

**NEWS, INFORMATION AND COMMENTARY FROM
THE WORLD OF ABSTINENCE EDUCATION**

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- Executive Director's message: abstinence and gangs, the 90 day countdown and more...
- Pure & Simple: A Red, White & Blue Summer

It's Heating Up!

A Message from Executive Director Sandy Pickert



As the temperatures rise, so do the incidents of gang violence and other risky behaviors. Here in Wichita we are all shaken and saddened by recent tragedies that include the death of a 13-year-old boy mistakenly targeted in a retaliatory gang shooting. The newspapers and TV newscasts are filled with stories that boil down to one simple question: Why? The causes are complex, but we truly believe Pure & Simple Health Education, Inc. can be a big part of the solution. We stand shoulder-to-shoulder with like-minded individuals and groups across the community working to address the root causes of gang violence. We recently co-authored and submitted an editorial to the Wichita Eagle with David Gilkey of the Urban League's "Do You Want to Live or Die?" anti-gang initiative. You can read the entire piece below in this e-news alert.



There is a lot happening nationally and locally in the world of abstinence education and working with teens to make healthy choices. In just a few days I will be flying to Washington, D.C. to serve as a grant reviewer for potential programs to be funded by the new Tier 1 "Teenage Pregnancy Prevention" federal initiative replacing Community-based Abstinence Education (CBAE) funding. While I am honored to be chosen for this important task, it also speaks well of the reputation and expertise that can be found here in Kansas.

On the local front, we at Pure & Simple Health Education, Inc continue to work with various youth groups this summer to provide education to empower teens to make healthy behavioral and life changing choices. As you already know, the federal grant that has sustained operations here expires at the end of September. **THAT'S NOW LESS THAN 90 DAYS FROM NOW!** We at Pure & Simple Health Education, Inc. are in a transition phase. We have applied for a grant to fund a new exciting teen pregnancy prevention initiative. We will be notified by early October if we will be awarded federal funding for this project.

In the meantime, we will continue providing our *Pure & Simple Choice* and *Pure & Simple Speaks*, as well as parenting classes to the community. We will be negotiating contracts with sites who receive our Pure & Simple presentations. We plan to offer scholarships to some school and faith-based groups if possible, through the generous donations of individuals and businesses. If you know a business owner or others who may be interested in "adopting" one or more teen participants, maybe even a classroom of teens, please contact me. Matching donors with participating sites will be a "win-win" situation for everyone and will impact the future of our youth, families, and community!

Be sure to mark your calendar now for Saturday, November 13, 2010 at noon for "Change Isn't By Chance", our annual fundraiser luncheon. We are also seeking both event sponsors and table captains to help us host this event. If you can help us in one of these ways, please contact our office.

There are many things happening here that you can read about in this e-news alert. Thanks to each and every one of you for helping make Pure & Simple Health Education, Inc. one of the top abstinence education programs in the country!

While we face many challenges, ours is the greatest country the world has ever known. With strength, virtue and determination, we can and will make this an even better place to live and work for ourselves, our children, and future generations. May God bless you and your families during this time of year we celebrate Independence Day, and may God bless America! —Sandy



TIME OUT!



Give us an hour and we'll give you a vision for our mission that no other organization can claim. Take "time out" from your busy schedule to discover what's happening at Pure & Simple Health Education, Inc. Enjoy lunch or refreshments while "taking a tour" of our mission, vision and services. Please contact Rhonda at (316) 688-0840 or by e-mail: rhonda@abstainpureandsimple.org so we can prepare for your arrival.

- The upcoming TIME OUT TOUR schedule is:
 Monday, July 12, noon—1 p.m. (lunch served)
 Thursday, July 29, 5:00—6:00 p.m.
 Tuesday, August 10, noon-1 p.m. (lunch served)
 Thursday, August 26, 5:00—6:00 p.m.

We also offer portable "tour in a box" opportunities where we will come to your home, local community, civic, or faith-based group—ideal over lunch or anytime!



Pure & Simple Choice "Urban Version" Actors Selected

Rehearsals are underway and the tape will soon roll for production of our new "urban version" of the *Pure & Simple Choice* video series. The goal of the series is to educate through drama about situations and decisions being faced by today's teens, then offering them real-life lessons on how they can set goals for the future; practice assertiveness and refusal skills; develop good character traits and healthy relationships; and make healthy decisions about sexual activity before marriage, use of drugs, alcohol, tobacco, and other risky behaviors. The actors depicting various roles in the series include, (L-R) Morgan Burns, Kianna Knolland, Luke Werhan and Maria Vo.



