

SCHEDULE A
PRESENTATION
TODAY!

LOVELAND: 970-461-5050

LONGMONT: 303-651-2050



# Youth Group Speakers for Teens

Equipping teens for **biblical** decision-making, health and life outcomes

"Train children in the way they should go; when they grow old, they won't depart from it."
-Proverbs 22:6 CEB





2025-26

## **Education**Department

Welcome to LIFE CHOICES!

We provide **life-affirming** services that promote optimal sexual health and well-being through free pregnancy testing & ultrasounds, advocacy, **education** and support.

We have been equipping people for **healthy** sexual & relationship **choices** since 1984 - that's over FOUR decades!

We've worked with over 90,000 **students** in the classroom setting! (& this number is growing every year!)

Our youth group **curriculum** is medically-accurate, age-appropriate, and centered around helping teens **eliminate risk** - not simply reduce it.

We teach the importance of healthy **decision-making** to future life outcomes.

Our educators are certified **Sexual Risk Avoidance** Specialists (SRAS) - scan the QR code to learn more!









## About Our Department

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LIFE CHOICES Education Department is a nonprofit **ministry** providing highly-engaging, biblically-based, research-backed **presentations**:

- FREE of charge for middle school & high school students
- held in church & youth groups in Loveland, Longmont, and surrounding areas
- tailored content meets your unique messaging goals

We are **passionate** to see teens **thrive** today – and for decades to come!

Topics may include the following:

- Life Choices & Biblical Boundaries
- Relationships: 5 Love Languages
- Sexual Risk Avoidance
- Youth Risk Behaviors
  - (ex: Underage Drinking Prevention)
- & More!

Schedule a presentation & see the impact!

View our **Curriculum** with Discussion, Student Engagement, Sources, & Scriptures on the following pages.

Additional Topics available upon request.

Reach out to us at education@lifechoices.org



### **Topic:**

## Life Choices & Biblical Boundaries

Approximate Time: 90 mins



Testimony: An Unplanned Pregnancy

• Scripture: Jeremiah 29:11 (For I know the plans)



#### Discussion:

**Our Choices Impact Our Life**: the top 4 big life decisions according to research

Question: What choices impact our lives the most?



#### Student Engagement:

\*Human Knot Challenge: solve the sequence

 Question: How can knowing a sequence to success help us achieve goals sooner?



#### Discussion:

#### The Success Sequence

- A proven 3-step strategy to success: 97% of young adults who sequenced their lives achieved success
  - Source: https://ifstudies.org/successsequence



Scripture: Matthew 6:33 (Seek first the kingdom)



#### Discussion:

#### **Youth Risk Behaviors**

- Question: What health behaviors contribute to the leading causes of harm (death, disability, disease) among youth in the US?
- The top 6 youth risk behaviors & the #1 protective factor according to research
  - Source: cdc.gov/yrbs/data/national-yrosdatasets-documentation.html



Scripture: 2 Peter 2:19 (They promise freedom)



#### Student Engagement:

\*Chair Illustration: the power of influence

• Question: Is it easier to pull someone up to a level that is higher, or to get pulled down a level?



#### Discussion:

**Healthy Connections** Matter: relationships & red flags

 Source: https://www.nsvrc.org/blogs/teendating-violence-prevention-resources-2025update



#### Student Engagement:

\*Boundaries Experiment: the step back response

 Question: Why are boundaries important - what do they provide for us?







#### Discussion:

**Boundaries & Refusal Skills**: learning the S.A.F.E. acronym for potentially dangerous situations



#### Student Engagement:

\*Refusal Skills Scenarios: a real life practice

• Question: Do you feel confident to communicate 'no' in an unsafe or unwanted situation?



