

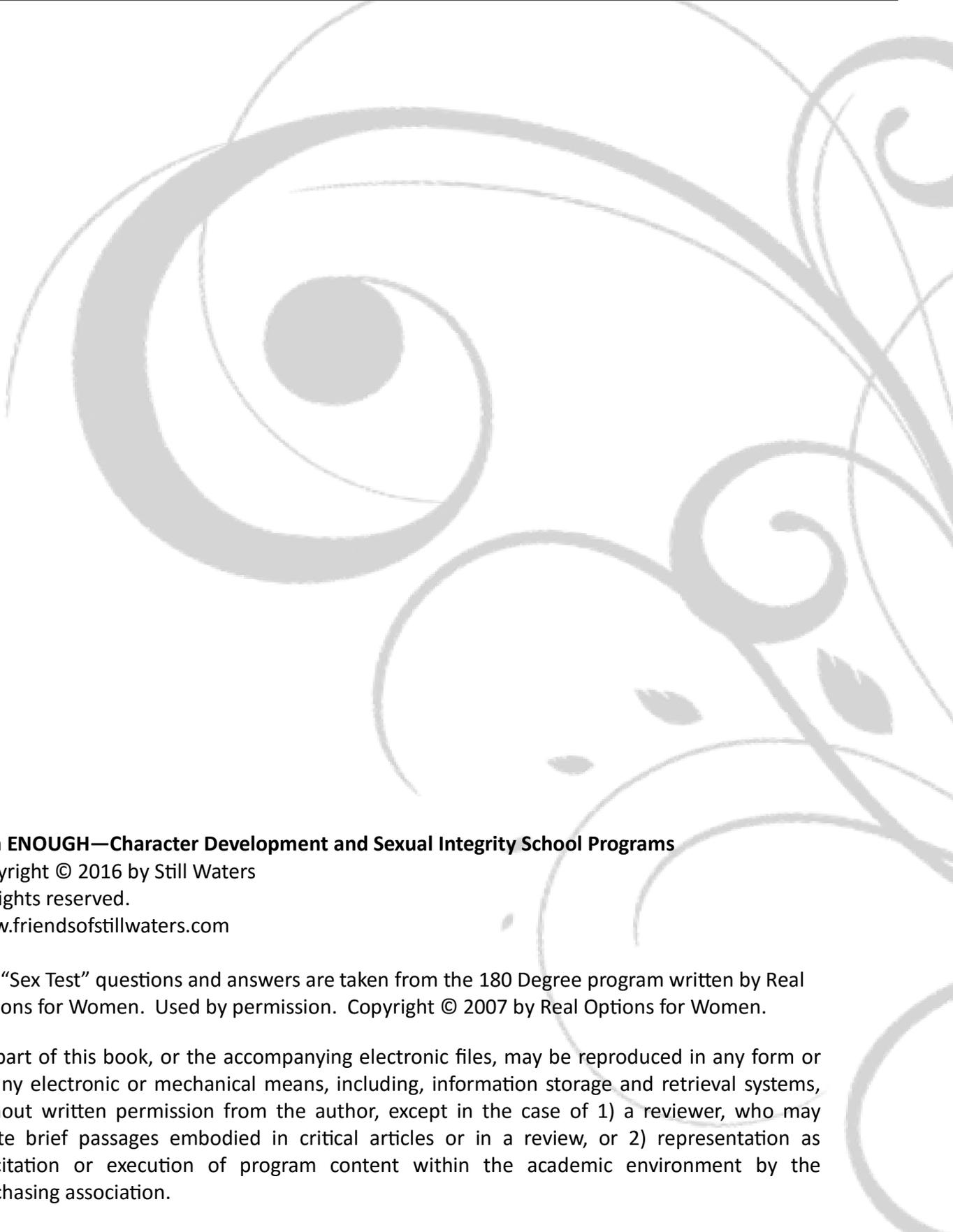
Still Waters



i am

ENOUGH

Equipping Youth To Realize And  
Embrace Their True Value



**I am ENOUGH—Character Development and Sexual Integrity School Programs**

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

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i am  
ENOUGH

CHARACTER DEVELOPMENT AND  
SEXUAL INTEGRITY SCHOOL PROGRAMS

Still Waters ps 23

## A MESSAGE

Dear Friends and Partners,

We would like to take this opportunity to thank you for choosing our curriculum. There are so many people out there who have a heart for kids and who have great programs available. We are honored you chose ours.

