

***Healthy Image of Sex Compliance with the 13 Themes***

THEME	TITLE V, SECTION 510(B)(2) ELEMENTS	<i>HEALTHY IMAGE OF SEX</i>
B1	Teaches that abstinence from sexual activity is the expected standard for all school age children.	Throughout the curriculum, chastity and abstinence until marriage are stressed. An example of this is located in the first session, “Sex at your age, or any age, before marriage can throw you off track...” (Page 9 in the teacher’s manual)
B2	Teaches, in an age-appropriate manner, the topic of returning to abstinence, that teens who have engaged in non-marital sexual activity may abstain from further non-marital sexual activity, thereby reducing potential negative psychological, health, and social consequences.	This theme is presented as follows: “If you have had sex, you have had unhealthy/unsafe sex, but you can get back on track. You can make a decision today to choose to be healthy... you can become a “renewed virgin”; that is, although you cannot regain your virginity physically, you can reclaim it emotionally and spiritually.” (Page 9 in teacher’s manual)
C1	Teaches, in an age-appropriate manner, that abstinence is the only certain way to avoid out-of-wedlock pregnancy.	The curriculum teaches that “safe sex is not sex with a condom – you can still get pregnant or get a disease.” (Page 8 in teacher’s manual)
C2	Teaches in an age-appropriate manner, that abstinence is the only certain way to avoid the sexual transmission of STDs and related health problems. Teaches the harmful physical effects of infection by STDs that may result from sexual activity outside of the context of faithful marriage. Teaches the physical health gains realized by abstaining from sexual activity.	The curriculum in Session X, “Sexually Transmitted Diseases” (pages 35-36 in the Teacher’s Manual and pages 23-28 in the student manual) presents a comprehensive review of sexually transmitted diseases. Included in this session is an activity that demonstrates the probability of contracting a STD, as well as the probability of it being incurable.
D1	Teaches that the expected standard for sexual activity is within the context of a mutually monogamous marriage relationship between a man and a woman. Teaches that healthy human sexuality involves enduring fidelity, love and commitment; human happiness and well-being are associated with a stable, loving marriage. Teaches that non-marital sex can undermine the capacity for healthy marriage, love and commitment. Teaches that abstinence is beneficial in preparation for successful marriage and significantly increases the probability of a happy, healthy marriage.	Page 8 of the Teacher’s Manual explains that “the Healthy Image of Sex definition for healthy sex only occurs in marriage, with a wife or husband who is uninfected – without disease. This means both of you chose to wait and remain faithful.” In Session IV, abstaining from sex until marriage is described as a protective factor for having a life long committed marriage and raising healthy children. This concept is applied through activities and homework assignments. For example, students are given cards to rearrange to help in defining marriage as “the choice of a man or a woman to commit to one another as husband and wife for life”.
D2	Teaches that human sexuality includes deep emotional and psychological aspects and is	This curriculum teaches the importance of chastity for emotional well being. On

	not merely physical in nature.	page 21, for example, it explains “sexual respect is not taking sex lightly and using it for your own pleasure; it is considering the other person and choosing not to hurt them”.
E1	Teaches the harmful psychological effects of sexual activity outside of the context of marriage. Teaches the psychological gains realized by abstaining from sexual activity.	On page 19, the curriculum sets up three different scenarios of marriage partnerships; 1) both waited until marriage, 2) the girl had an abortion and may not be able to have children and 3) the boy has an incurable STD. And the students are asked, “which scenario do you want to be true of you?”
E2	Teaches that teen sexual activity may have harmful effects in addition to the effects previously mentioned in C1, C2, and E1. Teaches that abstinence can help youth to avoid these potentially harmful effects.	“You can also get hurt emotionally, because research shows that the relationship is not likely to last and the sexual partner will leave you for someone else.” (Page 8 in teacher’s manual)
F1	Teaches that sexual activity outside of marriage may result in non-marital pregnancy. Teaches, in an age-appropriate manner, that bearing children out-of-wedlock may have harmful consequences for the child. Teaches that by abstaining from non-marital sexual activity, teens will have increased potential to form healthy marriages that will benefit their future children.	Session IX, “Pregnancy” explains that one million teenagers get pregnant every year; half occur within 6 months of first sexual experience and 1 out of 3 teenage pregnancies end in abortion. “Healthy Marriage would provide the best potential environment for producing emotionally and physically secure and healthy children.” (Page 19 in teacher’s manual)
F2	Teaches that potential beneficial effects of marriage to the well-being of adults and society. Teaches, in an age-appropriate manner, that bearing children out-of wedlock is likely to have harmful consequences for the child’s parents and society as a whole.	On page 32 in the teacher’s manual, the question is raised “What is involved in raising a child?” The curriculum also directs the class to talk to adults who were teenage parents and ask them if they could do it over again, would they wait to begin sexual activity?
G1	Teaches the importance of goal setting and future-oriented thinking as a means of promoting sexual abstinence. Teaches the importance of personal character in deciding to remain sexually abstinent. Teaches the value of building and maintaining healthy relationships that are free from sexual involvement.	Session I, “Goals” includes an activity that prompts students to consider their future goals. They are reminded throughout the curriculum of how their sexual choices may interfere with reaching their goals. This curriculum teaches the importance of patience and self-control (page 42 in the teacher’s manual). It also describes the differences of love versus infatuation. (Pages 14-17). Included are the definitions of virtue –“voluntary obedience to truth” and modesty - “the quality which leads people to avoid sexual display”
G2	Teaches techniques and skills to help young	In Session XII, “Boundaries and

	people reject sexual advances and maintain the expected standard of abstinence.	Communication”, patience, self-control and effective communication skills are demonstrated in dealing with difficult situations.
G3	Teaches that the use of drugs or alcohol can increase one’s vulnerability to sexual advances (including sexual exploitation or violence). Teaches skills for avoiding high-risk situations where sexual activity is more likely.	This curriculum teaches the importance of boundaries and communication (page 40 & 41 in the teacher’s manual). It states “boundaries are needed and are beneficial for our protection.” A practical demonstration of being prepared to handle sexual pressure is given.