#### Discussion:

**Consent**: how healthy boundaries are communicated

 The 4 C's of consent: clear, continuous, coercionfree, conscious

- What are the top 6 Youth Risk Behaviors?
  - Violence/Injury, Sexual Behaviors,
     Alcohol/Drug Use, Tobacco, Dietary Behaviors,
     Physical Inactivity
- Which #1 protective factor decreases youth risk?
  - Connectedness
- What are the top 4 most common big life decisions?
  - o Career, Relationship, Education, Family
- What is the Success Sequence?
  - 1-Graduate, 2-Work full-time, 3-Marry before children
- What is the **S.A.F.E.** acronym?
  - Say it, Again, Final, Exit
- Healthy boundaries are communicated through something called:
  - Consent
- Saying no is a skill called:
  - Refusal Skills

## Topic:

## Relationships: 5 Love Languages

Approximate Time: 90 mins



#### Discussion:

#### **Abundant Life**



Scripture: John 10:10 (life to the full)



#### Student Engagement:

\*Water Illustration

Question: Have you encountered abundant life in Him?



#### Discussion:

#### Relationships





Scripture: Galatians 5:22-23 (the fruit of the Spirit) & 1 Corinthians 13:4-7 (Love is patient, love is kind)



#### Student Engagement:

\*Research Film: The Study of Human **Happiness**Question: What are some things that people *think* will bring them happiness?

- money, fame, romance
- Source: "Brain, Heart, World" Documentary by Fight The New Drug



#### Discussion:

#### \*5 Love Languages: Quiz

Question: How can knowing love languages help us to communicate love with our loved ones? Source: 5lovelanguages.com/quizzes/love-language



#### Student Engagement:

words, when is this the case?

\*Love Tank: Balloon Activity
Question: Actions don't always speak louder than



Photo courtesy of Life Choices Education Department, "Love Tank" Balloon Activity, 2023



Photo courtesy of Life Choices Education Department, "Love Tank" Balloon Activity, Spring 20.

- What is the secret to human **happiness**?
  - Quality Relationships
- **Relationships** are a dynamic partnership that involves which components? (hint: P.I.E.S.)
  - Physical, Intellectual, Emotional, Spiritual
- What are the 5 Love Languages?
  - Quality Time
  - Physical Touch
  - Receiving Gifts
  - Acts of Service
  - Words of Affirmation
- How do we ensure someone receives **love**?
  - Communicate love in their love language (rather than our own)



Photo courtesy of Life Choices Education Department, "Love Tank" Balloon Activity, Spring 2023

## Topic: Sexual Risk Avoidance

Approximate Time: 90 mins



Discussion: Sexual Behaviors

#### Youth Risks:

- 1.Unintentional Injury (includes mental health)
- 2. Sexual Behaviors
- 3. Alcohol and other Drug Use
- 4.Tobacco Use
- 5. Unhealthy Dietary Behaviors
- 6. Physical Inactivity

Focus: Sexual Behaviors are categorized as a health risk among youth due to potential health consequences, including:

- transmission of sexually transmitted infections
- unintended pregnancy, and
- the development of emotional and physiological

<u>Goal</u>: Regardless of which degree of sexual behaviors a student identifies, the goal is to move away from risk and towards optimal health outcomes

• Source: cdc.gov/youth-behavior/riskbehaviors/sexual-risk-behaviors.html



#### Student Engagement:

\*Teen Sex Trivia: when we know better, we do better! Question: Which statistic surprises you the most about teen sexual behaviors in the United States?



#### Discussion:

Sexually Transmitted Infections (STIs): prevalence, prevention, and a reliable protective factor

- Bacterial STIs: Clamydia, Gonorrhea, Syphilis
- Viral/Incruable STIs: Herpes, HPV
- Source: https://www.cdc.gov/sti/prevention/



#### Student Engagement:

\*STI Activity "Swapping Juices": testing the spread of an infection with real life results

Question: How can someone ensure their cup does not become infected?



#### Scriptures:

- 1 Corinthians 6:18 (flee from sexual immorality)
- 1 Corinthians 6:14-16 (bodies are members of
- Galatians 5:1 (It is for freedom that Christ has set us free)







#### Student Engagement:

\*Iron sharpens iron Yoke Activity



Scripture: Matthew 11:28-3:30 (My yoke is easy and My burden is light)



#### Discussion: Two become one flesh

Question: according to research, which category of relationship experience the best sexual intimacy: singles, cohabiting, or married?

