

A.C. Green's

Game PLAN

Everybody
has one life –
Time to develop
YOUR

Game
PLAN

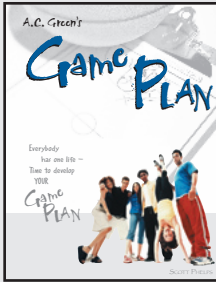


SCOTT PHELPS

To order additional Student Workbooks or Teacher's Guides

Call toll-free: 1-877-517-9264 or order online at:

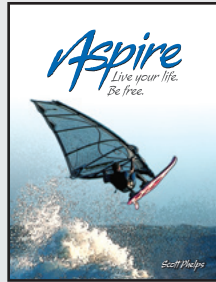
www.abstinenceandmarriage.com



Grade 7



Grade 8



Grades 9-10



Grades 10-11



Faith-Based
Grades 9-12



Abstinence & Marriage Education Resources
215 N. Arlington Heights Road, Suite 102
Arlington Heights, IL 60004
1-877-517-9264

www.AbstinenceandMarriage.com

Game Plan

© 2001 Abstinence & Marriage Education Partnership
4th Edition 2009

Published by A&M Resources. All rights reserved.
No part of this publication may be reproduced without the written permission of the publisher.

A.C. Green's

Game PLAN



Acknowledgments

Special thanks to:

Libby Macke for her significant contribution as coauthor of the original edition.

The A.C. Green Youth Foundation
for its support and assistance with the development of this text.

Cori Moschberger and Michelle Lenz
for their participation in the development of classroom discussions and demonstrations.

Glyn and Toya Milburn, Dan and Griska Gray, and Lakita Garth Wright
for sharing their stories for Chapter 7, Winning the Prize, and
John Sullivan, Deerfield High School, for help in the development of Chapter 2, TV Time-Out.
Heather Desgagné for her insight, review and contributions.

A.C. Green quotations have been adapted with permission from *Victory*,
by A.C. Green with J.C. Webster, Creation House, 1994.

*Photos of A.C. Green used with permission from NBA Entertainment and the A.C. Green Youth Foundation.
NBAE photographer credits: pp. 5, 21, & 50, Andrew D. Bernstein; p. 6 & back cover, Lou Capozzola;
p. 25, Fernando Medina; p. 45, Noren Trotman; p. 73, Nathaniel S. Butler; p. 78, Andy Hayt.*

Design and digital imaging by Carrie Krueger
Visual Conceptions, Mt. Prospect, Illinois

A.C. Green's

Game Plan

1. I Got Game!	
Making A Game Plan for Your Life	5
2. TV Time-Out	
What's Up With Sex in the Media?	13
3. Rules Of The Game	
Why Boundaries Matter	23
4. Avoiding The Penalties	
The Risks and Consequences of Sex Before Marriage	31
5. Half-Time	
It's Never Too Late to Start Over Again.....	41
6. Building Your Team	
The Importance of Choosing Your Friends	49
7. Winning The Prize	
Looking at Marriage as a Goal	57
8. Game Time	
Making it Work	69

I Got Game!

HIGHLIGHTS

Everybody has one life to live.
Where do you want to go, and how are you going to get there?

What choices and decisions will you
have to make in order to accomplish your goals?

It's time to think about your Game Plan.

I Got Game!

