GOLDEN GODDESS GOLF GROUP · GOLDEN TEE INITIATIVE

Healthy Relationships & Life Skills

Building confident girls—one swing at a time

Overview

The Sexual Risk Avoidance Education (SRAE) program focuses on helping youth build strong foundations for a healthy future. Here's a quick overview of key topics:

Key Topics

Healthy Relationships	• **Know Your Boundaries:** Clearly communicate your values and limits. • **Respect Others:** Listen and honor the boundaries of others. • **Healthy vs. Unhealthy:** Healthy relationships are built on trust, respect, and communication. Avoid relationships with manipulation or pressure.
Goal Setting & Future Planning	• **Dream Big:** Identify your long-term goals in education, career, and life. • **Take Action:** Break goals into small, manageable steps and stay focused. • **Stay Positive:** Surround yourself with supportive people who encourage your success.
Decision-Making Skills	• **Pause and Think:** Consider the potential outcomes before making decisions. • **Seek Advice:** Talk to a trusted adult or mentor when facing tough choices. • **Stay True to Yourself:** Make choices that align with your values and goals.
Avoiding Risky Behaviors	• **Healthy Choices:** Avoid drugs, alcohol, and situations that can put your health or safety at risk. • **Peer Pressure:** Practice saying "no" confidently and find friends who respect your decisions. • **Delay Sexual Activity:** Focus on building friendships, self-confidence, and long-term goals first.
Building Self-Worth	• **Value Yourself:** Recognize your strengths and talents. • **Practice Self-Care:** Prioritize your physical, emotional, and mental health. • **Stay Resilient:** Learn from setbacks and keep moving forward.

Remember The choices you make today shape the opportunities you'll have tomorrow. Be confident, stay informed, and prioritize your health and future!

QR code to the LYFE website

LYFE WEBSITE & RESOURCES

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www.tinyurl.com/LYFELouisiana