



Teen STAR®

"To Love and Be Loved"

FOUNDED BY: SR. Hanna Klaus, MMS, M.D. FACOG-L (1980)

How do you think adolescents learn about **Sexuality and Affectivity?**

Do you agree with these statements?

- They learn it on their own
- They learn it at school
- Through methods that promote sexual activity
- They are too young to learn about this!

WHAT DO WE DO AS PARENTS?

- ✓ We are afraid to answer our children's questions because we don't know enough
- ✓ We don't know where to begin
- ✓ We are ashamed or feel inadequate to talk about sex with them

ADOLESCENT SEXUAL DEVELOPMENT

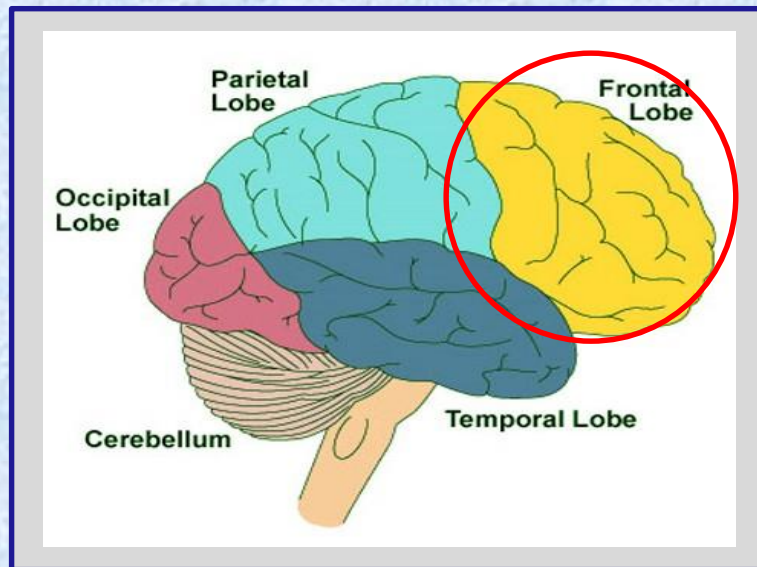
Adolescents that ready Puberty are now
biological Capable of Reproducing.

But, we must ask (and so should they!):

Are they emotionally ready?

Are they personally Ready?

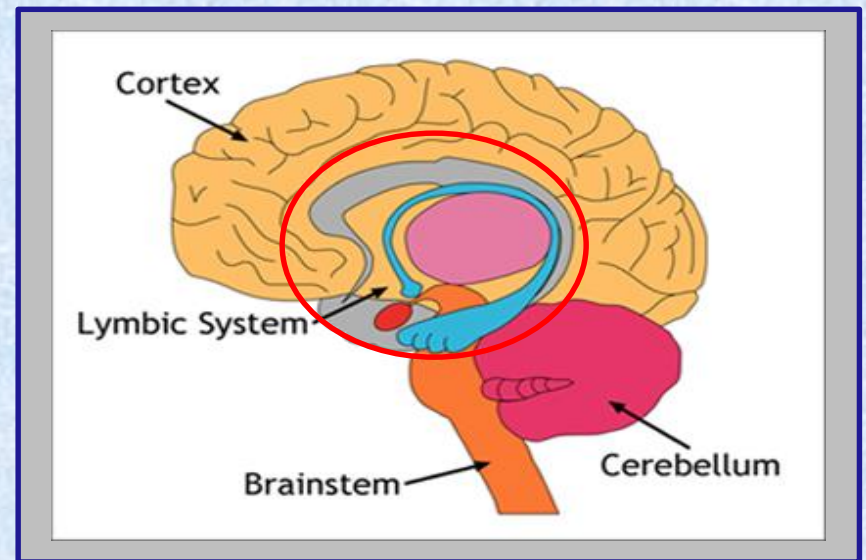
BRAIN DEVELOPMENT – FRONTAL LOBE



- Center of Rational Thought & Decision Making
- Not Fully Mature Until Mid 20's

BRAIN DEVELOPMENT – LIMBIC SYSTEM

- Mediates Impulsive Behavior
- Dominates During Childhood and Adolescence



DEVELOPING TEENS (ERIKSON)

- Believe to be Invulnerable
- Are developing a Personal Identity
- Are discerning Vocational Goals & Ethical Stance
- Live in the Present Moment
- Their thinking is concrete...
- Their abstract thinking is not quite there yet...
- Talking about Consequences is relatively Meaningless

SOME STATS...

