



i decide for me

# Sexual Risk Avoidance School Programs

EMPOWERING YOUTH WITH TRUTH, FACTS, AND DATA



**I Decide For Me curriculum presenters are committed to partnering with parents, educators, and communities to empower students with truth, facts, and medically accurate data. This helps students achieve healthy lifestyles and relationships, resulting in healthy communities.**

"This program is one of the most powerful and effective programs I've seen in addressing high risk behaviors."

-Middle School Educator,  
Bartholomew County, IN

"I learned that I need to treat any of my girlfriends how I'd want my wife to be treated."

-High School Student,  
Decatur County, IN

"(This program provides a) Really great set up of the subject - making students feel safe and comfortable to talk about an awkward subject."

-Elementary School Educator,  
Jennings County, IN

Reaching more than 10,000 students each year Clarity's I Decide for Me educational programs are presented in more than 100 elementary, middle and high schools. I Decide for Me is respected and trusted curriculum which aids educators in meeting many state health education standards regarding the topic of sexual risk avoidance.

"Students I've had in the past list this program as something they always remember and learned from."

-High School Educator,  
Johnson County, IN

"I'd prefer my spouse to be a virgin, so I will be too."

-High School Student,  
Shelby County, IN

Relevant, age appropriate and evidence based, I Decide for Me engages students through multi-media and interactive presentations. Students are empowered to make healthy life choices which will result in a holistically healthy future.

"I'm changing my lifestyle. Thank you so much for inspiring me!"

-High School Student,  
Hancock County, IN

Clarity believes every student deserves to know he/she is valuable worth protecting and worth respecting.

For more information, to schedule an I Decide for Me (IDFM) presentation, or to purchase the IDFM curriculum please contact Clarity's Education Department at [idecideforme@claritycares.org](mailto:idecideforme@claritycares.org) or call 1-866-510-5067. Visit us online at [ClarityCares.org](http://ClarityCares.org) [IDecideForMe.com](http://IDecideForMe.com)

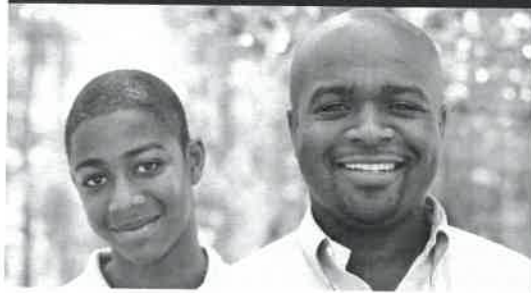


**I Decide for Me (IDFM)** sexual risk avoidance curriculum uses matched pre and post student surveys to provide evidence of program effectiveness. Each IDFM survey tool measures students' attitudes, intended behavior and knowledge increase. IDFM curriculum encompasses age appropriate key concepts which address choices and consequences by:

- Using differentiated including instruction visual, physical, verbal, logical, social and solitary learning styles.
- Encouraging students to identify and engage trusted go-to adults to champion them through life.
- Teaching the avoidance of sexual risk behavior as the healthiest lifestyle choice.
- Focusing on a holistic health perspective which includes mental, emotional, social, ethical, and physical health.
- Exploring obstacles such as social media cultural pressure misinformation and culturally pressured intellectual.
- Empowering students to take control of their choices by pre-setting boundaries and equipping them to carefully articulate those boundaries.

Add periods

## 6th GRADE



**I Decide for Me – 6th Grade** curriculum is a ~~4~~<sup>5</sup>-day ~~60~~<sup>45</sup> or ~~5~~<sup>4</sup>-day ~~45~~<sup>50</sup> minute program which lays key foundational skills to aid students in understanding and building skills to avoid risk behaviors. Students learn:

- To identify and have open dialogue with trusted, go-to adults regarding life's important issues and decisions
- The six leading causes of death and disability as defined by the U.S. Center for Disease Control (CDC)
- Foundational healthy decision making and boundary setting skills
- The holistic medical model of health
- They have control over their choices
- How to make the healthiest, best choices possible

**IDFM 6th grade** has the potential for two additional educational experiences: A homework handout for students and their go-to adult may be completed as well as a quiz over curriculum content (both provided by Clarity).

## 8th GRADE



**I Decide For Me – 8th Grade** curriculum is a ~~5~~<sup>4</sup>-day ~~50~~<sup>45</sup> minute program which builds on key foundational skills taught in IDFM 6th grade. Students learn:

- To identify and have open dialogue with trusted, go-to adults regarding life's important issues and decisions ~~x~~ <sup>Remove period</sup>
- The six leading causes of death and disability as defined by the U.S. Center for Disease Control (CDC)
- Foundational healthy decision making and boundary setting skills
- The holistic medical model of health
- They have control over their choices
- How to make the healthiest, best choices possible

**IDFM 8th Grade** has the potential for two additional educational experiences: A homework handout for students and their go-to adult may be completed as well as a quiz over curriculum content (both provided by Clarity).

## HIGH SCHOOL



**I Decide for Me – High School** curriculum is a ~~5~~<sup>4</sup>-day ~~50~~<sup>45</sup> minute or ~~or 3~~<sup>3</sup>-day ~~block schedule~~ program which builds on key foundational skills developed in the IDFM 6th grade and 8th grade programs. Students learn:

- The importance of conversations with trusted, go-to adults through each stage of life
- The impact current choices make on future goals
- Risk avoidance behaviors, teen pregnancy rates and sexually transmitted disease statistics
- Holistic consequences of sexual risk taking outside the boundary of marriage
- There is hope for a healthy future, regardless of past choices

**IDFM High School** has the potential for two additional educational experiences: A homework handout for students and their go-to adult may be completed as well as a quiz over curriculum content (both provided by Clarity).

ClarityCares.org

www.I Decide for Me .com

1 minute presentation

Five 4

Four 3

Three 2