

Health Education and Relationship Training

Dear Parent/Guardian,

A certified HEART speaker will be presenting in your child's health education class. HEART (Health Education and Relationship Training) is the prevention program of Birthline, Inc., a non-profit crisis pregnancy center located in St. Cloud, MN. Controlling sexual desires has always been a major challenge for young people as they come of age sexually. The challenge is more difficult than ever in today's culture, which encourages self-indulgence rather than self-control. Popular songs, television, movies, advertising, peer pressure, and negative adult role models frequently encourage young people toward premature sexual involvement.

During a HEART presentation we will cover the following key components:

- **Opening:** Speaker introduces him/herself and explains how the choices the students make will impact their future.
- **Five to Fifteen Year Goals:** The students are asked to give their personal goals for five, ten and fifteen years to help encourage them to plan for and protect their goals.
- **Maturity and Sexual Decision Making:** The three R's of maturity are discussed: Responsibility, Respect, Restraint. Abstinence is defined.
- **Reasons and Possible Results:** This section includes discussion of why some teens are having sex as well as the possible results that may occur when they choose to be sexually active. This provides them with an opportunity to express themselves openly as well as to see how they are putting their future goals at risk.
- **Progression of Sexual Activity:** The physical progression is discussed and the safe intimate zone and danger zone are explained. The students are encouraged where to draw the line physically in a relationship so they can be successful at being abstinent.
- **Intimacy Levels:** Students are asked to describe their relationships with a best friend and the time it takes to develop those relationships. Real intimacy is defined and the different levels of intimacy are discussed. The students are shown the difference between real intimacy and sex and the different types of love that occur in relationships.
- **Love vs. Infatuation:** The difference between love and infatuation is explored.
- **How to Deal With Negative Peer Pressure:** Students are given four steps to deal with negative peer pressure and the steps are demonstrated by the speaker.
- **Secondary Virginity/Starting Over:** Students are shown that even though they may have been sexually active, they can choose a healthier lifestyle and they are given practical steps to make this change.
- **Closing:** Abstinence is again defined and students are encouraged to complete an evaluation form.

We encourage you to ask your son/daughter about the presentation made in their class. You may want to ask about the reasons some young people are becoming sexually active and what some results might be if a young person becomes sexually active. Ask them if there was anything they disagreed with or what specifically they liked or learned from the presenter. During the presentation we will focus mainly on the benefits of choosing abstinence until marriage and encourage you to ask them how choosing abstinence may benefit them in the course of their life.

If you have any questions or concerns we encourage you to contact your son or daughters health teacher or feel free to contact HEART directly (320-252-4150 or infoheart@birthline.org). HEART also can come to your community for parent presentations to equip and encourage parents to talk to their children about sexuality. If you would like a parent presentation speak with your local school official, community organization or contact HEART.