



## *Our Program... What Teachers Want to Know*

Teen Decision is a community-based nonprofit offering healthy relationships education. Our unique program fills a gap, covering what today's sex education often does not... teaching teens how to have healthier relationships and how early sexual activity can affect relationship choices and outcomes. Our educators serve about 6,000 students annually in over 20 schools and community groups throughout the western suburbs of Chicago.

### *What makes Teen Decision unique?*

Teen Decision's proven program design, developed over 23 years, approaches healthy relationship education as a part of social-emotional learning. Our educators briefly provide medically accurate information about sexual risks such as pregnancy and STDs, but knowing most schools cover those sexual health topics in depth, we go on to focus on healthy relationship-building. Each educator relates the information to real life and engages students in practical discussions and activities to help apply the information. The emphasis on healthy relationships makes our 2- to 5-day program beneficial to students at all stages of development.

### *What is your main message?*

Teen Decision's main message is that the healthiest relationships form when you know someone before you trust them; trust someone before you rely on them; make sure someone is reliable before you commit; and establish commitment before you enter into a physical relationship. In alignment with the CDC, Teen Decision recognizes that abstaining from sexual activity is the primary way to avoid teen pregnancy and STDs. In addition, Teen Decision also helps teens discover how taking relationships slow (including waiting to be sexually active) contributes to healthier dating relationships and enables teens to recognize and avoid unhealthy and even potentially abusive relationships before they get in too deep.

Teen Decision's presentations do not attempt to provide the entirety of a human sexuality unit, but rather serve as a supplement: a proven, positive program with a broad evidence-based foundation.

*Check out our website for more information: [TeenDecision.org](http://TeenDecision.org)*

***Your partner in helping teens make good choices.***