

Background Information	
Title: WAIT Training	Author: Joneen Mackenzie, RN, BSN
Publisher: WAIT Training 8101 E. Belleview Ave., Ste. D2 Denver, CO 80237	Copyright: 1 st ed. 1996; 2 nd ed. Dec. 2003
Brief Description	
<p>WAIT Training is designed to give students the reasons, skills and support to choose abstinence from sexual activity until marriage – providing medically accurate, researched-based, culturally relevant information to teens at a critical time in their development. While giving appropriate attention to the negative consequences of risk behaviors, WAIT Training succeeds by empowering teens to <u>recognize, value and seek the benefits of abstinence</u> as a critical strategy for the development of life-long healthy relationships. A 2nd edition, released in early 2004, incorporates updated research and user-friendly improvements such as clear objectives for each lesson and step-by-step teaching plans. Also included are stronger messages about the effects of drugs & alcohol regarding increased vulnerability to sexual advances; and enhancements for GLBTQ students, developed with assistance from the American Psychological Association to improve inclusiveness and eliminate, wherever possible, language that could distract students from embracing sexual abstinence as the optimal health strategy. Based on emerging research and end-user feedback, relevant updates and modifications are made available via our website to all certified instructors, at no additional cost.</p>	
Demonstration of Consistency with Legislative Requirements & Thematic Elements	
<p>WAIT Training is completely consistent with Abstinence Education as defined in Section 510: Title V of the Social Security Act, with all “A-H” elements presented in balanced proportions and in an age-appropriate manner. Clear emphasis is placed on the importance of abstaining from sexual activity until marriage, and that the best life outcomes are more likely if one remains sexually abstinent while acquiring the skills prepare for and establish a satisfying, healthy, committed, life-long marriage. The curriculum clearly defines <i>Sexual Abstinence</i> as “voluntarily choosing not to engage in sexual activity until marriage”; <i>Sexual Activity</i> as “any type of genital contact or sexual stimulation between two persons including, but not limited to, sexual intercourse”; <i>Marriage</i> as “only a legal union between one man and one woman as a husband and wife”; and <i>Spouse</i> only as “a person of the opposite sex who is a husband or a wife”. WAIT Training consistently teaches and emphasizes the psychological and physical benefits of sexual abstinence-until-marriage; the importance of marriage, commitment, responsible parenthood (esp. fatherhood), and the potential negative consequences of out-of-wedlock childbearing. Contraceptive information is provided as an optional, age-appropriate, medically accurate unit of study; which is contextually supportive of abstinence – by not promoting, endorsing or distributing contraception; or demonstrating use of contraceptives. All material regarding STDs is consistent with the National Institute of Allergies & Infectious Diseases definitions for STDs.</p>	
WAIT Training (WT) CBAE Thematic Consistency & Location Reference (for Table of contents)	
<p>A: WT has, as its exclusive purpose, teaching the social, psychological, and health gains to be realized by abstaining from non-marital sexual activity. [Trainer Unit: Benefits of Marriage, General & Specific Goals, Behavioral Objectives; Unit 1 (all); Unit 5 (all); Unit 7: Marriage: It’s Good Stuff]</p> <p>B-1: WT teaches that abstinence from sexual activity is the expected standard for all school-age children. [Trainer Unit; PowerPoint; Unit 6: Boundaries, Refusal Skills, Role Plays; Unit 7: (all)]</p> <p>B-2: WT teaches (age-appropriate) that sexually active teens can return to a lifestyle of abstinence from further non-marital sexual activity, and reduce potential negative consequences. [Trainer Unit; Unit 2: 10 Keys, Dating Bill of Rights, Steps of Intimacy, Bonding, Pledge Template; Unit 6: Boundaries, Refusal Skills, Teen PREP; Unit 7 (all)].</p>	

C-1: WT teaches (age-appropriate) that abstinence is the only certain way to avoid out-of-wedlock pregnancy. [Trainer Unit; Unit 5: Exercise 5, Teen Pregnancy Handout]

