

WHY ABSTINENCE  
EDUCATION IS THE  
**best value**  
FOR YOUR STUDENTS

The inclusion of social background factors such as race, parental education, family income, and family structure had little impact on the findings. Even after inclusion of background factors, teen virginity was found to be a significant and independent predictor of academic success. Abstaining teens did dramatically better academically when compared to sexually active teens from identical socio-economic backgrounds."

*Teenage Sexual Abstinence and Academic Achievement.*  
R. Rector, K. Johnson. 2005.

**A&M Abstinence Programs Include:**

- Goal Setting
- Character Development
- Decision Making Skills
- Media Awareness
- Dealing with Peer Pressure
- Cultivating Healthy Relationships

**Sources**

- 1 *National Longitudinal Study of Adolescent Health (Add Health)*
- 2 Zogby International. Survey of Nationwide Parents of Children Age 10-16. March 2007.
- 3 *National Association of State Boards of Education, Policy Update: The role of education in teen pregnancy prevention.* 1998, Policy Information Clearinghouse: Alexandria, VA.
- 4 Hoffman, SD, *By The Numbers: The Public Costs of Adolescent Childbearing 2006*, The National Campaign to Prevent Teen Pregnancy. Washington, DC.
- 5 Robert Lerner, "Can Abstinence Work? An Analysis of the Best Friends Program," *Adolescent and Family Health*, Vol 3, No 4 (2004), pp. 185-192.
- 6 Community Based Abstinence Education Program Announcement, US Department of Health and Human Services, April 2008.
- 7 *Teenage Sexual Abstinence and Academic Achievement.* R. Rector, K. Johnson. 2005.
- 8 Centers for Disease Control and Prevention. *Youth Risk Behavior Surveillance System.* MMWR June 6, 2008; 57 (No. SS-4).

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for a healthy future marriage.



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# THE BENEFITS OF **abstinence** EDUCATION

## Peer Reviewed Research

### Academic Achievement

"Teens who abstain from sex during high school years are substantially less likely to be expelled from school; less likely to drop out of high school; and more likely to attend and graduate from college."<sup>1</sup>

### Parental Attitudes

"84% of parents support emphasizing building healthy relationships, bolstering self-worth and self-control, rather than condom usage skills."<sup>2</sup>

### Teen Pregnancy

"Parenthood is the leading cause of school dropout among teen girls."<sup>3</sup>  
 "Less than 2% of teen mothers have a college degree by age 30."<sup>4</sup>

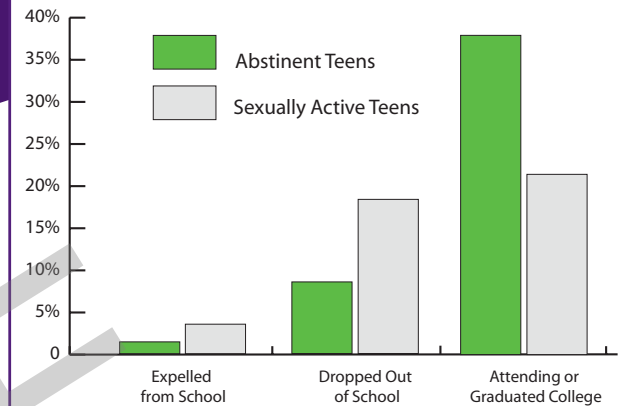
### Avoiding Risk Behaviors

Teens who abstain are more likely to have a reduction in other high-risk behaviors, including smoking, alcohol and drug use.<sup>5</sup>

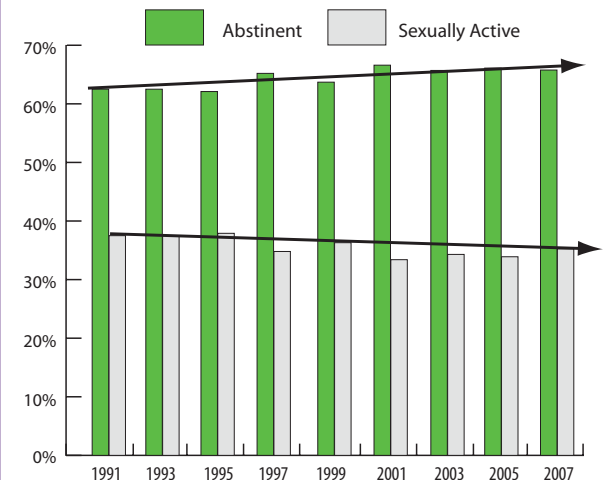
### Life Skills/ Future Orientation

Teens who abstain are likely to have greater future orientation, greater impulse control, greater perseverance, greater resistance to peer pressure, and more respect for parental and societal values.<sup>1</sup>

**Abstinence and Academic Achievement<sup>7</sup>**



**Sexual Activity Among High School Students in the U.S.<sup>8</sup>**



## Summary of Findings

The U.S. Department of Health and Human Services Administration for Children and Families define sexual abstinence as voluntarily choosing not to engage in sexual activity until marriage. Sexual activity refers to any type of genital contact or sexual stimulation between two persons including, but not limited to, sexual intercourse.<sup>6</sup> Demand for Abstinence Education is based on research proving its ability to positively influence not only teen pregnancy, STDs and risk behaviors, but the success of abstinent students in academic achievement and future orientation. Abstinence Education programs enable teenagers to focus on their goals and realize how the decisions they make in their teen years affect their future. The above chart shows the academic success of abstinent students, as well as the much lower rates of students who are sexually active. With most high school students choosing not to be sexually active (chart 2) and parents overwhelmingly supportive of abstinence education, it only makes sense that school administrators, wanting their students to have the **best chance of success** academically and throughout their life, should choose to provide abstinence education in middle and high schools.