We are co-founders of a life-affirming, faith based ministry in Kaufman, Texas. We offer pregnancy resource services, parenting programs and classes, abortion recovery, sexual abuse recovery, and present the i am ENOUGH program in area public and private schools. We are currently reaching youth in three school districts within our county, with additional ones possible in the near future. We are excited that our programs are now reaching outside of our state, as well!

Several years ago, a door was opened that allowed us into a public school for the first time. We presented a lesson on sexual integrity and we were asked to come back! Not long after that, we knew that we were being led in a very specific direction. We knew that we were being directed to address the reasons we were needed in the areas of ministry mentioned above. ***It was, and is, a matter of the heart.***

If you are in life-affirming ministry, you also see the affects of broken hearts within the broken lives of people you help each and every day. We were being given the opportunity, through the public school system, to address the heart issues so prevalent in our world today. We knew that addressing the root issues young people face was what we were being called to do and would hopefully lead to a decrease in the clients we would have to see in our Center for all of those other reasons.

## FROM OUR HEARTS...

We began to write curriculum. We listened to God. All of our programs have common threads running through them... you have worth, you have value, and there is a purpose and a plan for your life... YOU ARE ENOUGH. The hurts in your life do not define you, what society says about you and how you should live your life is not true, and you can find healing and hope and help because YOU ARE ENOUGH. There is no one else like you on the face of this earth and you can make a difference in the lives of those around you if you can begin to see that YOU ARE ENOUGH.

This is the message that you have committed to share, alongside us, by receiving this curriculum. i am ENOUGH was not written “on purpose”, it was written “with purpose” and we knew we were supposed to share it. It is our sincere desire that it will help you deliver a message of hope to kids who are worth fighting for!

This manual is our attempt to equip you with the tools you will need to begin this journey. We do not claim to be professionals by any means; you are receiving the fruits of our labor, mistakes and successes. We are praying over each one of you and are here as a resource to you. However, if you can grasp what we have come to know, it is your reliance on our Creator that will allow this harvest. We are privileged and humbled to be a part of the process. Thank you again for joining us in changing and saving lives... one precious child at time.

