



Treasure Your Gift™

A DOOR OF HOPE Abstinence Presentation Outline

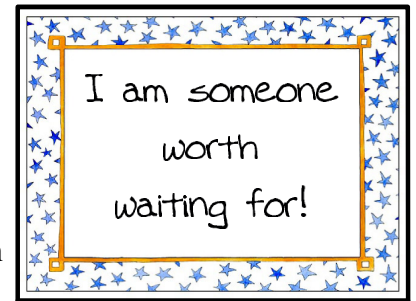
Requires: 90 minutes and/or 2 class periods - Overhead projector and white wall

- I. **A Gift Worth Protecting:** “I’m someone worth waiting for.”
 - A. We are each gifts!
 - B. Not everyone treats me like a gift but no one can rob me of my value.
 - C. I am the one responsible for “treasuring my gift.”

II. **Reasons to say “NO” to sex**



- A. Benefits of virginity
- B. Impact of sexual relationships on emotions/relationships
 - 1. Story of a girl who loses her virginity
 - 2. More reasons to say “no”
- C. Making a new start if I’m not a virgin – Acting like a virgin



III. **Choosing Boundaries: “How far is too far?”**

- A. Sexual Expression Ladder – progression leading to intercourse
- B. Reasons for boundaries
 - 1. Save something for future spouse
 - 2. Risk Evaluation – disease, pregnancy, broken heart
 - 3. The illicit effect
- C. Refusal Skills



IV.

Why save it for Marriage?

- A. Definition of safe sex – “One uninfected person who is faithful to you for life”
- B. Marriage benefits
- C. True intimacy

V. **STD/Pregnancy Risks**

- A. STD’s – most common ones and latest condom effectiveness results
- B. Pregnancy – dealing with the consequence

VI. **You choose the results: Freedom or Risks**

- A. Freedom – personal value and opportunities to those who choose sexual integrity
- B. Risks – realities and consequences of premarital sexual expression

VII. **How do I resist long term?**

- A. Decide today
- B. Remember your reasons
- C. Protect your brain
- D. Avoid risky situations
- E. Avoid alcohol and drugs



(2008/09 update)