



Fall 2011

Educating ... Equipping ... Empowering ...

Greetings! I hope everyone had a great summer and is well rested for a fun and exciting new school year.

For the 2011-2012 school year, Worth the Wait will be in the 6th through 12th grades in three different school districts across the Panhandle area. This year, the following curriculum will be taught: MS WAIT Training in 6th grade, MS WAIT Training in 7th grade, MS WAIT Training in 8th grade and HS WAIT Training in 8th grade and high school health/biology/ family life classes.

These six 45-minute lessons are followed by a medical presentation presented by a WTW registered nurse educator. Melvin Adams, this year's assembly speaker, also will fill the schools with lots of stories, advice and reasons why teens should make good choices and avoid risky behaviors.

The research that WTW conducts is crucial to the success and implementation of our program. Each year, pre- and post- surveys are done at the beginning and end of the program to evaluate attitudes, beliefs and knowledge skills of the students.

The students must have parent permission to be in the WTW program and participate in surveys. Our surveys are confidential and all

the research is done through Dr. Jeff Tanner at Baylor University. We conduct focus groups with teens, parents, teachers and administrators every fall, winter and spring, so if you are interested let us know.

WTW has been recognized in several articles such as Abstinence Works 2009 and 2010 and Health Marketing Quarterly. WTW has a resource library available to students, parents and the community, and anyone is welcome to preview curriculum, medical presentations or check out resources such as the ones listed above.

Our office is located at 7120 Interstate 40 West, Suite 320. Our phone number is 806-326-1070.

WTW likes to stay involved with the students, parents and community through our Facebook, MySpace and Twitter pages.

WTW has not only been very busy in the schools every year, but in the community as well. We partner with many communities and organizations across the Texas Panhandle to reach youth throughout the year. Check out all the activities on our website activity calendar page at www.worthwait.org.

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WTW has been recognized in Abstinence Works 2009 and 2010 and Health Marketing Quarterly.

Last fall we produced “opoly” style games called Amarillo On Board. It features local businesses and showcases Amarillo’s history and culture. If you would like your own personal game board to play in your home, you can purchase the games on our website, or in all United Supermarkets beginning in November through January 2012.

WTW is always in need of volunteers, survey proctors, teen participants, donations, board members and focus group participants, so please contact us at any time to participate or help in any way you can.

We will see you in the community or a school near you. Thanks for all you do to help educate, equip and empower our Panhandle youth. They are our future!

Amy Christie
Executive Director
Amarillo, Texas

How it all began ...

Working as a labor and delivery nurse at Pampa Regional Medical Center, Stacey Ladd, RN, BSN and founder of Worth the Wait, would constantly see young, teenage girls come into the hospital to give birth.

“I kept noticing these moms were coming back having baby No. 2,” Ladd said. “It wasn’t terribly unusual to have an 18-year-old delivering baby No. 3.”

After seeing this trend happen for several years, Ladd decided it was time to take action. With the help of people in the community, Worth the Wait was established in 1997.

Worth the Wait is a non-profit, educational organization that partners with area school districts to offer an abstinence-based curriculum, which is taught in health and science classes. After operating in Pampa for eight years, Worth the Wait consolidated its offices in Amarillo, which was a more central location in order to better utilize available resources.

Since then, Worth the Wait has continued to build many relationships with schools deep into the Texas Panhandle, and the program is currently implemented in three school districts.

Worth the Wait not only teaches abstinence from sex until marriage, but also abstinence from drugs, alcohol and tobacco as well. WTW



addresses scientifically-accurate facts regarding pregnancy, STDs, reproduction, physical changes of adolescence and the effectiveness of condoms and birth control, which reinforce the fact that abstinence is the only 100 percent guaranteed method of preventing pregnancy and contracting STDs and infections.

“In reality, without offering abstinence education our students

It wasn't terribly unusual to have an 18-year-old delivering baby No. 3.

— Stacey Ladd

might not receive all the information they need to make good decisions,” said Amy Christie, Executive Director of WTW.

One of the main missions of WTW is educating, equipping and empowering the youth of the Texas Panhandle to choose abstinence and make positive and healthy life choices.

The WTW staff consists of an executive director, program director, executive assistant and a nurse educator who goes into each school to teach the medical components of the WTW curriculum, such as lessons on STDs.

For more information on WTW, visit the website at www.worthwait.org or check out the organization on Facebook, MySpace and Twitter.

2011-2012 School Assembly Speaker: Melvin Adams

The 2011-2012 Worth the Wait assemblies will feature Melvin Adams. The assemblies are set for April 30-May 3.

Melvin Adams has had the privilege of speaking to more than 2 million youth at school assemblies, basketball clinics/camps and other youth events. He has a wide variety of speaking experiences including interviews and guest appearances from all forms of media.

Melvin’s passion for reaching America’s youth has provided countless opportunities to speak, perform and share with groups.

