

## The Facts of Life

3.8 million sexually active teens are infected with a sexually transmitted disease (STD) each year in the U.S. **That's more than 10,000 infected each day!** Several STDs, including genital herpes, are incurable. Girls who begin sex in their teen years have an 800% higher risk to develop cervical cancer, caused by the human papilloma virus, when they're older than girls who wait until their 20's.

In Washington, DC, it is estimated that almost 1 in 20 adults is infected with HIV, the virus that causes AIDS (*Whitman-Walker Clinic*).

In 2001, the National Institutes of Health reported that there is no scientific evidence that using condoms protects their users from most sexually transmitted diseases, including zero protection for Human Papilloma Virus and trichomoniasis. Subsequent studies show no more than 50% protection (with 100% condom use) for syphilis, gonorrhea, chlamydia, and genital herpes. Since several STDs are incurable, is this an acceptable level of risk?

## You Can Help

**Attend or host a Reality Check event.**

In 45 minutes you will learn about the work of ULTRA Teen Choice, and you will hear from some of the youth whose lives have been changed. No one will ask for money, and you can ask any questions that you may have about the program. Contact ULTRA Teen Choice to bring the Reality Check to your school, home, office, or place of worship.

## Materials

Call *The Abstinence Store* at 202-544-5081

Or visit online at [www.ultrateenchoice.org](http://www.ultrateenchoice.org).

*The Abstinence Store* features materials from the Center for Educational Media, including the *Free Teens Multi Media Presentation*, and the *RQ: Relationship Intelligence* curriculum, as well as the hard hitting *Why Wait: Classroom Peer Counseling* video from ULTRA Teen Choice.

## What Youth Are Saying

**Comments from students at Eastern Senior High School in Washington, DC**

*I learned that just because you are not having sex does not mean that you are dumb or don't fit in, it just means that you would rather wait to have sex.*

*I learned that being pure is the way to be. Now because of this program that's how I'll always be.*

*This program should be at every school to make more teens aware of the diseases that are out here taking people's lives.*

*Keep on telling kids to wait for marriage and keep up the encouragement and also let them know that their virginity is special.*

**Comments from students at Stuart-Hobson Middle School in Washington, DC**

*I learned that the best way to prevent pregnancy or STDs and emotional damage is to be abstinent until marriage when you dedicate your mind and body to your lifetime partner.*

*I learned that you shouldn't just have sex because you don't feel loved. Wait until marriage to have sex, where you know that your mate loves you for who you are inside and out.*

*[You should] get out and tell people to wake up; our teens and kids are dying because so many people say it's not a bad thing.*

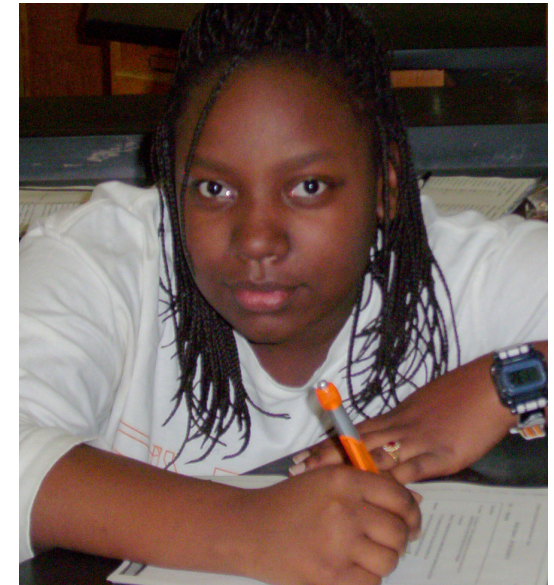
## What Teachers Are Saying

*I think if we can make this program across the board even as far as trying to have it as part of the curriculum in all DC Public schools it will do tremendous justice for the students; not only for the benefit of the students but for the whole community and the school.* Isais Tekle, Eastern Senior High School

# ULTRA Teen Choice

Urban Life Training & Reality  
Assessment Teen Choice

**Education  
Peer Counseling  
Clubs**



## Reality Check:

**35% of teen girls become pregnant at least once as a teen**

**66 % of Sexually Active Teens regretted it and wished they had waited**  
**ULTRA Teen Choice helps youth to be successful by choosing abstinence from sex outside of marriage and abstinence from drugs and alcohol**