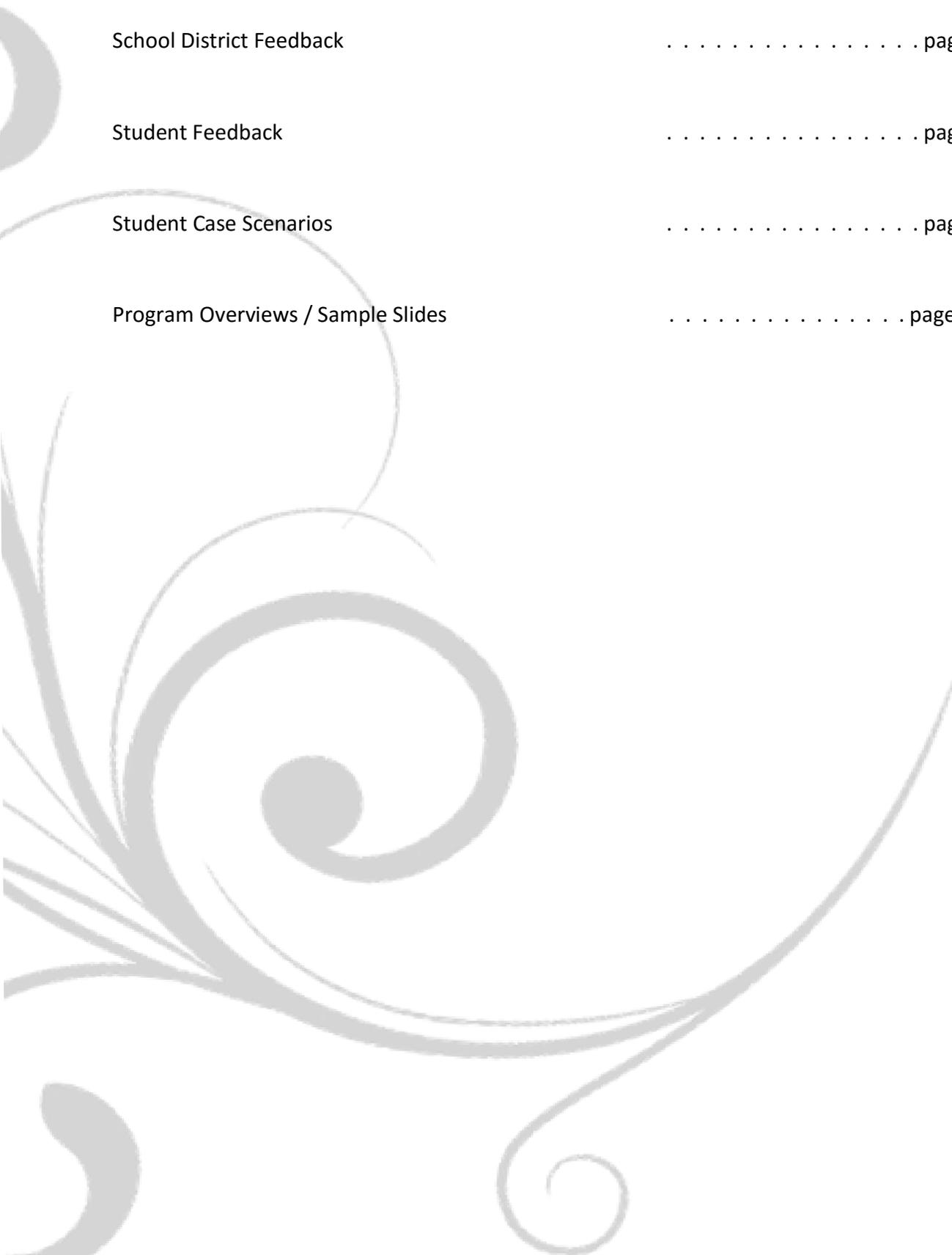
In His Great Love,

*Ketra & Melissa*



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# PROMOTIONAL BOOKLET

*School District Feedback*

*Student Feedback*

*Student Case Scenarios*

*Program Overviews / Sample Slides*

## SCHOOL DISTRICT FEEDBACK



...THE MOST AMAZING PARTNERSHIP THAT I  
HAVE ENCOUNTERED IN MY  
MIDDLE SCHOOL PRINCIPALSHIP

*Anjanette Murry, Ed.D*

*Principal, Crandall Middle School  
Crandall Independent School District*

THEIR HEART AND PASSION  
TO HELP STUDENTS IS BEYOND WORDS.

*Cindy Fowler*

*Assistant Principal, Gary W. Campbell High School  
Kaufman Independent School District*

OUR STUDENTS HAVE BEEN BLESSED TO  
HAVE THE STILL  
WATERS PROGRAM PRESENTED



*Deniece Blount*

*Girls MS Athletic Coordinator, Crandall Middle School  
Crandall Independent School District*

## SCHOOL DISTRICT FEEDBACK

**KISD Gary W. Campbell High School**

**4814 CR 151**

**Kaufman, TX 75142**

**972-932-8789**

Gary Campbell-Principal

Cindy Fowler-Assistant Principal

March 7, 2014

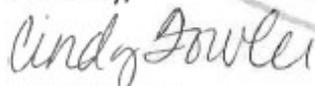
To Whom It May Concern:

I have had the privilege of working with the Still Water's Organization for the past year. Our District's Student Health and Advisory Council found the Still Waters Organization in an effort to support and improve our students' Character, Self-Esteem, Bullying issues, and Sex Education. The Still Waters' Organization has exceeded our highest expectations. They have met with our individual administrators, used data and tailored programs to meet the campus' needs.

