



Cooperative Extension Program Prairie View A&M University ! Choices Retreat

The Choices Retreat is a program designed to help teens ages 12 to 18, improve health habits and develop a greater understanding of abstinence education. Overall the participants learn the importance of making the right choices in life, and are made aware that the actions they make and take in their lives can affect them for the rest of their lives. In the past participants attended a three day program that included speakers who presented on several of the current youth-related health issues listed below:

Workshops:

Participants will attend the following workshops at the Choices Retreat:

- ! Me. Myself and I (Self Respect)
- ! STD's/AIDS
- ! Love vs. Lust (Infatuation, Love and Choices)
- ! Limits and Self-Discipline (Dating Practices)
- ! Risk Takers (Oral Sex & Condoms)
- ! Up in Smoke (Tobacco/Drugs)
- ! Teen Pregnancy, Prevention and Consequences



Objective of the Program:

- ! Help participants understand the intellectual, emotional, social, and physical risks of pre-marital sex.
- ! Help participants understand the benefits of abstaining form sex until marriage.
- ! Help participants learn how to identify symptoms of sexually transmitted diseases (STD's) and how they are contracted.
- ! Help participants learn the difference between low and lust, and the characteristics of each.
- ! Teach youth how alcohol and drugs affect the body and can influence participation in pre-martial sex.

For more information contact:

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