

## Relationship Intelligence Presentations & Activities

### Session Summaries

#### Provided by Urban Life Training

Sessions are approximately one hour each.

Level: 7<sup>th</sup> to 12<sup>th</sup> grade

- 1. Part Two Sessions A & B: *Protecting Your Future*** PowerPoint presentation & activities: Focuses on achieving legitimate success and happiness. The decision making process of young people is explored, and participants are asked to write their key life goals. The effects of alcohol and drug use, pornography, injuring oneself and bullying are discussed. Facts about HIV/AIDS, STDs, and sexual activity are discussed. A brief discussion of condom use points out that while consistent use can reduce transmission of some diseases such as AIDS, it does not *eliminate* risk for infection and does not protect at all from certain diseases. A refusal skills role play is included. Plus, ***Crossroads: Choosing the Path to Success Video***: Testimonies of College, high school and middle school youth plus Urban Life Training alumni who are committed to abstinence.
- 2. Part Three Sessions A & B: *Maturing Your Love*** PowerPoint presentation & activities: Explores what defines manhood and what the qualities of lasting love are. Discusses the other risks related to teen sexual activity, such as a much higher incidence of alcohol use and depression. Looks at the emotional damage of teen sex. Presents five star sexuality: mental, emotional, social, moral/spiritual, and physical. Love, family, commitment and marriage are presented as positive, obtainable goals for those who make the right preparation. Media messages regarding sex are discussed. Abstinence and secondary virginity (returning to abstinence) are discussed.

Level: 6<sup>th</sup> to 10<sup>th</sup> grade

- 3. *Why Wait: Classroom Peer Counseling, STAR Guide Testimonies, and Youth Forum III* videos and discussion A & B;** Video segments followed by guided small or large group discussion. Topics include: Reasons to stay abstinent, the importance of how you dress, setting boundaries, the benefits of abstinence, the consequences of sex, and the eight D's of sexual temptation.
- 4. *Resisting Peer Pressure Peer Counseling*:** Video clips of situations where teens are being pressured regarding having sex are viewed, and discussion questions are used to discuss appropriate responses.  
When available, youth Peer Counselors lead this session.
- 5. *Learning Assertive Techniques Peer Counseling*:** Youth learn how to avoid situations where there might be pressure to engage in sex or drug or alcohol use. Youth learn how to say no using verbal and nonverbal methods, and they practice using these skills. Participating youth practice using assertive techniques. When available, youth Peer Counselors lead this session.  
Participants are invited to sign the ULTRA Teen Choice pledge of abstinence.
- 6. *A New View on the Fall of Man***  
A look at the Biblical story of the Fall of Man. Insight is given into the symbols used in the Biblical story.

For More information contact:

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