On a more personal note, I have witnessed Ketra and Melissa in action on my own home campus. I have watched our students grow together as a group and raise personal expectations. I have had several students in my office voicing a desire to change their own lives. It has been a remarkable experience. I am so proud that we have the relationship with the Still Water's organization. I would recommend them to anyone who is in need. Their heart and passion to help students is beyond words.

Our district has been blessed and I know that your organization and students will benefit greatly from being associated with the Still Waters Organization. Please do not hesitate to contact me if you have any questions.

Sincerely,



Cindy Fowler

# SCHOOL DISTRICT FEEDBACK

## CRANDALL INDEPENDENT SCHOOL DISTRICT

P.O. Box 490  
Crandall, Texas 75114

*Crandall Middle School*  
*Anjanette Murry, Ed.D., Principal*  
*Yolanda Fischetti, Assistant Principal*  
*Chris Cooper, Counselor*

(972) 427-6080

Dear Colleague,

It is my honor and privilege to introduce you to the most amazing partnership that I have encountered in my Middle School Principalship. The Still Waters organization has been such a blessing to me, to my staff and most importantly my students.

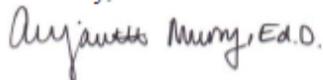
The ladies and gentlemen of Still Waters genuinely care about my kids. They have a heart and passion to help our kids be successful in life. They fully understand that our students must have the basic needs of safety and belonging/love met before they will ever be able to learn the vast amounts of curricula that we try to impart. They have a mission to begin to meet those basic needs for my students through the positive interactions and positive messages they bring each visit.

This organization understands the constraints that we have in allowing time out of the classroom and have been extremely easy to work with when scheduling visits. They understand the separation that schools must maintain from church based teachings, yet have masterfully taught each student in our school that they are beautiful and created special for a purpose without ever giving any religious implications. They understand that we each have rules or expectations that must be met and have gone above and beyond to comply with each and every expectation.

The partnership with Still Waters is a the most valuable community connection that I have in my building. I highly recommend other schools that are interested in meeting the emotional needs in addition to the educational needs reach out to the Still Waters organization for assistance in doing so.

Should you have further questions about our partnership or working relationship, please do not hesitate to contact me.

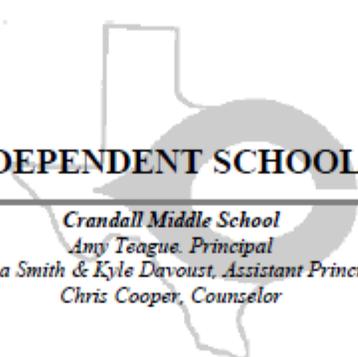
Sincerely,



Anjanette Murry, Ed.D.  
Principal

The Crandall Independent School District does not discriminate on the basis of race, color, sex, age, national origin, religion, sexual orientation, or disability in matters affecting employment or in providing access to programs. Inquiries related to the policies of the Crandall ISD should be directed to Dr. Sharon Long.

## SCHOOL DISTRICT FEEDBACK



### CRANDALL INDEPENDENT SCHOOL DISTRICT

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P.O. Box 490  
Crandall, Texas 75114

*Crandall Middle School*  
*Amy Teague, Principal*  
*Melissa Smith & Kyle Davoust, Assistant Principals*  
*Chris Cooper, Counselor*

(972)427-6080

Our students at Crandall Middle School have been blessed to have the opportunity to have the Still Waters program presented for the past three school years. The leaders use age appropriate information given to the girls and boys on many of the issues our students face in their daily lives.

Our girls are encouraged and built-up each session letting the girls know they are valuable, beautiful young ladies who can do and become whatever they strive to achieve. They are also given information on timely issues such as bullying, family issues, friendships, sexual promiscuity throughout the school year using high morals for the basis their presentations.