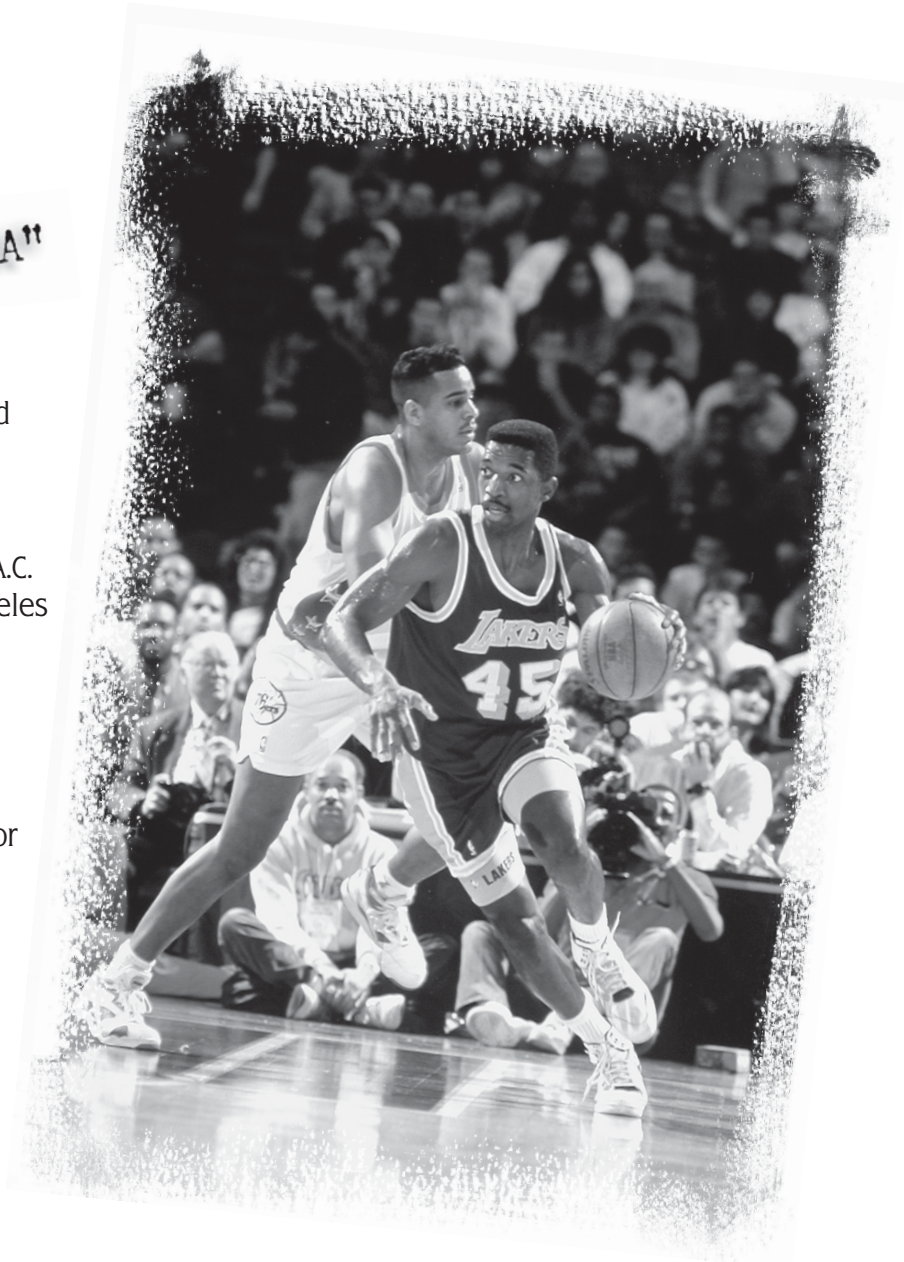
A.C. Green

"Ironman of the NBA"

When A.C. Green was in high school, he played basketball at Benson High School in Oregon. While he hoped that he would someday play in the NBA, his hope was just a dream. Upon his graduation from Oregon State University, A.C. was drafted in the first round by the Los Angeles Lakers and went on to win three NBA championships with the team.

A.C. Green holds the NBA and ABA records for most games played in a row at 1,192 – that's why they call him the *Ironman*. He's known for his commitment to the team and for his endurance.

But that's not all that sets A.C. apart. A.C. attributes much of his success to a decision that he made as a teenager and has kept to this day.



"I made a decision... I resolved not to be with a woman until I married.

My convictions were obvious when I joined the Lakers but not proven, so a few players taunted, teased, tempted, and tried me to see if I'd hold up to my standards to save sex for marriage. 'Hey wait 'til you see what's waiting for you,' they said... 'How much do you want to bet A.C. can't stay away from so and so?' one said. 'I'll bet twenty dollars he can't,' said another. Still another piped up with, 'Count me in for a hundred dollars.' 'You won't last two months in the NBA,' one of the guys told me. Some even threatened to set me up with women that they knew would pressure me. 'Let's see how strong you really are,' they said.

Eventually they got tired of the game and started believing in me."

Long before joining the NBA, A.C. Green was focused on doing something positive with his life. He wanted either to play basketball or to be a sports broadcaster. Even though he could not be sure he would make the NBA, A.C. made a game plan for his life and he stayed with it.

What are some of your goals for the future?

Give one word descriptions of some of the things that you would like to see in your life 10 years from now. Write these goals in the clouds.



Name three possible career goals. What would you like to do?

- _____
- _____
- _____

Getting There

1. Now take a look at the cloud on the previous page which represents your dreams and at your list of three possible career goals.

- Will these dreams and goals be easy for you to accomplish? Yes No
- What will it take for you to reach these goals? List three things you will have to do to accomplish your goals.

- When should you begin planning to achieve your future goals? _____

As a teenager, there are a few decisions that will have a significant impact on your future. Good decisions now make it easier for you to accomplish your goals, and bad decisions make it more difficult for you to accomplish your goals.

2. Describe some activities that could make it difficult for you to accomplish your goals:



TOM'S STORY

Tom is now 27 years old. He's been in a wheelchair since he was 15. Tom wasn't driving the car, but he was riding in a car with a friend who was driving while drunk. For the rest of his life, Tom will be in a wheelchair needing daily assistance.

Tom thought he was okay because he wasn't drinking. The problem is that his friend was drinking – and driving.

He often thinks about how different his life would be if only he had resisted his friends and chosen not to ride in the car that day.