- Research consistently shows a strong link between sexual satisfaction and marital satisfaction, with highest rates among **married** couples of faith.
- Sources:
  - ifstudies.org/blog/do-church-ladies-reallyhave-better-sex-lives
  - imom.com/poll-shows-sex-within-marriageis-more-fulfilling/
  - akosbalogh.com/blog/the-surprisingresearch-on-religious-people-and-sex

- Which sexual behaviors are categorized as "high-
  - Nonmarital: early onset (by choice), multiple partners, no condom use, substance use
- What age group has the highest rates of STIs?
  - 15-24yr olds (high school & college age)
- What is the most common **symptom** of an STI? Asymptomatic (no symptom)
- Which **type of STI** is incurable / with a person for life?
  - Viral STIs (herpes, HPV, HIV, hepatitis)
- · According to the US department of health and human services, what is a reliable protective factor to prevent STIs?
  - Sexual postponement
- Which STI was declared an **epidemic** in Colorado last year?
  - Syphilis
- According to the CDC, what is the only 100% effective sexual **risk avoidance** method?
  - Long-term mutual monogamy between uninfected partners (i.e. 1 lifetime partner)
- · According to research, which category of relationship experiences the best sexual intimacy: singles, cohabiting, or married?
  - Married

### **Topic:**

## **Alcohol** Prevention

Approximate Time: 60 mins





Discussion: Alcohol and other Drug Use

#### Youth Risks:

- 1.Unintentional Injury (includes mental health)
- 2. Sexual Behaviors
- 3. Alcohol and other Drug Use
- 4.Tobacco Use
- 5. Unhealthy Dietary Behaviors
- 6. Physical Inactivity

<u>Focus</u>: **Alcohol** is the most common drug that young people use in the United States.

**Underage Drinking** is categorized as a health risk among youth due to potential negative **health outcomes**, including but not limited to:

- increased risk of unintentional injuries,
- increased prevalence of physical violence, sexual violence and assault,
- · decreased mental health outcomes,
- decreased academic outcomes,
- increased risk of serious health implications,
- and increased risk of legal implications, imprisonment, loss of drivers license, impacts on current and future career opportunities.



Visual Impairment Goggles & the Field Sobriety Test Activity for Underage Drinking Prevention

<u>Goal</u>: underage drinking **awareness** with an emphasis on **risk avoidance** for optimal health outcomes for youth

- Source: https://www.cdc.gov/alcohol/ underage-drinking/index.html
- Scripture: 1 Peter 5:8 (Be alert and of **sober** mind)



Student Engagement:

\*Field Sobriety Test: visual impairment goggles Question: Which statistic surprises you the most about underage drinking in the United States?



Discussion:

Underage Drinking: prevalence, prevention, and reliable **protective factors** 

 Source: https://www.cdc.gov/alcohol/ underage-drinking/index.html



Student Engagement:

\*Guess the Servings: students see the importance of serving size

Question: How many servings of alcohol could be in one 'red solo' cup?

- What is the legal age to consume alcohol?
   Age 21
- What is **one** serving of alcohol?
  - 1.5 oz hard alcohol, 5 oz wine, 12 oz beer
- What is the definition of "binge" drinking?
  - 4 servings of alcohol (female), 5 servings of alcohol (male)
- What percentage of alcohol consumed by underage drinkers is through binge drinking?
  - 91% (9 in 10 teens who consume alcohol binge drink)
- What is the leading cause of death in teens in the US?
  - Unintentional injuries (including alcoholrelated motor vehicle accidents and overdoses)
- Which **protective factors** decrease someones risk for underage drinking?
  - Strong family bonds (parental/guardian engagement in teens life, clear expectations and consequences)
  - Academic success
  - **Connectedness** with pro-social institutions (school, community, church, etc.)

