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## ***KEYS to Chastity***



### **What is KEYS?**

***KEYS to Chastity*** is a Christian four-part parent-teen program on human sexuality. ***KEYS*** is Scripturally-based and is designed to present the personal, moral, social, health, spiritual, and ethical dimension to sexual purity. The philosophy of ***KEYS*** is that the parents are the primary sexuality education teachers of their children. ***KEYS*** teaches teens the skills to practice premarital chastity and gives their parents the tools to support them in this commitment. It is based on research that helps us understand what is needed to assist teens to choose chastity. The research also shows that parental involvement in chastity education makes a critical difference.

### **Does KEYS work?**

In a parallel program, parents reported increased levels of confidence, responsibility and competence in the area of sexuality. Teens reported an increased perception of respect for parents and an increased sense of parent approachability and communication. They reported more confidence in negotiating appropriate standards with parents. Teen participants were significantly less likely to become sexually active than students from comparison groups.

### **What is the KEYS format?**

***KEYS*** is designed for teens, ages 13–16, and their parents. Four two-hour classes give families an opportunity to work with their peers and in family groups.

Managing pressure, understanding the differences between love and infatuation, setting family standards, dating and parties, AIDS and STDs, building healthy relationships are all part of the discussion.

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***“I have some new tools to work with when I talk to my children.”***

**Parent participant**

***KEYS*** costs \$45.00 per family. Churches and youth organizations may sponsor ***KEYS*** and subsidize the cost.

For more information, please contact Northwest Family Services  
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503-215-6377  
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service@nwfs.org

Northwest Family Services is a nonprofit, non-sectarian organization dedicated to providing support and educational services for families. NWFS is located at Providence Medical Center in Portland, Oregon.

***“I already made the commitment to wait until marriage....But now I’m confident that I know what to do to carry out that commitment to wait!***

**-Teen participant**

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***KEYS... a Christian approach to sexuality education.***

We live in a culture that promotes many unhealthy attitudes about sex. Teens are bombarded with distorted messages about sexuality, yet many of them receive little or no guidance about sex and values from secular society.

**KEYS** is based upon factors that are known to influence a teen's choices with regard to sexual activity. **KEYS** explains the Scriptural basis for purity and builds upon factors that will increase the likelihood of practicing it, such as strong values, religious affiliation, high future orientation, and credible, respected, approachable parents.

**KEYS** seeks to minimize the factors that increase the likelihood of premarital sex by addressing issues such as drug and alcohol use, risk-taking behavior, early and steady dating, low future orientation, and a permissive peer environment. **KEYS** emphasizes the teen's relationships with God, their family, friends, future spouse, and future children.

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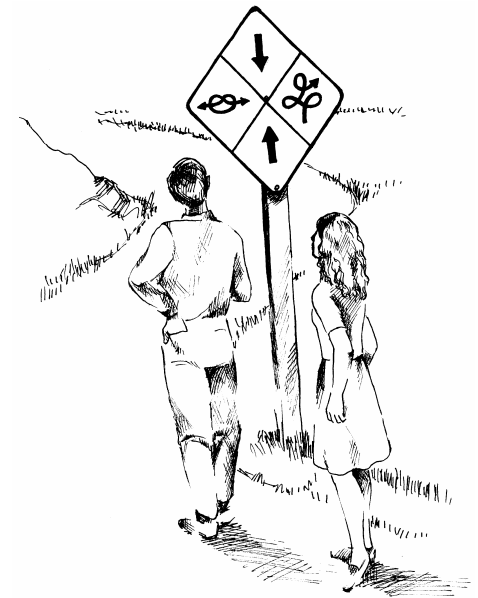
*It is God's will that you should be sanctified: that you should avoid sexual immorality, that each of you should learn to control his own body in a way that is holy and honorable, not in passionate lust like the heathen, who do not know God; and that in this matter no one should wrong his brother or take advantage of him. The Lord will punish men for all such sins, as we have already told you and warned you. For God did not call us to be impure, but to live a holy life. Therefore, he who rejects this instruction does not reject man but God, who gives you His Holy Spirit.*

**1 Thessalonians 4:1-8**



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***KEYS***  
***to***  
***Chastity***



A program for Christian teens and their parents.

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