



GUARD YOUR HEART. GUARD YOUR MIND. GUARD YOUR BODY.

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New Study Validates Effectiveness of Abstinence Education

In the battle to discover what works to **curb teen sexual activity**, a study released in the [Archives of Pediatric & Adolescent Medicine](http://archpedi.ama-assn.org/cgi/content/short/164/2/152) <http://archpedi.ama-assn.org/cgi/content/short/164/2/152> reports important, positive outcomes for high-risk, African-American, middle school students. The research was widely covered by every major media outlet including the Washington Post, The New York Times, and USA Today.

The study showed a high-risk population of 6th & 7th graders receiving abstinence-centered education reduced sexual initiation, reduced the number of sexual partners (a crucial determinant in acquiring an STD), and further showed that abstinence instruction did not deter the use of condoms (a common charge brought by anti-abstinence critics). On this particular note, students were significantly less likely to initiate sex with the abstinence-centered approach than any other sex education strategy.

Program Manager, Karen Fike states, "**These findings support the effectiveness of character based abstinence education and should not be ignored if we are serious about reaching teens with skills necessary to resist sexual activity.**" Federal funding guidelines require all abstinence-centered education to be theory-based, medically accurate, and focused exclusively on health - the very tenets that describe the LifeGuard Youth Development Program.

LifeGuard Youth Development has positively impacted over 37,000 students since 2005, by equipping youth to make healthy choices, choosing to abstain from at risk activities such as, drugs, alcohol and sex. Most recently, 74% of local students receiving LifeGuard education reported they plan to wait for sex until marriage.

LifeGuard Youth Development wants to thank **YOU** for being part of the positive outcomes of youth making healthy choices. Your support of Character Education IS having an impact on our youth; our future!

If you would like more information about LifeGuard and/or if you share the passion to educate, equip and empower our youth please contact us!