



**Free Student Presentation!**

**Book now**  
while funding is available.

**Empowered 2016 / 2017**  
**(Sexual Abstinence Program)**

Empowered is a school-based presentation which strives to equip students to make informed decisions about healthy relationships and sexuality. Healthy decision-making means choices that are fully informed and value-based: caring for self and others. Information is presented from an abstinence-based perspective.

Presentations are interactive. Information focuses on the prevention of unplanned pregnancy and sexually transmitted infections (STIs) – and the importance of healthy relationships. Students are informed about the meaning of risk reduction practices and challenged to accept their responsibility for choices so as not to put them at risk. Sexual abstinence is presented as a risk-free, healthy decision.

Empowered encourages all around good health...and that *real love is worth the wait!*

#### **Empowered – Teacher/Facilitator/Leader Comments**

- You made an impact! They will think about what you've shared
- I love the handout that outlines the 10 steps to a Life Long Relationship
- Excellent job of covering topics
- Absolutely loved the water bottle video "Purity Matters"
- What a huge success it was for this group!
- They were still talking about it on Monday; everyone really enjoyed it.


#### **Empowered – Students Comments**

- Love the activities!
- It made me see more about the benefits of waiting
- I didn't realize there were so many consequences
- Didn't take my decision seriously before, now I will
- I wasn't sure about abstaining before, didn't really know what it was, now I do
- I learned how you can practice abstinence even if you have already had sex
- I will think more about my decision now that I know about all my options
- I really liked the 10 Steps of Developing a Life Long Relationship brochure
- It's true – you never think something bad is going to happen to YOU!
- I'm more proud and less ashamed to be abstinent

**Please contact Chris Polegato 905-871-0236**  
**to book a presentation for your students.**

**Note:** Donations are greatly appreciated, but not mandatory, to contribute to the future success of this program.

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**SNLM REGULAR HOURS:**  
Fort Erie: Monday-Friday, 9:00 a.m.–5:00p.m.  
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Port Colborne: Wednesdays, 1:30 – 4:30 p. m.  
  
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