



Acknowledging Integrity Matters (AIM)
A Sexual Risk Avoidance Education Program
January 2024

I. Lesson #1: INTRODUCTION

- a. Speaker introduction
- b. The Still Waters Counseling Mission
- c. Sexual Risk Avoidance Education (SRAE) explanation
- d. Integrity Defined
- e. Sexual Integrity Defined
- f. Trust & Safety in relationships leads to Hope for a positive, healthy future.
- g. Erik Erickson's theory of development stages
- h. Student Challenge
- i. Goals/Goal Setting

II. Lesson #2: AIM TO LEARN TRUTH ABOUT THE HISTORY OF SEX EDUCATION

- a. Prior to 1900
- b. Progressive Era 1890–1920
- c. The Kinsey Era 1940s–1950s
- d. The Sexual Revolution 1960s–1970s
- e. Modern Sex Education Era 1980–Present
- f. Where are we today?

III. Lesson #3: AIM TO LEARN THE TRUTH ABOUT VALUE & WORTH

- a. What is value and self-worth?
- b. Value defined as an intrinsic gift from God
- c. Impact if value and worth is not understood
- d. What is my purpose in life?
- e. Mentors/Trusted Adults defined
- f. Who should not serve as a trusted mentor
- g. How to start a conversation with a trusted mentor

IV. Lesson #4: AIM TO LEARN THE TRUTH ABOUT RISKY HEALTH BEHAVIORS

- a. Center for Disease Control and Prevention
 - i. Youth Risk Behavior Survey (YRBS)
 - ii. Statistics of high-risk sexual behavior
- b. Valuable vocabulary to understand regarding sexual integrity

- i. **Sex/Sexual Activity:** Sex, or sexual activity, refers to physical contact between individuals involving intimate/private areas of the body that can potentially result in pregnancy, STDs/STIs and/or emotional risks. Includes oral sex, anal sex, mutual masturbation, and vaginal intercourse.
- ii. **Sexual Abstinence:** Choosing to refrain from all sexual activity until marriage. This is not only God's will but also the best choice for overall physical, emotional, mental, social, and spiritual wellness.
- iii. **Consent:** Consent is an agreement between people to engage in sexual activity. Giving consent to sexual activity does not eliminate the possibility of risk.
- iv. **Sexual Abuse:** Any adult sexual contact with a minor below the age of consent. Sexual contact between adults or minors involving coercion, threat, or force. Taking advantage of an individual's inability or ignoring their unwillingness to give consent.

V. Lesson #5: AIM TO LEARN THE TRUTH ABOUT HOLISTIC HEALTH

- a. Medical model that illustrates whole person health as not only physical, but also emotional, mental, social, and spiritual (or ethical).
- b. God's whole person design is illustrated in the beginning
- c. Wholeness is the goal.
 - i. Completeness demonstrated when a person's physical, intellectual, emotional, social, and spiritual aspects are in a balance of well-being.
 - ii. Associated with thriving and flourishing and the ability to maintain health and enjoy healthy relationships.

VI. Lesson #6: AIM TO LIVE THE TRUTH IN RELATIONSHIPS (Part 1)

- a. Relationship spectrum
- b. Healthy Relationships
 - i. Traits of a healthy relationship
 - ii. A closer look at Intimacy

- iii. A closer look at submission
 - c. Unhealthy Relationships
 - i. How they differ from healthy relationships
 - d. Abusive Relationships (Warning)
 - i. Red Flags that should not be ignored
 - e. Sexual Violence
 - i. Sexual Assault
 - ii. What is Rape?
 - iii. What is Force (Coercion)?
 - iv. What is Childhood Sexual Abuse?
 - v. What is Grooming?
 - vi. What is shame?
 - vii. Action steps for victims of sexual violence
 - f. Family Formation
 - i. Marriage and Family are important to God
 - ii. Marriage motivators-benefits of marriage
 - iii. Marriage bombs-harmful obstacles in marriage

VII. Lesson #7: AIM TO LIVE THE TRUTH IN RELATIONSHIPS (Part 2)

- a. The Marriage Bed-A story illustrating choices made prior to marriage impact a future marriage
- b. Your Choices Matter
- c. Success Sequence
- d. Sliding into marriage vs Deciding to marry

VIII. Lesson #8: AIM TO LEAD IN TRUTH WITH BOUNDARIES (Part 1)

- a. Types of Boundaries
- b. Emotional boundaries
- c. Emotions
- d. IQ vs EQ

IX. Lesson #9: AIM TO LEAD IN TRUTH WITH BOUNDARIES (Part 2)

- a. Mental Boundaries
- b. Pornography defined
- c. Addiction & Brain science of addiction

- d. Levels of pornography addiction
- e. Accountability
- f. Sex Trafficking connection to the pornography industry

X. Lesson #10: AIM TO LEAD IN TRUTH WITH BOUNDARIES (Part 3)

- a. Social Boundaries
- b. The Double-Edged Sword
- c. Sexting
- d. Sextortion
- e. Revenge Pornography

XI. Lesson #11: AIM TO LEAD IN TRUTH WITH BOUNDARIES (Part 4)

- a. Physical Boundaries
- b. Consequences that may result if boundaries are not set and abstinence is avoided
 - i. Unintended pregnancy
 - ii. Sexually Transmitted Diseases
 - iii. Emotional Harm
- c. The Dating Game-A story that teaches about common STDs that can result from sexual activity prior to marriage

XII. Lesson #12: AIM TO LEAD IN TRUTH WITH BOUNDARIES (Part 5)

- a. Spiritual/Ethical Boundaries
 - i. Personal Efficacy
 - ii. Refusal Skills-How to say "No"
 - 1. I-Statements
 - 2. SWAG
- b. Dating/Courting ideas that do not include sexual activity
- c. Dating/Courting dangers

XIII. Lesson #13: HOPE

- a. Respect for self/Self-Care
- b. Forgiving self and seeking change
- c. Making a commitment to yourself
- d. Hope Score

- e. The past does not have to define the future.
- f. Purpose and passion lead to the peace of still waters

XIV. SCRIPTURES referenced in AIM

- a. Proverbs 10:9
- b. Proverbs 20:7
- c. 1 Corinthians 6:19-20
- d. Genesis 1:27
- e. Romans 12:2
- f. Philippians 4
- g. Romans 1
- h. Genesis 1:27-28
- i. Matthew 6:25-26
- j. 1 Corinthians 13:11-12
- k. Proverbs 12:15
- l. Genesis 2:7
- m. Genesis 2:20-22
- n. Genesis 2:23
- o. Luke 2:52
- p. Mark 12:30-31
- q. Matthew 22:37
- r. Ephesians 5:22-31
- s. Ephesians 5:21
- t. Genesis 2:24
- u. Deuteronomy 6:3-9
- v. Luke 4:28-30
- w. Luke 5:15-16
- x. Exodus 14:31
- y. 1 Kings 18
- z. 2 Samuel 6:16
- aa. John 11:35-38
- bb. Ephesians 4:26
- cc. Colossians 3:2
- dd. Proverbs 4:23
- ee. 1 Peter 5:8
- ff. Psalm 130:7

For more information contact:

Teri White, SRAS, CLC

teri@stillwaterslife.com

www.stillwaterslife.com

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