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For immediate release

Valentine's Day Sex Gift Too High a Price for Local Teens

A group of local, 16-year-old girls made a pact to do something special for their boyfriends after the high school Valentine's Day Dance.

Each girl-- to show her boyfriend how much she loved him-- planned to give her virginity to him.

Parents may be shocked at this revelation, but it's a reminder of the highly-sexualized society we live in today. It's also an example of the peer pressure teens experience in high school.

And it's why Healthy Visions, a non-profit teen health and relationship program, began 10 years ago. "Teens need to learn their own personal value and the value of being true friends to each other." says Healthy Visions founder and director Carole Adlard.

The Healthy Visions "Teen Health and Life Skills" program gives teenagers the tools and knowledge to make great decisions for their lives. The program has served 30,000 teens in Hamilton, Butler, Clermont and Warren Counties over the past 10 years, and reaches an average of 3,000 teens per year.

Healthy Visions' educators visit high school health classes offering the latest facts and statistics about teen sexual involvement and its impact on teen relationships.

Presenters are young men and women with a reputation for honesty, humor, and edginess, and the willingness to answer any question on any sexual subject.

The three-hour program presented over three days gives 12 to 18 year-olds the low-down about what young men want from young women – usually sex—and what young women want from young men—usually love. Through games, props, PowerPoint presentations and discussions led by male and female presenters, the program helps teens see that having a healthy relationship with a loved one does not mean you have to have sex.

Healthy Visions presenter Jami Stutzman, 28, regularly communicates with students via email or on MySpace.com after she's given a school program. Students often tell her they regret early sexual involvement. One teenage mother wrote she wished she'd had the program before she had sex and got pregnant.

Healthy Visions' male presenter is Scott Sulek, 26, a substitute teacher in Cincinnati Public Schools working on a master's degree in education. Healthy Visions' assistant director, Chad Eastham, 26, is author of the book, *The Truth About Guys: One Guy Reveals What Every Girl Should Know* (Tommy Nelson, a Division of Thomas Nelson, Inc. 2006). He is a former presenter who now speaks nationally to 100,000 teen girls annually alongside Olympic athletes and recording artists at the teen conference REVOLVE.

Local teachers have praised the Healthy Visions program for its frank depiction of teen relationships. Is sexual self-control easy? No, the presenters admit, but, it can make you proud of making a mature decision.

This Valentine's Day Adlard urges teens to give a most important gift to themselves and someone else's future spouse—self respect and a commitment to having healthy relationships.

After participating in the Healthy Visions program, the 16-year old planning the Valentine's Day Dance sex gift to her boyfriend wrote Adlard a note. She said she'd decided her virginity had a higher price than she originally thought, and she convinced her girlfriends that they should abstain from sex, too. The girls decided to give their dates music CDs instead of their virginity.

For more information on Healthy Visions programs, contact Adlard at (513) 793-7268, or contact her at www.healthyvisions.org.

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