



Life Choices Curriculum 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 teach?

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

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 14-18.
- Suitable for use in community-based organizations that provide services to children ages 14-18 in after school care, summer programs, and other intervention services.
- Suitable for use in faith-based communities reaching adolescents ages 14-18.

How long is the program?

- One-two days of agency directed presentation and activities
(1 - 90 minute class/2 - 45 minute classes)

For more information or to schedule a speaking engagement,
please contact Beth Cox, beth@dcoinc.org.
Or visit our website at www.dcoinc.org