



Program Overview

The program is a 3-day sexual abuse prevention and relationship education program that is designed for 5th to 12th grade students. The goal of the program is to equip youth to avoid nonmarital sexual activity and other risk behaviors while pursuing the best in all areas of life, including healthy relationships, personal goals, and optimal health. The program uses the evidence-based Real Essentials curriculum and meets all Missouri and Iowa requirements for sexual health and sexual abuse prevention education. We recognize the importance of including parents, and we encourage students to discuss with them what they are learning. An opt-out slip will be provided, allowing parents to withhold their student from the program if they so desire. The program does not share religious, social, or political views. The program is offered at no cost to schools.

About Lifeline

Lifeline is a non-profit organization that has been serving new and expectant parents since 1997. Located in Kirksville, MO, Lifeline provides no-cost services related to sexual health and parenthood, including pregnancy tests and ultrasounds, prenatal and parenting education, mental health counseling, STI testing and treatment, financial and material support, tutoring, and more.

Program Structure

Each day will contain:

- medically accurate facts and up-to-date research on health and relationships
- interactive activities and discussion to increase student participation
- a slideshow to help the students stay engaged
- a chance to submit anonymous questions for the program educator to answer
- take-home questions to encourage conversations with a parent or guardian
- the encouraging message that it is never too late to make changes

For more information, visit purefreedomprogram.org

Program Topics

Level 5

Day 1: Healthy & toxic friendships, preventing bullying, building belonging

Day 2: Puberty changes, reproductive anatomy, pregnancy overview, hygiene, & menstrual products

Day 3: Abuse prevention, boundary setting, internet safety, self-care, & emotional health

Level 6

Day 1: Building healthy friendships, self-regulation skills, & setting limits

Day 2: Whole person health, puberty changes, hormones, reproductive anatomy, and pregnancy

Day 3: Internet safety, bullying behaviors, & abuse prevention

Level 7

Day 1: Personalities and connections, life mapping, setting boundaries, & overcoming peer pressure

Day 2: Biological purposes of sex, teen reasons for sex, love vs infatuation, defining healthy relationships

Day 3: Sexually transmitted infections prevalence, transmission, & testing

Level 8

Day 1: Healthy relationships in domains of health, setting boundaries, refusal signs, & consent

Day 2: Effects of advertising, sexuality in media, negative effects of pornography, & sexual violence

Day 3: Reproductive anatomy, menstrual cycle, contraception overview, & pregnancy

HS Level A

Day 1: Perspectives on sexual activity, unhealthy views of sex, relationship research, & love languages

Day 2: Dating abuse & intimate partner violence, effects of sexting, & effects of pornography addiction

Day 3: Sexually transmitted infections (transmission, symptoms, testing, & treatment) & effects of teen sex

HS Level B

Day 1: Perspectives on friendship & dating, foundations of a healthy relationship, & relationship red flags

Day 2: Negative impacts of media consumption, creating a digital safety plan, & effects of pornography

Day 3: Reproductive anatomy, menstrual cycle, contraception, pregnancy, & interactive empathy belly

HS Level C

Day 1: Purposes for dating, dating standards, sliding vs deciding, commitment, & types of love

Day 2: Relationship expectations, influence of media, effect of pornography, & addressing sexual assault

Day 3: Sexually transmitted infection prevalence, transmission, & testing, & teen brain science

HS Level D

Day 1: Communicating feelings, communication danger signs, & conflict resolution methods

Day 2: Basic needs of the heart, relationship happiness research, perspectives on sex & relationships

Day 3: Life stages of development, pregnancy, & fetal development with interactive models