Boys are given information on subjects such as bullying, internet acceptable use and laws, self-concepts, and other pertinent issues faced by our students each day. They are also encouraged to act with dignity and respect as they grow to become responsible young men with good character.

I have had the ladies come speak to my Health and PE classes on Human Development and Making Good Choices. They spent the entire day with my classes giving information, answering questions in with loving attitudes that made the students feel comfortable to seek their counsel. I have had students ask to stay and speak with the leaders after the program to be counseled on personal issues. The leaders are always happy to give of their time to meet with these students.

I especially am impressed how they use role play to get the students involved in the discussion. Other lessons include activities where the students get in groups to write positive words about the other girls in the group. The girls took away a ring of cards with kind, loving thoughts. I still see these rings hanging on the girls' book bags or purses.

I am so proud our school district sees the importance of allowing Still Waters to come into our schools to present our students with a program that teaches respect, high moral character, tolerance and striving to achieve happiness within. The leaders of Still Waters continually work to present information that is educational, entertaining, and most of all empowering for our students to become strong moral young people to make choices in an educated and well thought out manner. Only then will our students be able to achieve their dreams and become responsible members of our community.

Deniece Blount-Girls 'MS Athletic Coordinator

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## STUDENT FEEDBACK

“Thanks for making my day better. I was having the [worse] day ever and when you said I was beautiful, it made me feel important. My life has been hard and every time you come to my school, it is fun and I love when you come here and say we are beautiful. Thank you for making my day better.”



*“I just want to say THANK YOU, your words mean a lot to me, I’ve been [thru] a lot in my life and it’s nice to know that someone does care, so thank you [sooo] much.”*

“Your presentations have really helped me. My life hasn’t ever been the easiest, and I’ve been through a lot, but you help me get through life. Thank you for everything!”

*“Thanks for the morning message. They always make me smile and your words really inspire me to be the best that I can be. Have an amazing day!!! And please come back soon! :)”*

THANKS FOR  
MAKING MY DAY BETTER

## STUDENT FEEDBACK

*“Thank y’all for the talk today. It really did open my eyes. Thanks for everything you have done for us this year! It really meant a lot to me. I honestly don’t know what situation I would be in right now without y’all. Thank you for caring for us so much!!”*



“Thank you for the message this morning. It made my day a really good day! :) Hope you have a good day as well! :)”

THANK YOU FOR CARING  
FOR US SO MUCH

*“I [wanna] thank y’all for coming to our school! It means so much when you have someone as great as y’all to tell us how special we really are! I haven’t been through, or done half of the stuff some of the girls in our grade have, but I have felt insecure. That only makes me think how happy it makes some of the girls, that go through a lot of issues, feel, when y’all come speak with us. I just wanted to let you know that, I love the both of you! Thank you!!”*

## STUDENT CASE SCENARIOS

The following stories are real. These are teenagers who contacted us after hearing us speak at their school. Our desire is to give you a glimpse of the help that is being offered to many students like yours. These programs are making a difference and we are privileged to be able to serve local communities in this way.

### ENABLING HEALING

# A

*“A” is a student who approached us after hearing our presentation, **You Are A Gem**. For the first time, she was able to speak out that she had been sexually abused by her biological father when she was younger. “A” went through our sexual abuse recovery class called *Walk On Water (WOW)* to receive healing from her past abuse. “A” now serves as a teen support to others who attend WOW.*

## REAL KIDS. REAL LIFE. REAL HELP.

*“B” is a student who heard us speak at her school when she was in middle school. She had contacted us a few years later because she thought she was pregnant. We were able to provide a free pregnancy test and educate her on all of her options in truth and love. Her test was positive and she chose to carry her baby to term. Several weeks passed, and “B” had two medical scares with her pregnancy. She was extremely grateful for the support she received from Still Waters. “B” stated several times that she ‘had nowhere to go and we offered her help.’”*

# B

### DEVELOPING TRUSTING RELATIONSHIPS

**C** *“C” is a student who spoke to us privately one day when we were speaking at her school. She confessed to us that she had previously been raped. Long story short, this precious young lady had been sex-trafficked. The abuse was reported and we worked closely with the proper authorities. We developed a trusting relationship with this young girl in hopes for her to receive healing not only from the sexual abuse she encountered but also from a past miscarriage.*



# *Gem On A Journey*

## 6TH GRADE GIRL PROGRAM

*Gem On A Journey* is our teaching series for 6th grade girls.