#### 1: POSITIVE 2: HEALTHY 3: OPTIMAL SEXUAL 4: SEXUAL RISKS CHARACTER **RELATIONSHIPS** DEVELOPMENT A. AVOIDING SEXUAL RISKS A. POSITIVE CHARACTER STRENGTHS A. PUBERTY A. FAMILY Sexual activity outside of marriage Members of a family can be the most Puberty is a natural biological Identifying and developing can have harmful physical and important sources of love, support positive character strengths process that produces important emotional consequences. physical and emotional changes and guidance to promote personal enable youth to make healthy decisions and set and commit to health and well-being and create and is influenced by various Students will be able to: short- and long-term goals. healthy communities. factors, such as each individual's Explain that sexual activity can genetic profile and the potentially result in pregnancy, Students will be able to: Students will be able to: environment. STDs/STIs and/or emotional risks. • Recognize that all people have · Explain the importance of Discuss how avoiding nonmarital inherent value and dignity and relationships with parents, family Students will be able to: sexual activity eliminates the can contribute much in life, members and trusted adults for Describe the physical and associated negative physical, regardless of differences, guidance and support in emotional changes of puberty intellectual, emotional, social, disabilities or medical discussing sexual topics. for both males and females, spiritual, and financial risks. Describe ways in which media, social media, and technology can conditions and how they can vary for Compare and contrast sexual risk • Explain how practicing selfeach person. avoidance versus sexual risk control can build confidence, both strengthen and threaten Explain the importance of reduction as they relate to pregnancy, STDs/STIs and other self-respect and self-esteem. family relationships. respecting individual Discuss how those from difficult variations in development, risks. family backgrounds can make including body size and shape. Analyze why many sexually active healthy decisions and achieve Identify key relationships that provide support and guidance adolescents wish they had waited healthy marriages and families of their own in the future. to have sex and how they can throughout puberty, including choose to avoid nonmarital Report on research regarding those with parents, family sexual activity going forward. Describe the value of setting, family structure and how it members, and trusted adults. contributes to optimal health and communicating and respecting well-being of children, adults and boundaries in order to avoid communities. sexual activity. Describe the concept of the Discuss refusal skills and "Success Sequence" and how behaviors that are required for avoiding early sexual activity has avoiding nonmarital sexual activity, such as mutual respect, the potential to protect against negative life outcomes, including communication and maternal and child poverty. assertiveness skills, impulse Compile research on the control, and the ability to negative effects of adverse maintain boundaries. childhood experiences (ACEs), Explain how adolescent alcohol such as emotional and physical and illegal drug use increases abuse, and how they can be vulnerability toward early sexual overcome. activity. Review applicable state laws governing the age of sexual consent and how violating such laws can lead to serious legal consequences. B. DECISION-MAKING B. HUMAN REPRODUCTION B. TEEN PREGNANCY R FRIENDSHIPS Healthy decision-making involves Reproduction is the biological Teens who face a pregnancy before Healthy friendships play an choosing the course of action that process by which a sperm and an they are married encounter a important role in human leads to optimal health and egg are joined to form a unique number of physical, emotional, development and healthy decisionpositive life outcomes. social, educational and financial human life. making. challenaes. Students will be able to: Students will be able to: Students will be able to: • Discuss how healthy decision-• Define reproduction as the Students will be able to: Identify benefits of healthy friendships and social supports biological process by which a making includes reasoning, State why contraception, when problem-solving, self-control, unique human life begins and used consistently and correctly, for physical, intellectual, and establishing and adhering grows. can reduce but not completely emotional, social and spiritual Define fertilization as the to personal boundaries (i.e. eliminate the risk of pregnancy or well-being, including self-determined limits or initiation of reproduction by STDs/STIs. encouragement to make healthy standards for personal the joining of a sperm and an Describe different methods of choices and achieve one's full egg, which results in the contraception comparing their potential. State that healthy decisions complete and distinct genetic effectiveness, limitations, and Explain why good friends don't are not based primarily on profile of a unique individual. potential side effects with typical encourage unhealthy choices, emotions, but on accurate Describe the physical changes that occur in fetal human use. exploit each other, socially isolate, Explain what is needed to help information, positive intentions gossip, name call, bully or and goals, in addition to advice development from fertilization teens who face a pregnancy stigmatize. and guidance from parents, through birth, e.g., heartbeat, overcome challenges, plan for a brain development, and family members and other positive future and accomplish trusted adults. fingerprints. personal goals. Give examples of how a person's decisions can be positively or negatively influenced by others, including peers.