5% of boys and 1% of girls initiated intercourse before age 12 years.

Approximately 30% of boys and 20% of girls had experienced sexual intercourse at least once by age 14 years.

Among the teens who become sexually active, 68% reported oral sex and 85% reported vaginal intercourse. (American Academy of Pediatrics - Jan 1, 2013)

By the age 18, 55% of both males and females have had sex. (CDC – 2017)

IN GENERAL SEX EDUCATION FOR TEENS IS BASED EITHER ON:

**A Normative Model
(i.e.: Teaching Abstinence)**

or

**A Pacifying Model
(i.e.: Providing Contraceptives)**

THE WORLD HEALTH ORGANIZATION (WHO) RECOMMENDS

Prevention of...

- Violence
- Sexually Transmitted Diseases
- Early Marriage
- Pregnancy

and Cultivation of...

- Stable Family Structure
- Open Sex Education
- Healthy Peers
- Provision of Contraceptives

Many of them good things... many of them not so good and even damaging
Mostly using the “Pacifying Model”

THIS APPROACH RESULTS IN ...



THE TRAGIC DISCONNECT...

If during adolescence decisions are ruled by the limbic system, then why does our culture invite teens to begin sexual relations *“when they feel ready (but do not have the full capacity to think about consequences yet?)”*

This can only lead to disastrous physical and emotional results.

AS ADOLESCENTS MATURE

- ✖ They move from concrete to abstract thinking
- ✖ Their spirituality causes them to search for their own answers
- ✖ They need to understand themselves in newer ways:
 - Physically
 - Emotionally
 - Relationally to
 - ✖ Parents
 - ✖ Peers
 - ✖ God

PROBLEM?

We do not face a problem, we face
**a person in a
particular moment of
their life.**

Some considerations ...

Communication is not the same as Relationship.

