

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

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

## **Seminar 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.

## **Seminar Description**

This seminar will educate our youth on the importance of remaining in (or returning to) a sexually abstinent lifestyle.

## **Seminar Topics**

The topics to be covered during this two-hour seminar will include:

- What is sexual purity?
- Pieces of the puzzle
  - Emotional: Differences in males/females
  - Financial: Goal setting
  - Physical: STDs
  - Social (media, dating, refusal skills)
  - Legal

## **Suggested Audience**

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

## **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 4th through 12th 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 curricula “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).