[www.ultrateenchoice.org](http://www.ultrateenchoice.org)

# The ULTRA Teen Choice Program

## Education

*ULTRA Teen Choice* uses a three part classroom program which includes the two part multimedia PowerPoint or Slide presentation produced by *Free Teens USA* entitled "Talking with Teens about HIV and AIDS" plus the "Why Wait: Classroom Peer Counseling Video" produced by ULTRA Teen Choice. Part one, "Living in the Age of AIDS" starts out with a discussion of Magic Johnson's HIV infection and proceeds to give basic medical and statistical information about HIV, AIDS, and other sexually transmitted diseases (STDs). Since teenagers respond to concrete information and examples, some of the opportunistic diseases common among AIDS patients and several examples of people who were infected *when they were teenagers* are given.

Part two of the multimedia presentation, "Deciding Your Future," changes the focus to the more personal concerns of each student to have a successful, happy, and healthy life. A brief discussion of condom use points out that while consistent use can reduce transmission of some diseases such as AIDS, it does not *eliminate* risk for infection and does not protect at all from certain diseases.

Deeper issues such as valuing one's life, love, commitment, the need of children to have the love of both parents, setting and working to achieve future life goals such as a career and marriage, male responsibility, how to say no to unwanted sex, media and peer pressure are explored. Love, family, and commitment are presented as positive, obtainable goals for those who make the right preparation.

Part three of the program involves classroom activities and discussion using the "Why Wait, Classroom Peer Counseling" video, plus the appearance of live peer counselors, when available.

## Peer Counseling

Interested 10<sup>th</sup> to 12<sup>th</sup> grade ULTRA Teen Choice Service Club members can apply to be peer counselors to the 9<sup>th</sup> grade youth. They tell, and show by example why the abstinent lifestyle is the best one. The 9<sup>th</sup> grade youth are then invited to join with them in making a commitment to be abstinent, and to be members of the ULTRA Teen Choice Service Club. For Middle Schools and Junior High Schools, 7<sup>th</sup> and 8<sup>th</sup> or 8<sup>th</sup> and 9<sup>th</sup> graders counsel the 6<sup>th</sup> and 7<sup>th</sup> grade youth, respectively.



Making a poster during an ULTRA Teen Choice Service Club Meeting

## ULTRA Teen Choice Service Clubs

During classroom visits, students are invited to join the ULTRA Teen Choice Service Club. Club meetings include peer counseling, guest speakers, discussions, and media related activities and projects. Club members can participate in fun monthly club activities, such as bowling where they experience mentoring from older youth and adults committed to abstinence, as well as being mentors for younger peers. Youth also receive service opportunities through our partnership with Service for Peace.

## ULTRA Teen Choice, a Short History

ULTRA Teen Choice was begun in 2002 by Richard & Stacey Urban, parents and community activists living in Washington, DC. Since 1997 Richard had been involved in giving classroom and community presentations using *Free Teens*, a high impact, character-based multimedia program for HIV/AIDS, STDs, and pregnancy prevention.

ULTRA Teen Choice was founded to provide a more complete support system for youth who desire to be successful by choosing abstinence. Peer counseling is a central part of ULTRA Teen Choice. ULTRA Teen Choice peer counselors teach and set an example for the younger students. In 2003, the first ULTRA Teen Choice Service Club was established. Youth participate in community service by counseling younger peers. The club provides training, a supportive environment, and fun activities.

In 2005, the first Middle School Club was founded, also in Washington, DC.

ULTRA Teen Choice has provided periodic leadership training programs for youth and adults. These include presenter training and retreats.

ULTRA Teen Choice has been approved by the District of Columbia Public Schools HIV/AIDS Education Program for implementation in District of Columbia Public Schools.

### **Urban Life Training & Reality Assessment (ULTRA) Teen Choice**

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**Contact us for more information, to book a speaker, or to schedule a seminar or a Reality Check event.**

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**Richard Urban, Executive Director**