



teen health centre

THC Abstinence Program

First love, sexual awakening and curiosity are part of the teenage experience.

Unfortunately so are unplanned pregnancies, sexually transmitted diseases and IAJDS.

Our teens are more at risk than ever before. Pressure from peers, partners and the media to become sexually active is extreme.

The outcome has reached epidemic proportions. One out of every 12 Canadian girls between the ages of 15 to 19 will become pregnant this year. Three thousand of those girls will get pregnant today.

Sexually transmitted diseases, which are on the rise, are highest among people aged 15 to 24 years.

As a parent counsellor or youth leader, you want to keep teens safe while allowing them to develop healthy, natural attitudes toward sex. THC's Abstinence Program supports your caring goals while helping the teens in your life.

THC's Abstinence Program offers a frank look at sex. Relationships, values, morals and popular attitudes. It guides teens in deciding what is right for them, at this time.

Teens learn to:

- think rationally about their sexual choices
- examine and understand the asks and consequences involved in each choice
- make the best personal choices

Every teen is exposed to 3,000 to 4,000 references to sexual activity in television and movies each year. Society presents virginity as something to get rid of as quickly as possible. Coupled with normal urges, it is no wonder teens are anxious to engage in sex. The program helps teens to sort out the aggressive pressures and mixed messages that are constantly presented to them.

THC's Abstinence Program presents the positive value of virginity and abstinence to teens. It emphasizes the teen's need to take care of his or her physical and emotional health. It brings a balanced perspective to the many questions regarding sex and gives them the tools to say "No".

- If you are a teen, parent counsellor or youth leader, contact us for more information about THC's Abstinence Program.

Teen Health Centre

Serving Windsor & Essex County

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