Melvin was born in 1971. He grew up in the ghetto of Houston. He has overcome incredibly negative circumstances in his life to achieve the dream of playing professional basketball. At 13, his father died. With the pressure of being financially strapped and surrounded by hopeless situations, he turned to sports.

Hard work and endless practicing kept him out of trouble. At Eisenhower High School,

Melvin led the district in assists and steals, and averaged 16 points per game for the Eagles.

Melvin graduated from San Jose Christian College where he was a two-time NCAA III All-American basketball player. He is the all-time scoring, assists and steals leader in the Warriors history.

After college, Melvin continued to focus on his basketball and was given the opportunity to play basketball professionally.

Melvin later joined the Harlem Globetrotters and was named Mr. Globetrotter numerous times. This award is presented yearly to the teammate that most exemplifies the excitement and energy associated with the Harlem Globetrotters.

On March 17, 2000, Melvin Adams retired from the Harlem Globetrotters due to a heavy burden to reach youth nationwide.

Check out the online activity calendar at www.worthwait.org for more information about assemblies.



Melvin Adams

Melvin Adams was named Mr. Globetrotter numerous times.



School Districts For 2011-2012 School Year

- Amarillo ISD
- Spearman ISD
- Sunray ISD

Parents – You are the bridge to your kids' decisions!

Did You Know...?

The No. 1 reason teens **DO NOT** have sex is because their parents said **NOT** to. It is never too early to start talking to your teen about sex. It is **NOT** just a one-time talk – it is an on-going conversation throughout their lifetime. So be sure to make your expectations known and educate them before the media or others do.

Be sure to answer questions calmly and honestly.

When teens feel connected to their families, teens are protected against emotional stress, violence, drug use and sexual involvement.

Studies show that teens are greatly affected by their home environment.

- **88 percent** of teens say talking with their parents helps them delay sexual activity.
- **90 percent** of teens feel that adults should send a strong abstinence message.
- **64 percent** of teens feel they share their parents' values about sex.

So the bottom line – It's up to YOU!

Here are some other sites that might be helpful:

- www.nationalcoalition.org
- www.icarecoalition.org/icare.asp
- www.medinstitute.org
- www.thenationalcampaign.org

TEENS: Just 4 You

Hey everyone! While you're out there checking your news feed on Facebook, updating your status on Twitter and adding new music to your MySpace, check out Worth the Wait at those sites. We'd love to have you on our friend lists!

Facebook: worth the wait fan page

Twitter: @worthwait

MySpace: www.myspace.com/worthwait.

Here are some other cool sites to check out:

www.stayteen.org

www.thatnotcool.com

www.worthwait.org



Worth the Wait Program Implementation 2011-2012

| GRADE | CURRICULUM | PRESENTATION | ASSEMBLY |
|--|-----------------------------|---|--------------------|
| 6 TH Grade (Science) | Middle School Wait Training | Anatomy Lesson (Divided by Gender) | Attend MS Assembly |
| 7 TH Grade (Science) | Middle School Wait Training | Digital Media Lesson (Divided by Gender) | Attend MS Assembly |
| 8 TH Grade (Science) | Middle School Wait Training | Pregnancy Prevention/STD Education | Attend MS Assembly |
| 8 TH & 9 TH Grade (Health) | High School Wait Training | Questions & Answers MISH Video | Attend Assembly |
| 10 TH Grade (Biology) | High School Wait Training | Emotional/Brain Development | Attend Assembly |
| 11 TH & 12 TH Grade (English) | The Art of Loving Well | | Attend Assembly |

Worth the Wait begins implementation in the 6th grade and continues building a foundation in middle school. We then reinforce the knowledge base in high schools in health, biology or the class deemed most appropriate by the school district.

Each year, students receive eight hours of education that includes

subjects such as boundaries, friendships, rules of dating, pregnancy education and sexually transmitted disease education.

Health and Science teachers are trained to teach six lessons to their students throughout the year while a **WTW** registered nurse provides a medical lesson at each grade level.

WTW also hosts a professional speaker every year to come to each school to talk to students about making good decisions for their future.

WTW believes with accurate education the youth of the Texas Panhandle can be prepared to make the right decision for their futures.

"You must constantly ask yourself these questions: Who am I around? What are they doing to me? What have they got me reading? What have they got me saying? Where do they have me going? What do they have me thinking? And most important, what do they have me becoming? Then ask yourself the big question: Is that okay? Your life does not get better by chance, it gets better by change."

~ Jim Rohn
1930-2009, Author and Speaker

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WORTH the **W**ait.

SAvE thE dAtE

Worth the Wait wants to wish all of you a great school year! To keep up with our events and see what's going on with us throughout the year, visit our online Activity Calendar at:

www.worthwait.org – then click on the View Calendar tab on the right side of the page