Louisiana Youth For Excellence (LYFE)

Sexual Risk Avoidance Education (SRAE) Â· Parent/Guardian & Youth Program Information, Acknowledgment, and Media Release

Building confident girlsâ€”one swing at a time

Louisiana Youth For Excellence (LYFE), within the Office of the Governor, provides Sexual Risk Avoidance Education (SRAE) programming designed to help young people build the knowledge, skills, confidence, and supportive relationships needed to make healthy decisions and pursue positive goals for their future.

What is LYFE SRAE Programming?

LYFE SRAE is an interactive, hands-on approach to holistic youth development. Programming uses research-informed curricula grounded in scientific fact and is delivered through a Positive Youth Development (PYD) Framework. Rather than focusing only on risk, LYFE helps youth recognize their strengths, develop practical life skills, build healthy connections, and understand how present-day choices can influence their health, relationships, education, and future opportunities.

What Participants Can Expect

- Age-appropriate, medically and scientifically accurate information related to adolescent health and development.
- Education that supports voluntarily refraining from sexual activity as the surest way to avoid pregnancy and sexually transmitted infections (STIs), while building skills that support healthy decision-making.
- Interactive learning through discussion, scenarios, role-play, games, reflection, group activities, and practical skill-building rather than lecture alone.
- Healthy relationship education, including communication, respect, boundaries, recognizing healthy and unhealthy relationship behaviors, and conflict-management skills.
- Decision-making, goal-setting, self-regulation, refusal, negotiation, and resistance skills that help youth respond to peer pressure and other risky situations.
- Opportunities to strengthen confidence, leadership, personal responsibility, resilience, and connection to trusted adults and supportive peers.
- A future-focused approach that connects healthy choices with educational, career, family, and life goals.

The Positive Youth Development Approach

Positive Youth Development recognizes young people as individuals with strengths, abilities, and potential. LYFE programming seeks to create safe, supportive learning environments where youth are encouraged to participate, ask appropriate questions, practice skills, develop positive relationships, and take an active role in planning for their future.

Program Approach and Expectations

LYFE SRAE IS	LYFE SRAE IS NOT
Skills-based and interactive	A lecture-only program
Grounded in research and scientific fact	Based on myths, scare tactics, or shame
Focused on strengths and healthy development	Intended to stigmatize or embarrass youth
Designed to encourage healthy choices and risk avoidance	A replacement for parent/guardian guidance and family values

LYFE Acknowledgment & Media Release

Parent/Guardian & Youth Acknowledgment, Photo/Video/Media Release, and Signatures

Participant: _____

Parents and Guardians Are Important Partners

LYFE recognizes parents and guardians as a young person's primary and most important source of guidance. We encourage families to talk openly about expectations, values, healthy relationships, personal goals, and responsible decision-making. Youth may be encouraged to continue appropriate conversations at home with a parent, guardian, or other trusted adult.

Program Delivery

SRAE sessions may be delivered in schools, after-school programs, community organizations, youth-serving agencies, or other approved settings by trained facilitators. Specific curriculum, session length, schedule, and activities may vary by approved LYFE program site while remaining aligned with SRAE requirements and LYFE program expectations.

Photo, Video, and Media Release

I understand that during LYFE programming, events, and activities, my child may be photographed, video recorded, and/or audio recorded. I grant permission for Louisiana Youth For Excellence (LYFE) and the Office of the Governor to use my child's image, voice, and/or likeness in photographs, videos, and audio recordings for public use in print materials, presentations, websites, social media, media coverage, outreach, and program reporting.

I understand that my child's full name and other identifying information will not be published without separate authorization, when required. I further understand that participation in LYFE programming is not contingent upon granting media permission, and my child may participate even if I do not consent to media release.

MEDIA PERMISSION

Parent/Guardian â€” please select one:

- ☐ **YES,** I give permission for my child to be photographed, video recorded, and/or audio recorded for the uses described.
- ☐ **NO,** I do not give permission for my child to be photographed, video recorded, and/or audio recorded.

Parent/Guardian and Youth Acknowledgment

By signing below, we acknowledge that we have received and reviewed this information describing LYFE SRAE programming. We understand that the program uses an interactive, hands-on, holistic youth-development approach; uses research-informed curriculum grounded in scientific fact; applies a Positive Youth Development Framework; and includes education and skill-building intended to help youth avoid sexual and other risk behaviors while developing healthy relationships, positive goals, and practical life skills.

We understand that questions about the local program schedule, curriculum, participation requirements, or site-specific procedures should be directed to the participating LYFE program/provider â€” Golden Goddess Golf Group (youth@goldengoddessgolf.org).

Youth Participant Name (print)	Youth Participant Signature	Date
Parent/Guardian Name (print)	Parent/Guardian Signature	Date
Golden Goddess Golf Group â€” Golden Tee Program/Site	Facilitator/Program Representative	Date