C-2: WT teaches (medically accurate, age-appropriate) that abstinence as the only certain way to avoid the sexual transmission of STDs and related health problems; Harmful physical effects of infection by STDs that may result from sexual activity outside of the context of faithful marriage; The physical health gains realized by abstaining from sexual activity. [Trainer Unit; Unit 5: (all) Consequences of Teen Sex; Unit 6: Freedoms of Saying No to Sex, Handout]

D-1: WT teaches that the expected standard for sexual activity is within the context of a mutually monogamous marriage relationship between a man and a woman; Healthy human sexuality involves enduring fidelity, love and commitment; Human happiness and well-being are associated with a stable, loving marriage; Non-marital sex can undermine the capacity for healthy marriage, love and commitment; Abstinence is beneficial in preparation for successful marriage and significantly increases the probability of a happy, healthy marriage. [Trainer Unit (all); Unit 7: (all)]

D-2: WT teaches that human sexuality includes deep emotional and psychological aspects and is not merely physical in nature. [Trainer Unit; PowerPoint Presentation; Unit 1: (all); Unit 2: 10 Keys to Successful Dating, Dating Bill of Rights, Steps of Intimacy, Bonding; Unit 7: Finding the Love of My Life, Dreaming of the Future]

E-1: WT teaches the harmful psychological effects of sexual activity outside the context of marriage; Psychological gains realized by abstaining from sexual activity. [Unit 2: Bonding; Unit 6: Boundaries Are Your Friend, Why I Will Wait Starting Today, How Teens Misuse Sex, "Freedoms" & handout]

E-2: WT teaches that teen sexual activity may have harmful effects in addition to the effects previously mentioned; Abstinence can help youth to avoid these potentially harmful effects. [Unit 6: Boundaries Are Your Friend, Why I Will Wait Starting Today, How Teens Misuse Sex]

F-1: WT teaches that sexual activity outside of marriage may result in non-marital pregnancy; Bearing children out-of-wedlock may have harmful consequences for child (age-appropriate); By abstaining from non-marital sexual activity, teens will have increased potential to form healthy marriages that will benefit their future children. [Unit 5: Teen Pregnancy; Unit 7: Marriage: It's Good Stuff]

F-2: WT teaches the potential beneficial effects of marriage to the well-being of adults and society; Bearing children out-of-wedlock is likely to have harmful consequences for the child's parents and society as a whole (age-appropriate). [Unit 7: Marriage: It's Good Stuff, Marriage Rocks, Benefits]

G-1: WT teaches importance of goal setting and future-oriented thinking as a means of promoting sexual abstinence; Importance of personal character in deciding to remain sexually abstinent; Value of building and maintaining healthy relationships that are free from sexual involvement. [Unit 1: Life Mapping, Goal Setting, Hopes/Dreams, Broomstick; Unit 7: Dreaming of the Future, Marriage: It's Good Stuff]

G-2: WT teaches techniques and skills to help young people reject sexual advances and maintain the expected standard of abstinence. [Unit 6: Dealing Effectively with Conflict - Boundaries, Relationship Red Flags Warning Chart, Refusal Skills, Teen PREP]

G-3: WT teaches that the use of drugs or alcohol can increase one's vulnerability to sexual advances (including sexual exploitation or violence); Skills for avoiding high-risk situations where sexual activity is more likely. [Unit 2: Relationship Red Flag Chart, Dating Bill of Rights, 10 Keys to Successful Dating, Ways to Avoid Sexual Assault/Date Rape; Unit 3: Drugs and Alcohol Influence]

H: WT teaches relationship between self-sufficiency and abstinence-until-marriage; Delayed initiation of sexual activity until marriage can significantly improve life outcomes, financial well-being and marital stability. [Unit 1: Hopes and Dreams, Life Mapping, Broomstick Activity, Unit 7: Dreaming of the Future, Marriage: It's Good Stuff]