Human beings have a need to relate

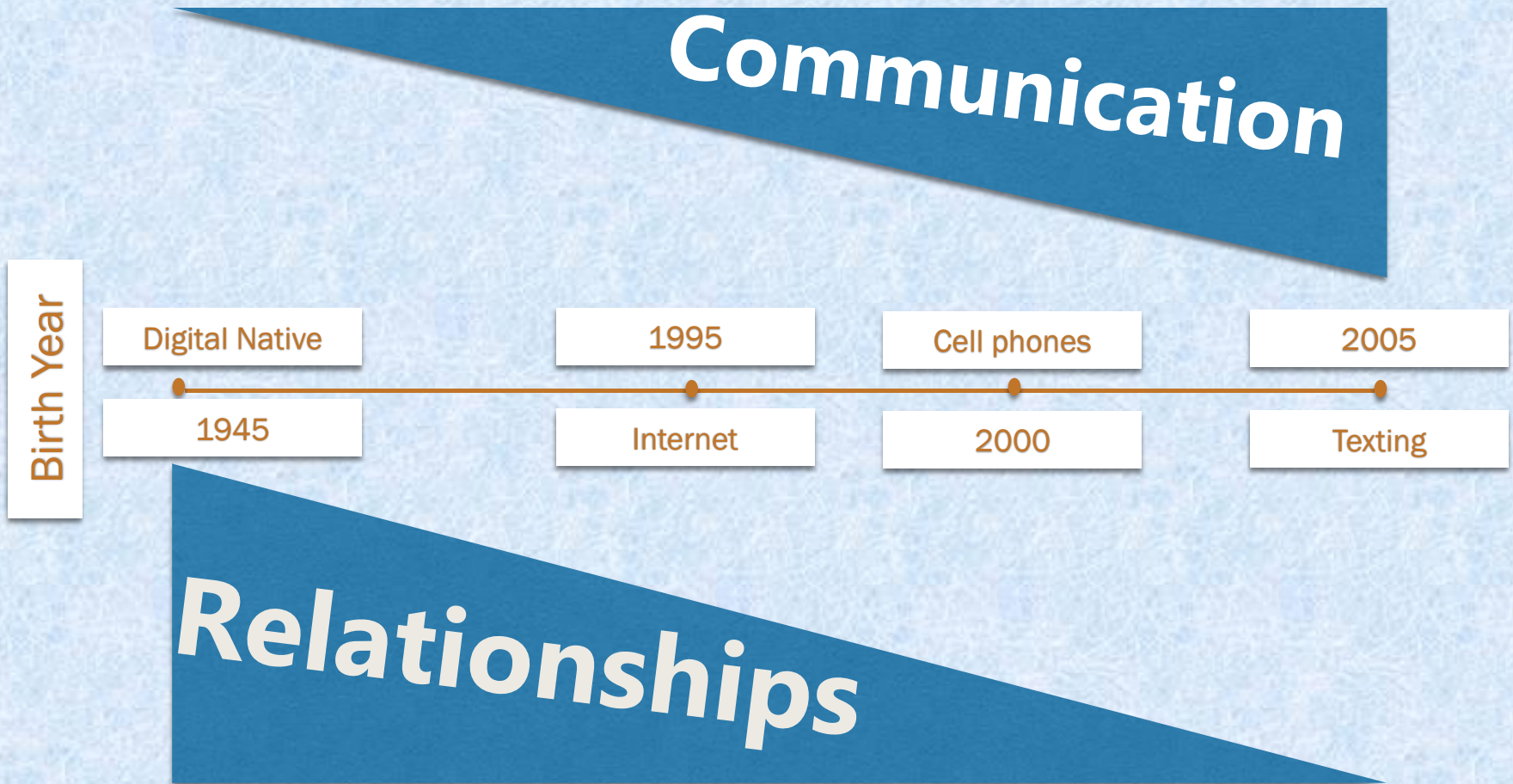


Today the value of a person depends on the number of **"likes"** received.



Communication is not equal to Relationship.

Human beings have a need to relate



Teen STAR ...

Provides an integrated understanding of the human person that includes the body (physical),
The emotional (affective), spiritual, intellectual, and social aspects of their lives.

It accomplishes this through a process of accompaniment that promotes self-discovery.

A PERSONALISTIC APPROACH

WHAT'S DIFFERENT ABOUT TEEN STAR'S APPROACH?



Adolescents spend a great amount of mental energy focusing on the physical and hormonal components of their emerging sexuality.

Teen STAR engages this energy and accompanies them in the process of understanding their fertility.

Girls learn to chart their fertile signs and boys learn to chart their emotions.

FOR TEENS, UNDERSTANDING THEIR BODY IS KEY TO

Integrating these signs of fertility into their

- Emotions
- Relationships
- Long-Term Goals

involves thinking and a spirituality that lead
to mature behavioral outcomes.

Still... Teen STAR is much more than this...

TEEN STAR – PEDAGOGY



- ✗ Teen STAR is oriented to the level of psychological & sexual maturity of the participant (Middle School, High School, Young Adult)
- ✗ For girls, the self-discovery of fertility biomarkers (they chart their cycles) is key to internalizing and understanding fertility and sexuality.
- ✗ Boys learn to understand and master their body's reactions and emotions, as well as their fertility and sexuality.
- ✗ Both learn the implications of possessing these powers.
- ✗ Lesson plans promote the use of the Socratic Method as well as interactive skits and activities that engage the students.
- ✗ Through Follow-ups and Exit Questionnaires, TS monitors behavioral outcomes.

TEEN STAR – PEDAGOGY

- ✗ Begins with what is **GIVEN**
- ✗ Never abandons the **PHYSICAL** (Biomarkers)
- ✗ Respects **TIMING** and **NATURAL** processes
- ✗ Integrates **AFFECT** and **REASON**
- ✗ Always **ACCOMPANIES** the young person.

