

The Journey is On!

- From the President's Desk

Sexual Risk Avoidance Education (SRAE) is returning for another year! Although the CJH grant officially ended in September 2021, the company was granted an additional 12 months to complete the task of reducing risk behaviors among teens in counties with high teen pregnancy rates.

The prevention project is designed to increase adolescents' knowledge of healthy relationships, self-regulation, and making positive choices. Teens attend classes that are medically-sound, age-appropriate, research-based, and taught by public school teachers.

Due to the move to an all-virtual platform in our second year, many teens in areas with limited WiFi were unable to participate. However, thanks to community supporters and friends, teens were driven to hotspots, invited into homes, and shared devices so they could attend our Choosing the Best (CTB) curriculum classes.

"This 2022 year we are excited to offer another round of monthly Saturday classes as we face the official close of this 3-year FYSB federal initiative. We invite teens from our 12-county service area to join us in promoting healthy futures."

- Cynthia J. Harris

CJH Educational Grant Services, Inc.



Must live in 18-county service area!

Brunswick, Duplin, Edgecombe, Halifax, Hoke, Nash, Onslow, Randolph, Robeson, Scotland, Swain, Wilson, Alamance, Cumberland, Durham, Guilford, Sampson, and Stanly counties

REGISTER!

For one of the 2022 training dates and attend to be eligible for a \$60 Walmart Gift Card incentive.

<https://cegsi.wildapricot.org/event-4851892>

June 25, 2022 or

July 16, 2022



"It's always a blessing when we can give the teens a gift that helps them have a great quality of life through making thoughtful decisions on delaying sex and surrounding themselves in a healthy environment..... If one teen per each lesson decides to delay sex until marriage, we have done our assignment. It takes one to change the world to a better place."

- Richard Thrash, Jr.
Program Facilitator



WHAT STUDENTS ARE SAYING

"Just cause she look good don't mean she can't have a STD and I ain't down with that."

"I don't have time for sex. It's too confusing! You got to worry bout having a baby, getting STD's just to much."

"I have dreams, having sex could squash all dat!"



Curriculum FACTS

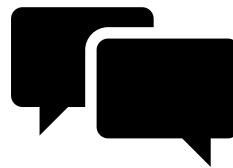
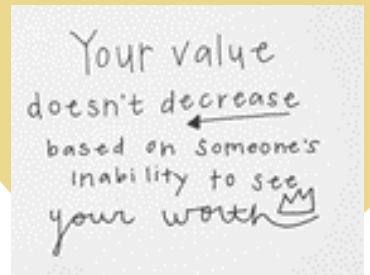
By definition, Sexual Risk Avoidance Education (SRAE) is a science-based approach on the public health model of primary prevention to empower youth to avoid all the risks of sexual activity. SRAE programs focus on the whole teen by sharing the importance of healthy decision-making to future life outcomes. It provides information within a broader conversation that strongly emphasizes the value of waiting for sex in order to avoid sexual risk.

Our Sexual Risk Avoidance Education Project is happy to provide "Choosing the Best Journey" (CTBJ), a leader in school-based, SRAE centered curricula that has educated over 4,000,000 students nationwide.

A peer-reviewed, published study showed that students who received Choosing the Best were 1.5 times more likely to delay sex than control group students. CTBJ is an age-appropriate, medically accurate program that empowers students ages 13-19 to make the healthiest choices, by disclosing the emotional and physical risks of premarital sex, dangers of social media/sexting, the rewards of waiting, and refusal skills.

To date 1,197 teens have successfully completed this curriculum. We plan to serve 650 teens this year, but we need your help!

- Gloria Williams-Wilson
Curricula Specialist /Program Manager



TALK TO US

Help us to reach our goal this year! If you know of eligible teens, 13-19 years old, please direct them to our SRAE web page at <https://cegsi.wildapricot.org/event-4764100> to register for this program. All teens who complete the 6-hr. training session will receive a \$60.00 Walmart gift card incentive.



President, Cynthia J. Harris and Education Consultant, April Love, review program guidelines during kick-off planning meeting in February.



Success Is Not An Accident! It is a Conscious Choice!

One of my favorite quotes to share with my students is, *"Are the habits you have today on par with the plans you have for tomorrow?"*

The choices young people make directly affect their ability to be successful, productive citizens during their early adulthood. One of the most straightforward concepts covered is SUCCESS SEQUENCING that consists of 3 important steps in life to prevent poverty.

1. Graduation from high school
2. Getting and keeping a full time job.
3. Waiting until you are at least 21 before you get married or have children.

Remember Success is not an accident.
SUCCESS IS ACTUALLY A CHOICE!

Here is my link to an [animoto!](#)

- April Love
Education Consultant





SRAE Classes Spark Courage

No Fear! - Message for Teens

"With social media pressure, and friend pressure, it's very hard for a teen today to have 'No Fear' and stand in courage to delay sex. Through my message to the teens to have No Fear and stand in Courage, I want them to stand up to do the right thing when it seems like everybody is sitting down. I want them to stand up to do the right thing when it seems like they're losing friends. I want the teen to remove fear and have courage to tell their friends, family, and the world that they will not compromise on their values to Choose the Best Journey that will determine their quality of life, now and in the future. It will be uncomfortable, and sometimes lonely and scary but it will pay off in the future. No Fear! No Fear!"



- Richard Thrash, Jr.
Program Facilitator

SRAE is a **federal grant** awarded to
CJH Educational Grant Services, Inc.

Thank you 2022 Partners!

Above & Beyond Family Life Inc.

Roanoke Rapids, NC

Divine Faith Baptist Church

Rocky Mount, NC

The National Montford Point Marine Association, Chapter 38

Haw River, NC

One Harvest Life Center, Inc.

Rocky Mount, NC

Queline Consulting Services, LLC

Holly Springs, NC

Tau Gamma Delta Sorority Inc.

Battleboro, NC

Weldon City Schools

Weldon, NC

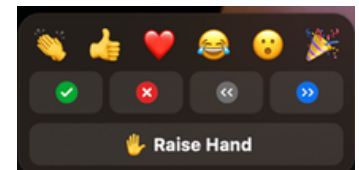


RAISE YOUR HAND!

The 2022 CJH-SRAE Sessions use the Zoom Video Conferencing Application. Students are able to participate in virtual classes using online tools that allow them to share their reactions and provide nonverbal feedback during meetings by displaying icons like

- Thumbs Up
- Tears of Joy
- Open Mouth
- Party Popper

(Tada, Celebration!)



Other Zoom features include Chat, Polling, Break-Out Rooms and Whiteboards – for more interaction and discussion.

- Ronda Pierce
IT Consultant

NEW TWO STEP PROCESS!

What's Buzzing in Registration in 2022?

Spring has sprung!.....ushering budding flowers, buzzing bees, and a freshness in the air. But, just as the season has changed, so have some of the registration processes in 2022.

We are pleased to announce that the two-step Registration Process is now totally virtual.

Step one includes completing the registration form, while step two consists of signing the Parent Volunteer Letter (PVL). The benefits of virtual registration include electronic communication and increased accessibility via phone or computer.

- Tiffany Sessoms
Registration Manager



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