# An Adventurous Journey Quest



An Abstinence & Marriage Education Program  
for Middle School Students in Public and Private Schools

**By Scott Phelps**

- 1. Life is a Journey**  
Identifying your future goals.
- 2. Mapping Your Course**  
Learning to choose well.
- 3. Breaking Free**  
Letting go of the media.
- 4. Finding Your Way**  
Protecting the whole person.
- 5. Staying On Track**  
Why waiting matters.
- 6. Future Focus**  
Preparing for marriage and family.
- 7. Road Blocks**  
Identifying the best protection.
- 8. Journey's End: Finding True Love**  
Building a strong foundation.



Teacher's Guide



Student Workbook

**Quest** is a positive presentation of the benefits of abstinence until marriage written for grades 7-8. Real life stories help teens see how their current choices will affect their future marriage & family. The 8 chapter program may be implemented in 8 or 16 class sessions. The **Quest Teacher's Guide** includes classroom activities, PDF printable worksheets, parents' notes, and PowerPoint presentation.

*"Thought provoking questions cause students to consider how their own choices will affect their futures."*

**Aimee Dobbins**  
Founder and Executive  
Director of BreakDown  
International

*"Scott Phelps has created yet another powerful curriculum to help young people in their Quest for healthy relationships."*

**Rick & Barb Wise**  
National Speakers  
WiseChoices

*"Quest includes discussions and activities to effectively reach students from many different angles. I highly recommend it."*

**Gina Harris**  
Executive Director  
Friends First

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### **Endorsements from Educators**

“We enjoyed this curriculum because of the way it broke down the concepts in concrete ways with visuals. These students have mental health and development disabilities. I would recommend *Aspire* to others!”

***Kathy Ortiz, Aurora Public Schools, Colorado***

“Scott Phelps has achieved a breakthrough in the creation of *Aspire*. In a time where reliable data and science based strategies are critical for positive youth development, *Aspire* delivers a balanced and fitting resource for abstinence educators. Not only that, but *Aspire* esteems youth while encouraging them to adopt greater standards for living.”

***Ayinde Russell, Abstinence Educator, CO***

“I just finished the *Aspire* curriculum with my classes for this semester (the first that I had used it). It was awesome! I can honestly say I have never had any kind of discussion starters like your information provided. I am usually pretty good at facilitating discussion with my classes but your curriculum took it to a whole new level. Most importantly the students responded very favorably to it.”

***Earl Sadler, Jr., Pamlico County High School, NC***

“The material shared and your delivery of the message was received well. Students are still talking about the topic. The impact has students in other classes inquiring about my class and subject matter... Thanks for all you do!”

***Lily Gomez, Teacher, Arizona***

“The *Aspire* curriculum was very powerful and has the potential to inspire youth to make life-enhancing choices.”

***Cori Donaldson, Greenlee County Health Tobacco Education and Prevention Program, AZ***

“I enjoyed teaching the lessons, great material. I really like the students to have the book to fill out as well as take home... most of the responses were very positive. Thanks for your help in this important health issue.”

***Roberta Seaton, Kingfisher County Health Department, OK***

“*Quest* is phenomenal and I want to read more. I think it is great! It is what we educators need for middle school students. The activities and stories will capture their attention, focus their attention on their future and encourage them to make some plans.”

***Dori Horstman, Bethany Christian Services, IA***

“Love the stories - a great variety that can relate to a lot of kids' situations, whether it's the kids' personal situation or people they know or are living with. It will be fun to incorporate this into what we are currently doing.”

***McKenzie Shunko, The Ignition Project, AZ***

“The stories in each chapter are an excellent teaching tool. They grab the student's attention and give information to help them think through the issues and draw their own conclusions.”

***Jeanne Christian, Abstinence Educator, IL***



Abstinence & Marriage  
Education Partnership

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### **Endorsements From Students**

I think this program is fantastic because it really shows us how real life is and how serious your actions are. This program changed my life because I know now I know how to think before I act.

***Oscar 10th Grade\****

This program had a great impact on my personal decisions. At first I expected the program to pretty much force me to choose abstinence. I was wrong. The program taught me that abstinence is a choice and it can change every aspect of my life. Because of this program, I have chosen to stay abstinent and live a healthy life.

***Rebecca 11th Grade\****

The Presentation had a lot of impact on me. It put a lot of things in perspective for me, and makes things more realistic. It changed my mind, and I now look at things differently. Thank you!

***Taylor\****

Thank you for coming and speaking to our class. Your talks had a huge impact on me. I have been thinking a lot about my life and choices. You guys have changed my relationship with my girlfriend. I told her I wanted more communication. It was cool to hear about her life and her dreams. We also decided to wait on sex and it feels like a huge weight was lifted. I really do appreciate you both coming in to speak. I now have goals, a better relationship with my girlfriend, and I'm happy. Thank you so much!

***Justin\****

*\*Student names have been changed to protect their identity*