

To schedule a seminar for your group,  
contact:

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Here is what is offered under our  
sexual health department!



**New Life Options**  
308 Chess Street  
Monongahela, PA 15063  
(724) 258-7277

**Hours:**

Monday 11:00 am - 4:00 pm  
Tuesday 11:00 am - 9:00 pm  
Wednesday 11:00 am - 4:00 pm  
Thursday 11:00 am - 9:00 pm  
Friday 11:00 am - 4:00 pm

Website: [www.optionsprctr.org](http://www.optionsprctr.org)



A Member of  
**CARENET**

# Smart Choice



....Plug into the **POWER!!**

# SEX

Our youth are bombarded with sexual images and messages everyday, and the pressure is building for them to explore and engage in sexual activities that they are not prepared for. Society tells them that sex is a natural thing, just be sure to protect yourself. Friends are telling them "It's no big deal, everybody's doing it!", their boy/girl friend is telling them, "If you love me you would!" While parents and educators tell them "No, wait until you're married."

The pressure is not all external, but a great deal of it is internal. The youth are thinking- will they stay with me if I do or don't, what if I have a child, or what if I get a sexually transmitted infection, STI? We realize that ultimately, the choice is theirs to make! Our desire is to give them the truth about abstinence and STI's not through pleading or scare tactics, but by offering a positive challenge to abstain. The Smart Choice is a program designed to educate youth on abstinence through skits, thought provoking questions, positive interactions and demonstrations.





## PROGRAM

The Smart Choice is divided into two different programs. The first program is about abstinence and it addresses emotional consequences, joys and fears, telling their parent/loved one, setting boundaries, and renewed virginity.

The second program is on physical consequences. It addresses the price of sexual activities, renewed virginity, how safe is 'safe sex', staying in control, and safe dating tips.

## BIRTH CONTROL

This program takes a different approach with sexual education. We do not educate on the use of contraception for the following reasons:

-  Teaching about birth control has little impact.
-  Birth control, even when used consistently, does not always work.
-  There are both physical and emotional side effects.
-  Birth control implies that young people can not control themselves against sexual urges.

# Worth the Wait

We want to build up the youth and encourage them to make a choice that will give them the best chance at developing healthy, happy relationships. Our ultimate goal is for youth to see and believe that they are valuable and they **DO NOT** have to settle for anything less! Their virginity/renewed virginity is something that should be honored and praised. It takes courage to make a stand for purity and we applaud all those who have made that choice. And for those who have not...it's not too late!



**GIVE US A CALL...**



..... if you would like to have this program presented at your youth group or event!



.... if you would like to be a member of the POWER MERGE team!



.... if you have any questions!!