

HEALTHY FUTURES

Preparing Teens for Great Relationships

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Dear Educator,

Everyone agrees that abstinence is the best choice for teens, yet it often gets the least amount of attention in sexuality education programs. Nearly 9 out of 10 teens (88%) surveyed by the National Campaign to Prevent Teen Pregnancy say it would be easier for teens to postpone sexual activity and avoid the associated risks if they were able to have more honest conversations about these topics with adults.

I would like to let you know about the opportunity to bring *Healthy Futures*, a sexual health program promoting the benefits of abstinence, to your school. *Healthy Futures* receives both state and federal funding, and is thus able to offer its programs in your school at **no cost**. We have been invited into more than thirty schools in Greater Boston, Lowell, and Lawrence, and educators and students consistently express enthusiasm for *Healthy Futures* (see enclosed comments and letter of support).


Healthy Futures uses engaging character-based curricula that make abstinence a real option by educating teens in the areas of sexuality, healthy relationships, and self-respect. Further, *Healthy Futures* empowers teens to avoid the social, psychological and health consequences of early sexual activity by equipping students to make and sustain the choice to be abstinent. All of our content is both medically accurate and developmentally appropriate.

Healthy Futures offers programs that can be booked as a package or individually (see enclosed descriptions). Each of the components complements each other and strengthens the lasting effect of the abstinence message. *Healthy Futures* provides:

- **Parent programs**
- **Classroom program: 6th grade, 7th grade, 8th grade, and high school**
- **Peer education program**
- **Companion websites for older teens (www.doitright.org), younger teens (www.onmylevel.org) and parents (www.ontheirlevel.org)**

We want to be able to offer our programs to as many schools as possible, but are limited due to our staff size. Scheduling requests will be taken on a first-come, first-served basis. For further information or to schedule *Healthy Futures*, call 617-929-1037 or visit us at www.healthy-futures.org.

Thank you,



Rebecca M. Ray, MPH
Program Director