

Healthy Futures for Youth

healthy choices for healthy futures

What Students Are Saying

- *"I learned the difference between a crush and falling in love with someone. I learned that serious friendships take time." (middle school student)*
- *"I have had sex before two times with different guys because I thought they loved me, but the presentations helped me see that I don't need to have sex to show someone I love them." (middle school student)*
- *"I learned how to tell my boyfriend what I'm comfortable with and what I don't feel comfortable doing." (high school student)*
- *"I liked how the Free to Be Peer Educators were just like me. Now I don't feel like I'm the only one not having sex." (high school student)*
- *"Before today, I didn't know about abstinence. Now that I do, I not only respect it but I am going to chose renewed abstinence." (high school student)*
- *"The presentation showed me that I have the choice to say no to having sex now." (high school student)*

What Parents, Educators and Community Members Are Saying

- *"Free to Be presents abstinence as a choice, one which teens don't often hear." (parent)*
- *"Free to Be utilizes a youth-to-youth approach that is impactful and meaningful. Teens know how to talk to teens, and teens listen to their peers far better than they do to adults." (teacher)*
- *"Students felt the presentation was important and offered them the chance to consider things they had not considered before, the consequences beyond the physical, as well as some of the life experiences the teen presenters have had to face." (teacher)*
- *"As an OB/GYN physician in the community for 35 years, I have seen the consequences of early teen sex all too often. Considering the over-sexualized culture today's teens must navigate and the pressures they face on a daily basis to be part of the crowd, keeping the Free to Be youth-led program in our public schools is more important than ever." (doctor)*

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