This program series focuses on how life issues (home life, things that happen to us, school situations, etc.) affect us in different ways. It explains how our words and actions affect others. It addresses speaking out and acknowledging our hurts, bullying (hurting people hurt other people), building others up and not tearing them down, reaching out through leading, living a life of purity, and seeking appropriate help through trustworthy adults.

Gem On A Journey equips girls with tools to help them navigate through their life journey.

Listed below are the sessions included in this program:

- **Session 1 - *You Are A Gem***  
You are special. There is no one like you.
- **Session 2 - *The Sleepover***  
Change the way you think. Everyone is fighting a battle.
- **Session 3 - *Speak Life***  
You reap what you sow. Your words matter.
- **Session 4 - *Waiting On Your Prince***  
Your kiss is a special gift. Don't give it away freely.

## 6TH GRADE GIRL PROGRAM

# You Are A Gem



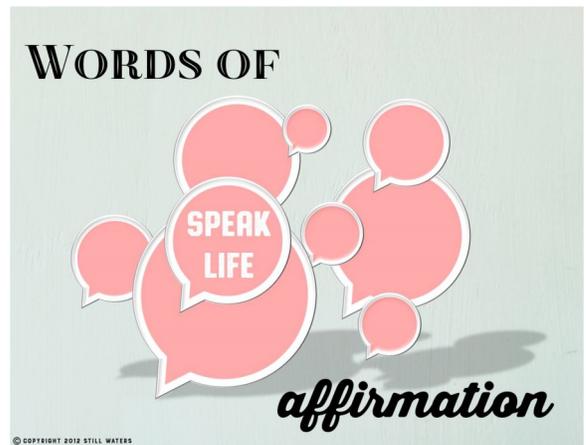
## GEM ON A JOURNEY

# *The Sleepover*



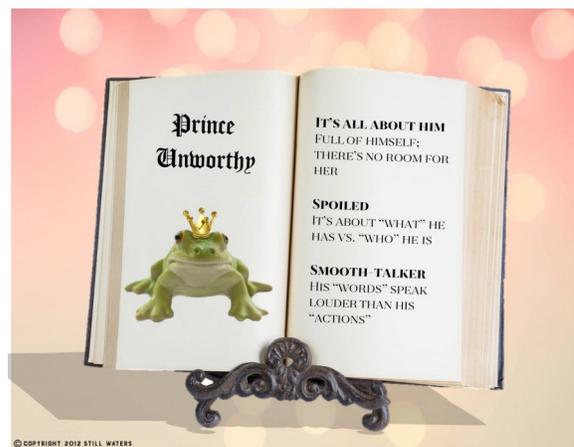
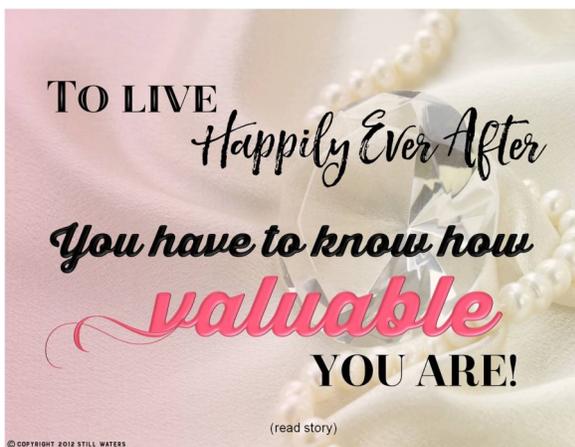
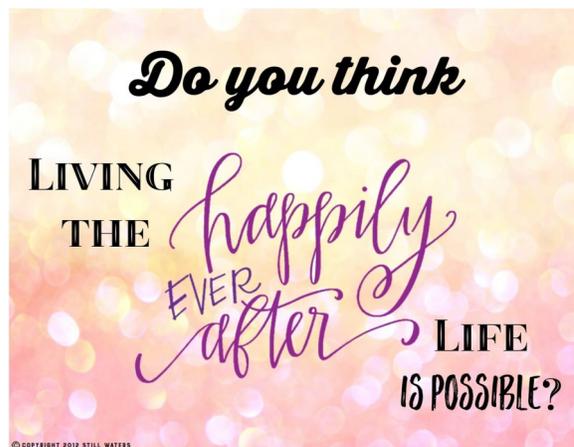
## 6TH GRADE GIRL PROGRAM