1. What should Tom have done when his friends told him to come along for the ride?

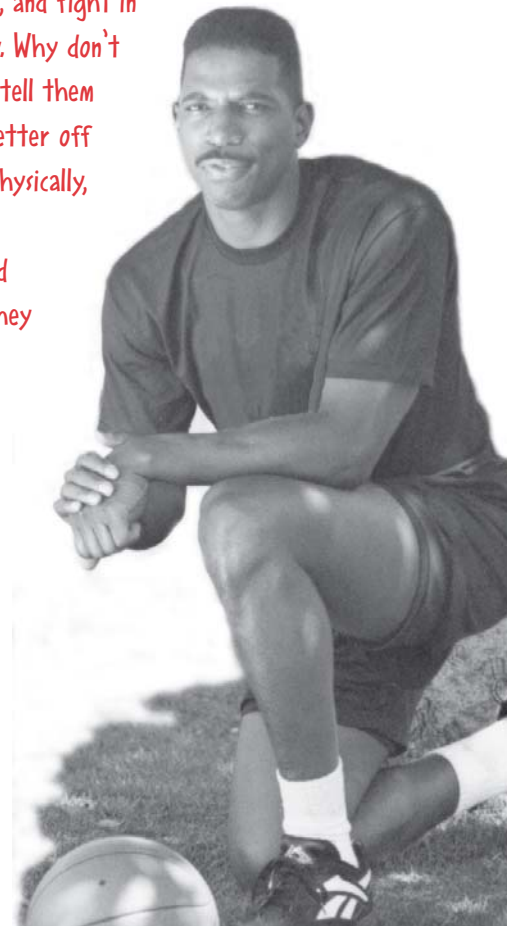
- What would you do?

- How different would Tom's life be if he had resisted his friends and made a good decision that day?

- How different might your life be if you allow yourself to be pressured in a negative way by others?

2. When Tom was 15, he had goals and dreams for his life. Do you think he can still accomplish some of those dreams and goals? What will it take?

"It's great to let people know their options, but the options given today are faulty. Young people are told when they're old enough to smoke, drink, drive, vote, go to school, and fight in the military. Why don't we at least tell them how much better off they'll be, physically, emotionally, mentally, and socially, if they wait until marriage for sex?"



Considering Abstinence As Part Of Your Game Plan

Abstinence: "to abstain"

To abstain means to voluntarily choose not to do something.¹ When referring to sex, it means voluntarily choosing not to engage in sexual activity until marriage. Sexual activity refers to any type of genital contact or sexual stimulation including, but not limited to, sexual intercourse.² Abstinence is the only 100% effective protection from the possible physical, emotional, mental, and social consequences of sex before marriage. Abstinence is the safest and healthiest lifestyle.

1. What do you think about abstinence? Does it seem positive or negative to you? Positive Negative
 - How might sexual abstinence make it easier for you to accomplish your future goals?

2. Who will make the decision about whether or not you will be abstinent until marriage?

3. Who will benefit from the good choices that you make for yourself?

Abstinence doesn't mean: Sex is bad.

Abstinence means: Sex is good.

Save it, protect it, and preserve it so that you can enjoy it in a marriage relationship.

Sex
is Good!



STEVE AND TINA

Steve and Tina had been dating for about six months and had just graduated from high school. As their relationship developed and they were preparing to go to college, Tina began to pressure Steve for sex. He had been abstinent and was planning to save sex for marriage. One night when they were alone, she told him that if he truly loved her he would prove his love to her by having sex with her. He refused and left the house. Their relationship ended shortly afterward.

Do you think Steve made a good decision? Yes No

Two months later Steve learned that Tina was already pregnant on that night when she was trying to get him to have sex with her. Tina became a single mother at age 18.



1. Why do you think Tina was trying to get Steve to have sex with her? What was her real concern?

- Do you think that Tina's former boyfriend may have pressured her for sex? What are some feelings Tina might be experiencing now?

- If Steve had had sex with Tina, do you think it would have affected his future? Yes No
How?

2. What would you do if a boyfriend or girlfriend were pressuring you to have sex?

STEVE AND KAREN

Six years later, Steve met his future wife Karen in college. Steve and Karen were both abstinent, and shortly after they graduated from college, they were married. Steve and Karen have now been married for 17 years and have four children. Steve is a teacher, and Karen enjoys caring for the children. Steve and Karen never have to worry about sexually transmitted diseases or unwanted pregnancy. Sex is a normal, natural, and exciting part of their lives together.

1. For Steve and Karen, what were the benefits of saving sex for marriage?

- Do you think that Steve and Karen regret being abstinent until marriage? Yes No
Why or why not?

- How did abstinence help Steve and Karen accomplish their game plans?

2. How could saving sex for marriage benefit you now and in the future and help you accomplish your game plan?

Thinking It Over...

Developing a Game Plan for your life can help you reach your future goals and dreams. Making good decisions now and choosing abstinence can make your Game Plan a lot easier to accomplish.

**Parent
Link**

For Home Discussion:

What were some of your goals and dreams when you were my age? (Page 7)

How do you think abstinence could help teens in reaching their future goals? (Page 10)