

# NO APOLOGIES.®

**The Truth about Life, Love and Sex**



*No Apologies is a character-based sexual health curriculum, created to help young people safely navigate the most critical decade of their lives - those years between the ages of 12 and 22.*

*Fun, informative and effective, No Apologies empowers teens to develop positive character traits and make good choices in the sexual domain.*



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## Program Outline

The **No Apologies** program includes effective, age-appropriate and culturally relevant activities tested in classrooms, youth groups and health departments all over the world.

### Unit 1 Who Am I



1. One-of-a-Kind You
2. Life Dreams and Goals
3. Character
4. Friends
5. What am I Worth?

### Unit 2 The Media and You



1. Media Influence
2. Is It Just Entertainment?
3. The Virtual World
4. Pornography

### Unit 3 Boundaries & Choices



1. Understanding Boundaries
2. Boundaries in High-Risk Behaviours
3. Boundaries in Relationships
4. Consequences of Overstepping the Boundaries
5. Risk Reduction or Risk Elimination?

### Unit 4 Healthy Relationships



1. What is This I'm Feeling?
2. The Guy-Girl Thing
3. The Beauty of Sex and the Promise of Marriage
4. Abstinence Redefined!
5. Commitment to Purity

## No Apologies Facilitator Training

Training provides pastors, teachers, parents, youth leaders and others with an excellent resource for use in Australia's churches, schools and youth organisations. This one-day training will provide you with a comprehensive curriculum pack, teach you foundational principles regarding sexual health education, and help you develop the skills needed to present the material effectively.

Contact Focus for costings.

For more information go to [www.families.org.au](http://www.families.org.au) or contact us on **1300 300 361**.

*"Become Part of the greatest rescue of a generation since the beginning of time."*