Content

- The beginning of **human life**.
- **Reproductive systems of** females and males.
- **Physical and emotional development** of the child and the adolescent.
- **The Adolescent Brain**: development and plasticity.
- **Human love**.
- Education on the **Will and assertiveness**.
- **Analysis** of different types of menstrual cycles.
- **Intimacy**.
- **Friendship**.
- The significance of **sexuality**.
- **Menstrual Cycle**.
- **Fertility awareness**.
- **Personal Identity**.
- Significance of **sexual relations**.
- **Family planning** methods.
- **Sexually transmitted** diseases.
- **Sexual abuses**.

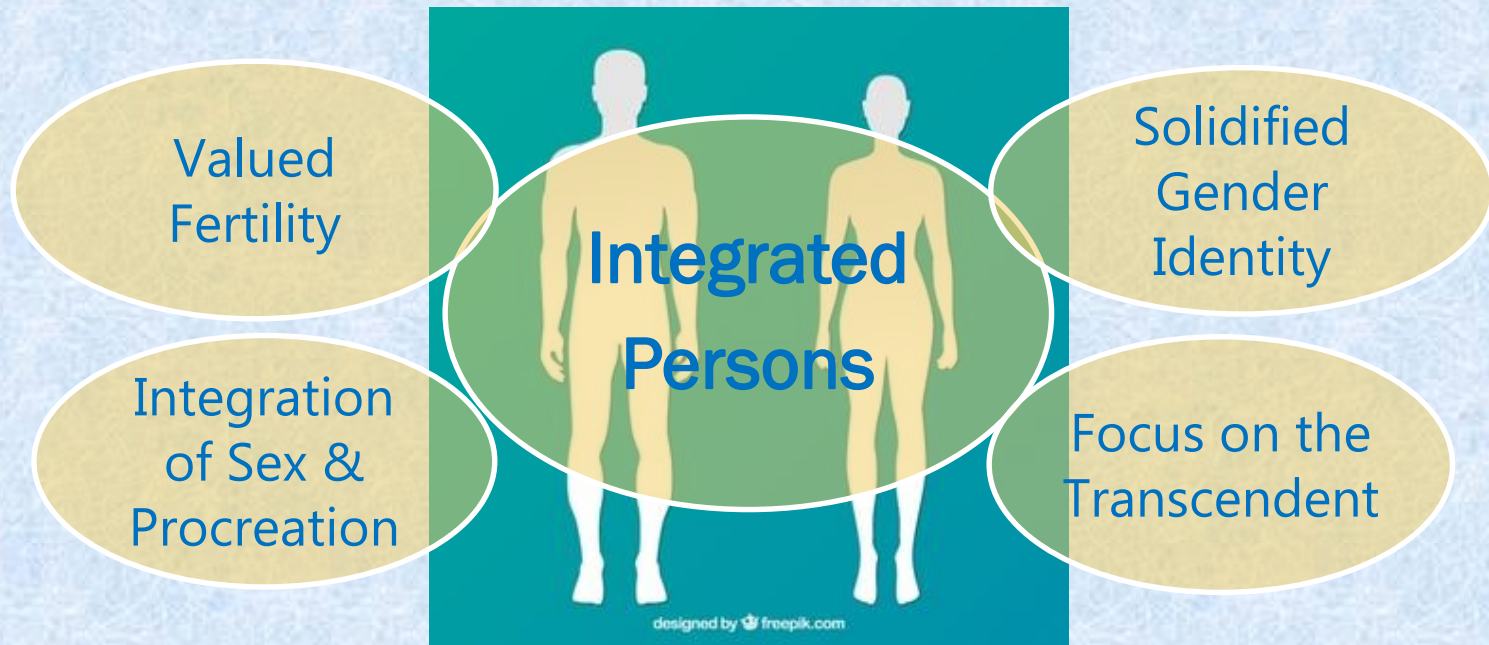
INTRODUCTORY SEQUENCE FOR COURSE

- ✖ First parent meeting (Parental consent is Mandatory!)
- ✖ Invitation to students.
- ✖ Consent from student, then parent or guardian.
- ✖ Class meets weekly or biweekly.
- ✖ Gender separated for anatomy and physiology, co-ed for social and spiritual components (second semester).
 - + Some schools or groups might keep the classes separate for the entire program.

