

No Apologies® is a character-based abstinence program that guides teenagers towards choosing to abstain from premarital sexual activity and any high risk behavior which could be detrimental to their future dreams and goals, and to their very lives!

# NO APOLOGIES.®

Live Your Life With No Apologies®

No Apologies® is an international program that has been translated to over 23 languages and presented in over 60 countries, including several in the Middle East. Over 3 million students worldwide have been presented with the No Apologies abstinence message since 1996.



This updated and enhanced edition of No Apologies® consists of four comprehensive units filled with cutting-edge topics presented through interactive workshops and fun activities:

If you work with teenagers and dream of rescuing them from the dangers they face and training them to make the right decisions, then No Apologies® is just what you need!

The No Apologies® program includes a teacher curriculum, student workbook, and PowerPoint presentation for use with students.

Training is required to present the program.

## 1. Who Am I?

To emphasize the value of the individual and the importance of good character for healthy relationships and a bright future.

## 2. The Media and You

To understand that our perception and attitudes towards love, sex and relationships are largely shaped by the media- for better or worse- unless we exercise wise discernment.

## 3. Boundaries and Choices

To help teenagers understand that setting emotional and physical boundaries brings true freedom, and is necessary for developing healthy relationships.

## 4. Healthy Relationships

To understand that healthy relationships with the opposite sex are possible, and learn the value of waiting until marriage to have sex.

## Abstinence Pledge

At the end of the program, youth are invited to bring together all the information they have been taught in the form of committing to abstinence. The commitment includes abstaining from all high risk behaviors such as premarital sexual activity, drugs and alcohol, and pornography.

For more information, please contact us at:

[NoApologies@Focus-ME.org](mailto:NoApologies@Focus-ME.org)



[www.FocusOnTheFamily.me](http://www.FocusOnTheFamily.me)