



Youth Empowering Education Programs

presenting **besotted**

'beSOTTED' education programs address the array of physical and emotional consequences associated with intimate relationships and sexual activity.....

2002-2008 Secondary Students & Sexual Health Survey

- > Yr 12 students who had sex with 3 or more people in the previous year: boys: Up from 16% to **38%**
girls: Up from 14% to **27%**
- > Girls experiencing 'unwanted sex': Up from 28% to **38%**
- > Girls feeling 'extremely used' after last having sex **10%**
- > Students reporting always using a condom: **Still** about **50%**

2013 Secondary Students & Sexual Health Survey

- > Top 3 reasons females say they experience unwanted sex
 - pressure from partner **60%**
 - being too drunk **46%**
 - frightened **34%**
- > Sexual partner being under 16 years old (female) **23%**
- > Teens most commonly used sources for sex education:
 - Doctors: down from 39% - **29%**
 - Fathers: down from 31% - **18%**
 - Mothers: down from 56% - **36%**
 - Internet: **up from 36% - 44%**

Along with high teen pregnancy and soaring STIs rates, research provides conclusive evidence that casual and frequent sexual activity is resulting in significant cost to our youth. Without 'Comprehensive Relationship Education', sex education alone can tend to centralise the physical aspect of relationships and neglect the accompanying emotional impact, leaving youth vulnerable to abuse and inadvertent self-harm.

'beSOTTED' has been developed as a preventative and protective program for both heart and health. Designed for the first four year levels of high school, it provides students with accurate, age appropriate information and strategies to help them navigate the complex realm of personal relationships and sexual pressures. It addresses the potential consequences and encourages forethought and healthy boundary and goal setting.

In a culture that constantly exposes our youth to explicit sexual imagery in the context of unrealistic relationships, 'beSOTTED' reinforces the importance of the qualities of Discernment and Self-Control in avoiding unhealthy relationships, unplanned pregnancies and STIs.

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|---------------------------------------|---------------------------------|--|
| > Managing relationships | > Encouraging self-worth | > Being true to yourself |
| > Understanding emotions | > Avoiding abuse | > Exercising discernment |
| > Establishing personal values | > Achieving goals | > Developing self-control |
| > Recognising exploitation | > Resisting pressure | > Protecting heart & health |

'beSOTTED' encourages students to delay and reduce their sexual activity in order to safeguard their sexual health. It is presented in highly effective small group workshops [as preferred by students] with 3 fully trained facilitators per class session.

'beSOTTED' is best presented in conjunction with the 'beYOUUnique' programs which promote self worth and self respect as essential assets for resisting sexual and peer pressure, and is a component of beREADY® Youth Empowering Education Programs.

beREADY supports the DECS principles of international and national best practices underpinning personal and social development curriculum to:

- Include the development of life long skills, the acquisition of knowledge and skills that empower young people to make informed, safe and responsible decisions about their health and well being
- Offer a positive view of relationships in the context of respect and love and are sensitive and responsive to the needs and issues of children and students
- Encourage young people not to be sexually active (Deputy Chief Executive, Schools and Children's Services 2009)

O V E R V I E W O F P R O G R A M C O N T E N T**Level 1 [Yr 8]**

- Analysing sexual messages and pressures of society and media
- Exploring sources of information about sex, their influence and accuracy
- Examining physical and emotional stages of relationships and addressing risk factors
- Discussing and developing strategies to protect both heart and health
- Encouraging self-worth and exploring healthy personal boundaries
- Emphasising the importance of discernment and self-control

As a whole class: students watch a short DVD of teens commenting on the highly sexualised society in which they live. A timeline activity is used to demonstrate to students the importance of making wise choices during these years in order to avoid adversely affecting the rest of their lives.

In small groups: students discuss the DVD, participate in a 'self-control' game and interactively complete a worksheet about discerning trustworthy sources of information. A 'Relationship Ladders' activity allows students to analyse the various stages of a relationship and identify strategies for avoiding risk. A heart puzzle and gift box activity reinforces their self-worth and encourages personal goal setting for their future physical and emotional well being.

Level 2 [Yr 9]

- Considering the implications of a sexual relationship
- Discussing peer pressure, consequences, sources of support, risk avoidance and healthy boundaries.
- Evaluating character qualities and their importance
- Discerning between different attractions and feelings and their impact on relationships
- Determining relationship standards and expectations
- Emphasising the importance of discernment and self-control

As a whole class: students participate in a powerpoint comic book story about two teens who experience a pregnancy scare after becoming sexually active in their relationship.

In small groups: students consider thought provoking question cards that encourage discussion and consideration of issues associated with sexual activity including how they might feel and react to the situation described in the comic book story. The different qualities of a healthy relationship are bid on by students in a 'What's It Worth' auction game and the implications of the attractions of Lust, Infatuation, Like and Love are evaluated in the 'What's That Feeling' activity. 'The Right One' beaded keyring person is created by students with various coloured beads representing the qualities that are most valuable to them in the person they think is worth waiting for.

Level 3 [Yr 10]

- Addressing outcomes of sexual activity
- Exploring relationship expectations and emotional harm
- Discerning risk factors, their impact and avoidance strategies
- Considering the definition of a healthy vs unhealthy relationship
- Investigating safe sex, unplanned pregnancy, and STIs
- Emphasising the importance of discernment and self-control

As a whole class: students watch a DVD production about a two teenage girls who are considering becoming sexually active. One decides not to, the other has sex and experiences an unplanned pregnancy. Although condom usage is an obvious oversight, the film reveals that risks associated with sexual activity are more than just 'clinical'.

In small groups: students discuss in detail various aspects of the film including sexual and peer pressure, insecurity, embarrassment, rejection, disconnection and self-worth. They also consider a healthy relationship in the context of mutual respect, absence of pressure and strong qualities of friendship. A 'Risk Sheet' is used to explore feelings and safeguards in relation to unplanned pregnancy, STIs and emotional harm, allowing students to define their own personal values and how to maintain them. A 'lolly' exercise illustrates the randomness of casual sex when it comes to consequences.

Level 4 [Yr 11]

- Defining values and relationship aspirations
- Considering the physical stages of relationships
- Exploring choices, decisions and outcomes
- Encouraging personal goals and strategies for success
- Discussing the definition and value of true love
- Emphasising the importance of discernment and self-control

As a whole class: students participate in the 'Bachelorette' game and consider the qualities that they would like to have in their future husband or wife. The game highlights the impact that their decisions and actions can have on their future and how they might be viewed by the one they want to impress.

In small groups: Students discuss their own relationship experiences so far and how they view various choices and behaviours. A true story about a young couple who experienced an unplanned pregnancy early in their relationship, proceeded with the pregnancy and were later married is shared and discussed with the group. Using interactive playing cards, students explore how they would like their own life stories to progress. A 'Dream Destination' worksheet is used to assist students to define their key goals/dreams/ambitions and to consider the planning, compromises and sacrifice that will be needed to achieve them. The 'True Love' board game reinforces that good decision making, discernment and self-control will help to get them to their destination of a healthy and fulfilling relationship.