#### 1: POSITIVE 2: HEALTHY 3: OPTIMAL SEXUAL 4: SEXUAL RISKS CHARACTER **RELATIONSHIPS** DEVELOPMENT C. STDS/STIS C DATING C. OPTIMAL SEXUAL ATTITUDES C. COMMITMENT AND GOAL-SETTING AND BEHAVIORS Sexually Transmitted Infections can Healthy and safe dating/romantic Character is essential for have harmful physical, emotional relationships, delayed until older Optimal sexual development is committing to and achieving and social consequences and can adolescence, benefit from maturity, achieved by cultivating healthy healthy goals. Every student should be prevented by avoiding guidance and support. attitudes and behaviors be encouraged to plan for a positive nonmarital sexual activity focused on the benefits of future and accomplish personal Students will be able to: avoiding nonmarital sexual Students will be able to: aoals. Compare and contrast activity List the major STDs/STIs, including HIV/AIDS, and describe characteristics of healthy Students will be able to: romantic relationships (respect, Students will be able to: their mode of transmission, Outcomes: consideration, kindness Discuss how a healthy self-• Discuss the sequential steps symptoms, testing, and encouragement, giving) with image and strong sense of necessary to accomplish future treatment. those of unhealthy relationships self-worth can promote life goals, in areas such as Discuss how most STDs/STIs, (disrespect, selfishness, optimal sexual development education, work, marriage and when first contracted, are exploitation, control, dishonesty). and empower youth to family. asymptomatic and can be Identify characteristics of make healthy decisions spread unknowingly through unhealthy relationships which about sexual behavior. sexual activity, and describe the can lead to dating violence, Explain how peer pressure, associated health implications. coercion and abuse, and whether it is negative or Discuss reasons why rates of risk describe strategies for seeking positive, can have a reduction, even with consistent help and support. significant impact on sexual and correct condom usage, vary attitudes and behavior. for certain STDs/STIs, including Cite examples of how whether they are transmitted by media, social media and skin-to-skin contact or bodily technology can positively or negatively influence sexual Identify the potential negative attitudes and behavior. health impact of STDs/STIs, including infertility, STD/STIrelated cancer, mother-to-infant transmission, and emotional or relational distress. List other factors that may increase risk of contracting STDs/STIs, such as multiple partners, pre-existing STDs/STIs, alcohol or drug use, sexual abuse or violence. Explain the importance for sexually active teens of (1) regular STD/STI screening for sexually active teens, (2) understanding diagnostic and treatment limitations, (3) communicating with their partners regarding their STD/STI status, and (4) avoiding future sexual activity. D. REFUSAL AND CESSATION SKILLS D. MARRIAGE D. EMOTIONAL RISKS Developing and using skills to refuse Nonmarital sexual activity can have Healthy, strong marriages contribute or cease unhealthy behaviors will to healthy families and communities. negative emotional consequences. promote optimal health, self-Students will be able to: esteem, and goal achievement. Students will be able to: State that a healthy marriage is • State that condom and supportive of a person's physical, contraceptive use will not Students will be able to: List the benefits of practicing intellectual, emotional, social, prevent the emotional self-control, such as delaying spiritual, and financial health and consequences that can be immediate gratification, resisting well-being; and, therefore, is the associated with sexual activity. negative peer pressure and avoiding the risks of impulsive Explain that a person who has had nonmarital sexual activity optimal context for sex. Discuss research that shows healthy marriage can be a can decide at anytime to avoid behaviors Cite examples of setting and protective factor against poverty, it, receive the physical and articulating personal boundaries, violence and abuse. emotional benefits of that including avoiding situations, Explore research that suggests choice, and should not be people, places and things that that healthy marriage is a better shamed by others. can negatively influence predictor of long-term commitment and stability than decisions. Model resisting negative peer cohabitation. pressure and avoiding dangerous situations, including saying "no" assertively. Elaborate on how connectedness to family, friends, and other supportive people can be helpful in making healthy decisions and stopping unhealthy behaviors.



Our Education Department is also available for **pastors**, leaders, women's groups, parents, and mentors of 6-12<sup>th</sup> grade students for presentations, workshops and speaking engagements!



Additional **topics** & activities are available! Reach out for more information & to submit a request.

Questions? Contact us at education@lifechoices.org