

TEENS! Thank you for participating in our...



## ***2022 Sexual Risk Avoidance Education*** (SRAE)

virtual class held on Saturdays:

- **March 26    April 23    May 28    June 26    July 16    September 10.**

### **Our project has ended.**

As one of over 1,500 teens to join our virtual class, you helped to make the final year of our SRAE project successful. Many teens were eligible to participate from across eighteen (18) North Carolina counties.

Although you may have learned about the SRAE program through a church, public school, or nonprofit organization, it was funded by the U.S. Department of Health and Human Services, Family and Youth Services Bureau.



We hope you will continue to remember some of the positive ideals and concepts of the ***Choosing the Best curriculum*** ([www.choosingthebest.com](http://www.choosingthebest.com)) – such as finishing school, considering college or a career, finding a compatible life partner. <sup>1</sup>Remember, sexually transmitted diseases (STDs), unplanned pregnancies, and unhealthy relationships can result from *uninformed sexual choices*. We want you to avoid these risks and still engage in a healthy life. Below are concepts from several lessons as a reminder.

Finally, we have enclosed a few ***wellness items*** we hope you can use. Please take the time to rate our program. Please take a moment to fill out and mail back the 3-question survey on the pre-stamped post card. Participation is totally ***voluntary*** and ***can be anonymous*** (if you do not write in a return name or address).

**Stay safe. Stay healthy. Be happy.**

### ***Choosing the Best curriculum***

- Lesson 2: Common ***barriers*** to *good decision making* are: a) acting before thinking, b) accepting others' decisions in order to fit in, and c) consuming alcohol or drugs.
- Lesson 4: Abstinence provides the only 100% protection against pregnancy or contracting an STD.
- Lesson 6: Choosing to delay sex will make it easier to focus on your lifetime goals.
- Lesson 7: A) Sending or forwarding nude, sexually suggestive, or explicit pictures on your cell phone or online can cause you legal problems. B) Consent is categorized as *clear, coherent, willing, mutual and ongoing*.

# *Success Sequencing*

Theory of *avoiding poverty* as an adult.

1. Finish high school.
2. Get a full-time job once you finish school.
3. Get married before you have children.

## *Self-Regulation*

### **<sup>2</sup>What Is Self-Regulation?**

Self-Regulation could be defined as a *critical skill* that lets us control ourselves to *make better choices* for long term effects. It also allows us to manage our emotions when we are sad, angry, or worried.

Strategies we can use to control our emotions:

- Destress— (exercise or take a walk)
- Use impulse control-- Think before you act or speak
- Use new skills like dance, paint, design, sing, or read to express your emotions
- Reward yourself with something exciting if you achieve a goal
- Use visualization techniques like vision board or rehearsals to regulate yourself
- Say affirmations such as ‘I am getting better every day!’ or ‘I can do this!’
- Step back as soon as negative thought strikes your mind and change the thoughts for positive solutions.

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<https://cjhgrants.com/srae-grant-2020/>



Source: (1) <sup>1</sup>Avoiding High-Risk Sexual Behaviors | Study.com - [https://study.com/academy/lesson/avoiding-high-risk-sexual-behaviors.html?src=ppc\\_bing\\_nonbrand&rentxt=aws&cr=&kwd=SEO-PPC-ALL&kwid=dat-2329040505669481:loc-190&agid=1235851302596746&mt=b&device=c&network=o&\\_campaign=SeoPPC&msclkid=38622571e1721a59ae36463fcf069aea](https://study.com/academy/lesson/avoiding-high-risk-sexual-behaviors.html?src=ppc_bing_nonbrand&rentxt=aws&cr=&kwd=SEO-PPC-ALL&kwid=dat-2329040505669481:loc-190&agid=1235851302596746&mt=b&device=c&network=o&_campaign=SeoPPC&msclkid=38622571e1721a59ae36463fcf069aea) (2) <sup>2</sup>What Is Self Regulation: 15 Psychology Based Self-Regulation Techniques For Adults & Children (calmsage.com) <https://www.calmsage.com/self-regulation-techniques/>