

## ReL8 Abstinence Program

On May 8<sup>th</sup>-May 12<sup>th</sup> Seven Black students at Highland Middle School will participate in an abstinence program called ReL8. Kelsie Perkins will give a five-day presentation explaining the consequences of sex before marriage. ReL8 offers far more than a "just say no" message. The ReL8 program teaches students the meaning of abstinence and provides information to help students develop vital life skills that will empower them to avoid risky behaviors. ReL8 also includes information on identifying healthy and unhealthy relationships, accurately understanding STDs, setting goals, healthy decision making, and character building. Hopefully, this presentation will help students make positive lifestyle decisions for their future.