WE'RE IN THE WORLD TO CHANGE THE WORLD Some of the places where you'll find Pure & Simple Health Education, Inc. during July

21st Annual Kansas School Nurse Conference
Tuesday, July 20, 8 a.m. to 5 p.m.
Hyatt Regency Hotel, Wichita

Saturday, July 24, 11 a.m. to 5 p.m.
Urban League Empowering the Community Family Fun Day
McAdams Park & Recreation Center, Wichita

Saturday, July 31, 10 a.m. to 9 p.m.
Kansas Black Expo State Convention Teen Summit
Century II Convention Hall, Wichita. Tickets \$7 each in advance or at the door.
Contact Pure & Simple Health Education, Inc. for tickets or more information.

PURE & SIMPLE HEALTH EDUCATION— FOR PARENTS

Silvia Landers, Pure & Simple Health Education, Inc. District Coordinator shares her experience: "I truly enjoyed working with parents in the Wichita Family Literacy Program at Park Elementary School and mentoring them to be good parents with skills needed to raise healthy children, especially during the teen years. These are parents who, through this literacy program, have obtained their GED or are on their way to obtaining their GED next year.



They strive to obtain that special 'piece of paper' to be able to better understand and help their children in school and in their Wichita cultural environment. Even though Spanish is the first language for these adult students, the program is taught in English. This class is composed of about 21 students. They met for 2 hours daily when they dropped off their children at school." Recently, Karen Rogers of Pure & Simple Health Education, Inc., presented a "tour in a box", which was very well received and appreciated, not only by the adult students, but also by the program educators."

"CHANGE ISN'T BY CHANCE"

FUNDRAISING LUNCHEON FOR PURE & SIMPLE HEALTH EDUCATION, INC.

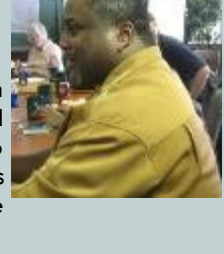
SATURDAY, NOVEMBER 13, 2010 • NOON TO 1:30 P.M.

**DUGAN CONFERENCE CENTER
NEWMAN UNIVERSITY**



Getting it done: effective solutions to gang violence.

By David Gilkey and Sandy Pickert (submitted to the Wichita Eagle)



The deadly tentacles of gang violence strike again. This time the unintended victim is an innocent 13-year-old, but make no mistake, we're all vulnerable to this evil unless we join arms and work for solutions. That's why we're adding our voice to these pages so people can know that our respective missions—at first glance as different as black and white—compliment and support each other as effective solutions to the root causes of gangs and other challenges facing teens today.

"Do You Want To Live Or Die" is a gang prevention program operating under the umbrella of the Urban League of Wichita. Pure & Simple Health Education, Inc. is an abstinence education initiative active in Wichita and throughout south-central Kansas. Day in and day out, we're both out on the streets and in the trenches, reaching and teaching young people how to develop self-control and good decision-making skills that don't just reduce, but *eliminate* high-risk behavior.

Sexually explicit music, images and rituals engrained into the gang culture like a hand in glove lead to abuse and violence. Gang prevention programs expose these and other high-risk behaviors for what they are: the fast lane to a tragic end. Through personal stories, mentoring and creative collaboration, just asking the question: "do you want to live or die?" empowers young people to realize that they do have a choice.

Widely misunderstood, abstinence education also teaches young people to make healthy lifestyle choices—about sex before marriage, but also about pornography, drug and alcohol use, tobacco, dropping out of school and other risky behaviors. For a great many of those we serve, the only words of reason and self-respect they ever hear come from us.

The well-documented taxpayer price tag for gang violence, teen sex and other risky behavior is just part of the story. The human toll of systemic incarceration, worry from daily acts of intimidation, teen pregnancy and STDs are even higher, robbing young souls of their hope in a better tomorrow, and all too often, their life. It's not right. That's why we'll continue to work as partners, grinding it out each and every day despite financial, political and cultural obstacles. Our kids deserve better, and we're showing them the way.

We need your help—prayers, money, ideas and encouragement. If young people at your school, church, or civic club could benefit from what we have to say, give us a call. We're changing lives, one young person at a time. It's not easy and it's not always fun. But we can't think of anything we'd rather be doing to bring hope to the hopeless.