# Speak Life



# GEM ON A JOURNEY

## Waiting On Your Prince





***You Are A Gem***

## 7TH GRADE GIRL PROGRAM

*You Are A Gem* is our teaching series for 7th grade girls.

This program series educates girls on their worth, value and beauty. Even though every girl is beautiful, of great worth and value, the world they live in deceives them to believe differently. (ie. peers, boys, family, media, culture, etc.)

You Are A Gem reveals truth and gives each girl an opportunity to be the Gem she was created to be; not only for herself, but also for her family, school and community.

Listed below are the sessions included in this program:

- **Session 1 - *You Are A Gem***  
You are valuable. Finding worth in the midst of your every day life.
- **Session 2 - *Guard Your Heart***  
What's in your heart comes out through your mouth and actions.
- **Session 3 - *Authentic Beauty***  
True beauty comes from within.
- **Session 4 - *Walk The Talk***  
The decision(s) you make today affects the legacy you leave behind.  
Live a life of integrity; mind, heart, and body.

## 7TH GRADE GIRL PROGRAM

# You Are A Gem



### *What happens to you if/when:*

- YOU DON'T DO AS WELL IN SCHOOL AS YOUR FRIENDS DO?
- YOU'RE NOT AS GOOD IN SPORTS / BAND / ART / ETC. AS OTHERS?
- YOUR FAMILY ARGUES A LOT / ALWAYS CHAOS IN YOUR HOME?
- YOUR PARENT IS DRUNK ALL OF THE TIME?
- YOUR PARENTS GOT DIVORCED?
- YOUR DAD / MOM NEVER SPENDS TIME WITH YOU?
- YOUR BEST FRIEND DOESN'T TREAT YOU NICE SOMETIMES?
- YOUR GROUP OF FRIENDS DIDN'T INVITE YOU TO HANG OUT WITH THEM?
- YOU HEARD YOUR BOYFRIEND IS TEXTING ANOTHER GIRL?
- YOUR BOYFRIEND SHARED INFORMATION ABOUT YOU IN THE LOCKER ROOM?
- YOUR BOYFRIEND HITS YOU / CALLS YOU NAMES?
- YOU WERE ABUSED BY SOMEONE YOU KNOW?
- YOU CAN'T WEAR THE SIZE OF CLOTHING YOU WISHED YOU COULD?
- ... OR SOMETIMES, YOU JUST DON'T FEEL PRETTY!

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### *When you ignore these feelings, you:*

- SHUT DOWN
- LOOK HAPPY ON THE OUTSIDE, WHEN YOU'RE REALLY HURTING ON THE INSIDE
- BECOME BITTER / ANGRY
- DON'T TALK TO ANYONE ABOUT YOUR FEELINGS
- GIVE INTO PRESSURE
- NUMB YOUR PAIN
- HURT YOURSELF / OTHERS

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### *It is so important . . .*

