

*ProjecTruth is a multi-faceted program that encourages the participation and support of everyone concerned with the physical, emotional, and psychological well being of our youth. The ProjecTruth message is equally important for adolescents who are considering sexual activity, have already become sexually active and those who have decided not to be sexually active and are in need of support.*

*To find out how you or your organization can become involved, please contact:*

## **ProjecTruth**

**Catholic Charities**

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[www.ProjecTruth.com](http://www.ProjecTruth.com)**



*Waiting is easier...*



ProjecTruth was developed and is administered by Catholic Charities of Western New York, one of the region's leading social service organizations. The program is funded through a federal grant through the Special Projects of Regional and National Significance (SPRANS) program.

# PROJECTRUTH

**Abstinence Until Marriage Education**

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# PROJECTRUTH

**Waiting is easier because ProjecTruth provides more than just the answers to teens' questions about sex and sexuality. ProjecTruth provides a deeper understanding of character, lessons on how to develop good decision making skills, and an honest perspective on human sexuality and its impact on our physical, psychological, and emotional health.**

## A unique approach

The world is often complicated and confusing for adolescents. Their decisions are rarely based entirely on facts. So it is logical to assume that we cannot expect them to always make right, life-affirming decisions about sexual behavior based on “facts” alone.

That is why ProjecTruth employs a dual component approach. Understanding and building strong character provides young people with a foundation on which they can make those “right” decisions despite both social and biological pressures.

ProjecTruth opens the door to character development through a creative and thought-provoking program designed to get teens thinking about what it means to have a strong character. This program sometimes employs popular films such as “Remember The Titans” to open up a dialogue about character and its role in shaping our lives.

## Building on the foundation

When combined with strong character, the facts regarding sexual behavior among unmarried teens provides them with a compelling case for abstinence until marriage.

The Abstinence Education component for ProjecTruth focuses on relationships and the choices we make in those relationships. It includes frank and honest information about the physical and emotional consequences of sexual activity outside of marriage as well as the tremendously rewarding experience of reserving sex for marriage. It helps adolescents formulate a plan for their future and helps them to decide for themselves that abstinence is the healthiest choice.

When it comes to sex, today’s adolescents face not only their own biological pressures and natural curiosity, but also a seemingly endless stream of messages that support the idea that uncommitted sex is OK – even the norm.

In the face of all these messages, young people need to know the truth about the physical and emotional risks of sexual activity outside of marriage. This understanding will empower them to make the right decisions that will help them reach their goals and dreams.

ProjecTruth is committed to helping adolescents through this challenging and often confusing time in their lives. ProjecTruth offers school, business, and community based components that seek to provide:

*A comprehensive age appropriate introduction to the concepts and benefits of an abstinence until marriage lifestyle*

*Peer-to-peer mentoring*

*Youth development activities*

*Crisis intervention services*

*Supportive counseling services*

*Counsel to parents and teachers*

*Case management services*

*Workshops for parents and teachers*

*ProjecTruth curriculum training to participating schools*