

# **“The Real Majority” Abstinence Class**

***Abstinence...pregnancy is NOT the only piece of the puzzle.™***

## **Course Overview**

One of the major challenges our youth face today is peer pressure. When you think of that term, what probably comes to mind is one youth encouraging another to do something negative. However, peer pressure can also be a positive thing. With all the movies, songs, and other forms of media today, you might think the majority of our youth are having sex. However, statistics show that the majority of youth are not (CDC Youth Risk Behavior Survey, 2003). So, positive peer pressure can be used in the area of sex. If we educate and equip our youth to remain in (or return to) a sexually abstinent lifestyle, we are equipping them for a lifetime of success.

## **Course Description**

This class will educate and equip our youth to remain in (or return to) a sexually abstinent lifestyle.

## **Suggested Audience**

The suggested audience for this class is 6<sup>th</sup> through 12<sup>th</sup> graders.

## **Length of Course**

Youth: Two-hour classes each week for 7 weeks

Parents: One, two-hour class

Course will end with a public abstinence declaration with the youth and their parents.

## **Course Requirements**

Class participation is expected from everyone. Due to the sensitive subject matter, all students will be required to sign a confidentiality agreement.

## **About the Instructor**

Kysha Owens is a certified abstinence educator. She has taught abstinence in the secular and Christian environments and her students have ranged from 4<sup>th</sup> through 12<sup>th</sup> graders. She has worked with organizations such as Cool Girls, Inc., Metro Atlanta Youth for Christ, and New Birth Missionary Baptist Church. She is trained on the nationally recognized curriculums “Choose the Best” and “W.A.I.T. Training”.

Mrs. Owens is also the author of the illustrated, children’s devotional [What Creatures Teach Us](#). For more information on Mrs. Owens, please visit her website, [www.focusontheyouth.com](http://www.focusontheyouth.com).

## **“The Real Majority” Abstinence Curriculum Overview**

- Week 1. Overview of Abstinence*  
Class Overview/Expectations/What They Desire to Get Out of the Class  
Definition of Abstinence
- Week 2. Understanding the Root of the Problem – The Mind*  
What We Think About Ourselves/Self-Esteem
- Understanding the Root of the Problem – The Heart*  
Understanding our Needs
- Week 3. Understanding the Root of the Problem – The Body*  
Sexually Transmitted Diseases
- Week 4. Understanding the Root of the Problem – The Body*  
Nose, Mouth, Hands  
Eyes - What You Wear  
Eyes – What You Watch: TV/Internet/Magazines/Books  
Ears – What You Listen To
- Week 5. Review & Introduction to Relationships*  
Purpose/Desire for Relationships  
Forgiving Yourself/How to Get Back on Track
- Week 6. Relationships*  
True Intimacy & Love  
Pitfalls of Dating  
How to Remain Friends with the Opposite Sex  
Fighting Temptation Techniques
- Week 7. Purpose for Singleness/Purpose for Marriage*  
When You Know You Are Ready  
What to Look for In a Mate
- Week 8. Review/Preparation for Vow of Purity Ceremony (optional)*