

## **Ascend's Impact on Youth**

The work of Ascend creates positive outcomes that help youth to thrive.

- Youth need skills to build healthy relationships that can last for a lifetime. Ascend promotes the healthiest relationship options for ALL kids. We think all youth deserve the skills to make the healthiest choice by waiting for sex, hopefully until marriage. The longer they wait, the more likely their positive life outcomes.
- We believe all youth deserve the skills they need to protect their physical, emotional, and relational health. The Sexual Risk Avoidance (SRA) approach recognizes the importance of addressing the interconnectedness of risk behaviors, like drinking, smoking, and sex.
- Young people can build confidence as they are encouraged to make healthy choices. Helping them build healthy habits now increases their prospects for a successful transition into adulthood.