

with abstinence I'm treasured

y w.a.i.t

The W.A.I.T. program described in this brochure was developed by the Pregnancy Center of Central Iowa and is based on a review of sexuality literature, other chastity programs, current statistics, and God's Word.

Because we believe that God's word is clear on maintaining sexual purity for and within marriage, this program emphasizes God's plan for sexuality, and the consequences of sexual behavior outside of that plan.

Because we believe that teens need and deserve to be told the truth regarding sexuality, this program attempts to provide them with reasons to wait, some dating guidelines, and the knowledge that we believe in them and their ability to wait.

Contributions to this ministry will be greatly accepted by:

Pregnancy Center of Central Iowa  
709 1st Ave. W Suite One  
Newton, IA 50208-3098  
641-792-3050

[www.pcciowa.com](http://www.pcciowa.com)

## Who Are We?

**Our purpose** is to offer free and confidential support to those who may be facing unplanned pregnancies.

**Our desire** is to do this in a non-judgmental setting in a caring and compassionate manner.

**Our objective** is to speak the truth in a loving way, providing accurate information and practical help through services offered free of charge.

## Our Services

### Pregnancy Test

We offer free pregnancy tests. Call (anytime) to make an appointment or stop in anytime during our office hours.

### Counsel

Options counseling\* (to you, the baby's father and any family members), Post-abortion counseling\* (including optional peer counseling).

\*We don't have any state licensed counselors on staff.

### Information

Pregnancy issues, Prenatal development, Abortion alternatives, Abstinence education, W.A.I.T. Program

### Practical Assistance

Maternity and baby clothing and equipment, Emergency assistance with such items as diapers and formula, Infant care classes.

### Referrals

Medical care, Adoption/Foster Care, Financial Assistance, Professional Counseling, Community Resources, Paster/Church, Temporary Housing

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an outreach ministry of the  
Pregnancy Center  
of Central Iowa

**W.A.I.T. Program**

(With Abstinence I'm Treasured)

Providing teens with Biblical guidelines, accurate information, and encouragement to make a commitment to chastity in an effort to protect them mentally, physically, socially, emotionally, and spiritually.

A free service offered to Newton and surrounding communities.

# W.A.I.T. Program

(With Abstinence I'm Treasured)

The PCCI in Newton offers a 5 session sexual abstinence program for youth to teach teens about chastity from a biblical perspective in a sensitive and age-appropriate manner.

## W.A.I.T. is

- Designed for 6-12th grade youth
- Sometimes co-presented by two trained facilitators
- Enhanced by using a variety of audiovisual aids, printed materials, and role playing
- Designed to promote communication between parent and teen about sexuality.

### Session 1 Parent Night

Proverbs 22:6

#### Presentation Includes:

- Overview of the program
- Opportunity to examine curriculum materials
- Questions and Answers
- This is an opportunity for parents to become informed and involved regarding the purpose and philosophy of the W.A.I.T. program.

### Session 2 God's Gift of Sexuality

Titus 2:11-14

#### Presentation Includes:

- Redeemed virginity
- God's view on sexuality and it's purpose
- Benefits of following God's plan for sexual purity
- Steps to forgiveness
- Biblical references to our sexuality

### Session 3 Sex, Love and the Excuses

1 Cor. 13

#### Presentation Includes:

- Define sex, abstinence, and chastity
- Look at the 4 types of love / how they relate to marriage
- Distinguish the difference between love and infatuation
- Examine the excuses people use to have premarital sex

### Session 4 Consequences of Sexual Activity

Proverbs 7:21-27

#### Presentation Includes:

- History, symptoms, and side effects of the most common sexually transmitted diseases
- Explore the truth about the "safe sex" message
- Understand how pre-marital sex affects us socially, mentally, physically, emotionally, and spiritually

### Session 5 Bonding and Dating

1 Cor. 6:18-20

#### Presentation Includes:

- Understand of the bonding process between two people
- Good basic dating standards
- Why not date?
- Questions and Answers