I DECIDE FOR ME

About Us

I Decide For Me is a sexual risk avoidance education program published by Clarity. We partner with educators to meet state health education standards, serving more than 7,000 students in 60+ elementary, middle, and high schools.

IDFM:

- Meets state health education standards
- Uses truth, facts and medically accurate data
- Is age-appropriate and evidence supported
- Empowers students to make healthy life choices
- Teaches students how to identify healthy trusted adults to champion them through life
- Utilizes entry and exit student surveys to measure attitudes, intended behaviors, and knowledge
- Presents material through differentiated instruction (visual, physical, verbal, logical, social and solitary styles)

(812) 378-4114

www.IDecideForMe.com

I Decide For Me

Empowering students to take control of their choices amid the obstacles of social media and culturally pressured misinformation.

Students build self-efficacy by setting boundaries, learning to articulate, and practicing refusal skills. Every student deserves to know they are valuable, worth protecting, and worth respecting!

FLIP ME

STUDENTS WILL LEARN:

6th Grade

4 day (60 minutes) or
5 day (45 minutes)
presentation

8th Grade

4 day (60 minutes) or
5 day (45 minutes)
presentation

High School

3 day (90 minutes) or
5 day (45 minutes)
presentation

Each program uses an age-appropriate approach to teaching the following standards and topics:

- Intrinsic Value
- Optimal Holistic Health Model
- Trusted Adults
- Critical Health Behaviors
- Communication and Intimacy
- Healthy and Unhealthy Relationships
- Sexual Abuse
- Consent
- Community Resources
- Goal Setting
- The Success Sequence
- Boundary Setting and Articulation
- Physical Development and Puberty (6th grade only)
- Fertilization
- Stages of Fetal Development
- Critical Analysis of Influences (media, peers, etc.)
- Normalizing Abstinence
- Consequences of Sexual Activity
  - Pregnancy
  - STIs
- Benefits of Marriage
- Secondary Abstinence
- Pornography Risks
- Emotional Self-Regulation & Coping Skills
- Voluntary Sexual Restraint Skills
- Assertive Language
- Refusal Skills
- Self-efficacy

For more information, to schedule a presentation, or to purchase the curriculum please visit our website at www.IDecideForMe.com.

i decide for me