COURSE SEQUENCE (CONT')

- ✗ Individual follow-up meetings with each student at least once per semester (preferably twice each semester)
- ✗ Preferably, women teach girls, men teach boys
- ✗ Three Parent Meetings
 - + Initial Meeting before starting
 - + Second parent meeting after three months
 - + Last parent meeting at end of course, with evaluation

WHAT DOES TEEN STAR RESULT IN?



The revolution against the *historical forms* of sexuality ends in a revolution against *biology*.

IMPLICATIONS FOR TODAY'S CULTURE WARS

- ✖ Acceptance of their (now) present fertility and sexuality moves teens from peer pressure to making their own (responsible) decisions. This undergirds not only chastity but their biological sexual identity.
- ✖ Teen STAR is more than a sexuality education program, it helps adolescents and young adults to discover who they are and accept the truth of their bodies and their souls.

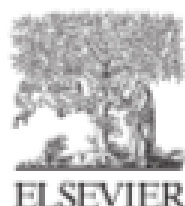
INSTRUCTOR TRAINING

- ✕ Instructor Training Offered at different locations at least twice a year (and on demand)
- ✕ 3-4 day Seminars.
 - + Instructors receive:
 - ✕ Copies of Manuals
 - ✕ Flash Drive with Resources for their classes
 - ✕ Intensive training that aids them in planning Lessons and Accompanying the students.
 - ✕ Access to Webinars from Teen STAR Office
 - ✕ Support from Teen STAR Supervisors and Office
- ✕ Additional ancillary materials and resources available to purchase through our Teen STAR Office.

I THINK
THEREFORE I AM

Or...

I am Loved,
I love,
THEREFORE I AM



Journal of Adolescent Health 36 (2005) 64–69

JOURNAL OF
**ADOLESCENT
HEALTH**

Original article

Adolescent pregnancy prevention: an abstinence-centered randomized controlled intervention in a Chilean public high school

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Total Pregnancy Rate for one year

Control Group & Teen STAR Program Group

**Grupo
Control
4,87 %**



**Programa
Teen STAR
1,01 %**



Cabezón C, Vigil P, Rojas I, Leiva ME, Riquelme R, Aranda W & García C (2005) Adolescent pregnancy prevention: An abstinence-centered randomized controlled intervention in a Chilean public high school. *Journal of Adolescent Health* 36(1): 64-9.

Teen STAR: Una opción de madurez y libertad. Programa de educación integral de la sexualidad, orientado a adolescentes

Pilar Vigil P¹, Rosa Riquelme R^{1,a}, Rosario Rivadeneira H¹, Waldo Aranda^b.

Effects of teenstar, an abstinence only sexual education program, on adolescent sexual behavior

Background: Urgent measures are required to stop the increase in the frequency of pregnancies and sexually transmitted diseases among teenagers. A means of facing this problem is promoting sexual abstinence among youngsters. There are studies that confirm the efficacy of this approach. **Aim:** To show the results of the application of a holistic sexuality program (TeenSTAR) among Chilean teenagers. **Subjects and Methods:** Students attending basic or high school were divided into a control or study group. The control group (342 students) received the usual education on sexuality given by their schools and the study group (398 students) participated in twelve TeenSTAR sessions lasting 1.5 hours each, given by a trained professor. Assessment of achievements was made using an anonymous questionnaire answered at the start and end of the program. **Results:** The rates of sexual initiation among control and study groups were 15 and 6.5%, respectively. Among sexually active students, 20% of those in the study group and 9% of those in the control group discontinued sexual activity. **Conclusions:** A higher proportion of students in the TeenSTAR program retarded their sexual initiation or discontinued sexual activity and found more reasons to maintain sexual abstinence than control students (Rev Med Chile 2005; 133: 1173-82).
(**Key Words:** Adolescent; Sexual abstinence; Sexual behavior)

Teen STAR in the World



5000+
trained
Instructors

50,000+
trained
Students

Thank you!



Teen STAR®

"To Love and Be Loved"

OurSundayVisitor
INSTITUTE