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Parents and Caregivers are the most important assets of youth

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One of the most difficult discussions parents have with their children centers on sexual risk avoidance. Many parents are reluctant to even approach the subject and yet, it is a critical factor in life-long health and happiness. Powerful Choices lessons cover an array of character traits that contribute to sexual risk avoidance.

Powerful Choices lessons teach:

1. Making choices based on factors that are from real life situations.
2. Developing refusal skills when faced with peer group pressure to conform.
3. Setting boundaries that keep students from negative consequences
4. Creating a plan to reach life goals
5. Learning the sequence for success in young adulthood

As the name suggests, Powerful Choices is a *powerful* ally in the fight to protect, educate and inspire youth for life long success.

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Faith Academy and Anamosa Middle School

Our recent parent/community meeting, as part of the Faith Academy's Saturday School, was a wonderful opportunity for everyone involved. Faith Academy is a unique school in Iowa City with an immigrant population which makes up over half of the students. Around one hundred fifty parents, children, and staff gathered to learn about Equipping Youth and other community resources. Executive Director, Ruth Anne Eccles was the keynote speaker and related the work of delivering information to students for the purpose of assisting them to make powerful choices. It was a pleasure to be part of this event that helped to enrich and educate children and their families.

Equipping Youth completed Powerful Choices lessons in 7th and 8th grades in Anamosa Middle School in March. As the school year comes to a close our efforts will center on requests from schools for our lessons and reaching schools to provide Powerful Choices in the coming year.

We are blessed by your continued concern for the lives of our youth and your support of our mission.

The Staff and Directors of Equipping Youth