impact of pregnancy on teens and community
- Gain in knowledge and sensitivity to options faced by a pregnant teen

## *What does it teach?*

- Sexual risk avoidance- Abstinence as the only 100% effective birth control
- Behavioral skills
- Decision making skills
- Cause/Effect and choices/consequences
- Difficulty of options facing a pregnant teen: Parenting, Abortion, Adoption

## *How does it work?*

- PowerPoint Lecture
- Videos
- Group Discussion & Activities
- Pre & Post evaluation surveys

## *Who is the target audience?*

- Primarily taught to high school freshmen in a P.E./Lifetime Wellness setting.
- Suitable for use in public and private schools with students aged 13-18.
- Suitable for use in community-based organizations that provide services to children ages 13-18 in after school care, summer programs, and other intervention services.
- Suitable for use in faith-based communities reaching adolescents ages 13-18.

## *How long is the program?*

- Two agency directed presentations (2 blocks (90 min)/3 periods (45 min))