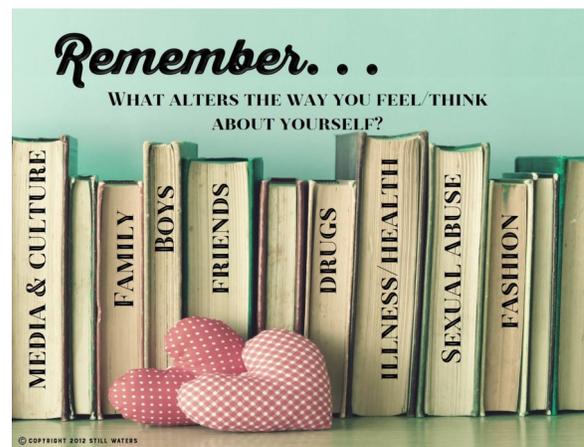
**TO TALK  
ABOUT  
YOUR  
feelings!**



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## YOU ARE A GEM

# Guard Your Heart



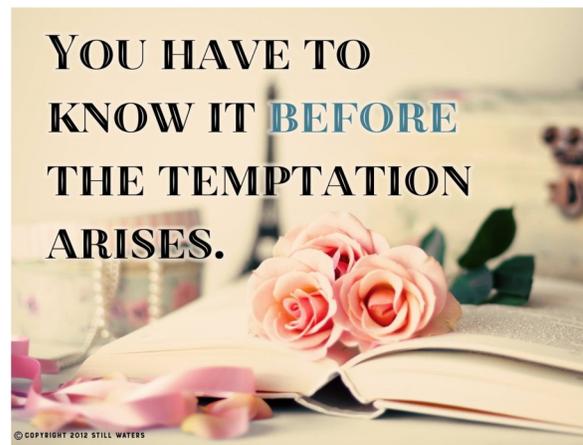
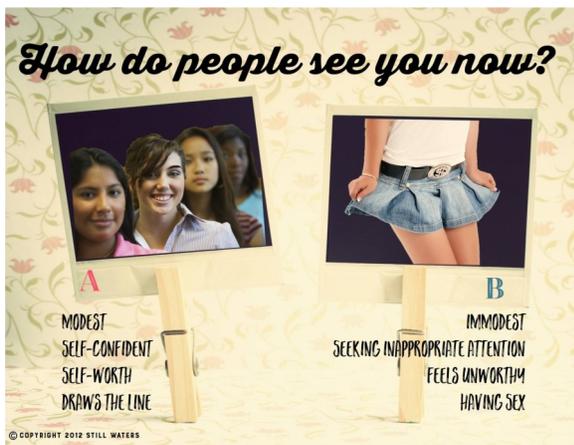
## 7TH GRADE GIRL PROGRAM

# Authentic Beauty



YOU ARE A GEM

# Walk The Talk





# *Diamond In The Rough*

## 8TH GRADE GIRL PROGRAM

*Diamond In The Rough* is our teaching series for 8th grade girls.

This program series teaches students how to deal with and overcome the life issues identified in You Are A Gem: family, friends, boys, and media. A variety of methods including real talk, videos, and personal stories are utilized to give the girls practical help on recognizing their worth and purpose.

Diamond In The Rough empowers girls to make healthier choices in the future by teaching them how to turn their weaknesses into strengths.

Listed below are the sessions included in this program:

- **Session 1 - *Diamond In The Rough***  
Your past doesn't define you. You are a work in progress.
- **Session 2 - *Get Real and Shine***  
Facing personal hurts and being transparent can strengthen you.
- **Session 3 - *The Love Test***  
True love and pre-marital sex is not the same thing. Learn how to protect your heart, mind, and body.
- **Session 4 - *Let It Go!***  
Identify things that hold you back from being the true you and let them go.

8TH GRADE GIRL PROGRAM

# Diamond In The Rough



## DIAMOND IN THE ROUGH

# Get Real And Shine



## 8TH GRADE GIRL PROGRAM

# The Love Test



# DIAMOND IN THE ROUGH

## Let It Go





**MAN UP**

## 6TH GRADE BOY PROGRAM

**MAN UP** is our teaching series for 6th grade boys.

This program series challenges boys to “Man Up”. Students will learn that it’s not what they “think” that makes them a man, but what they “do” through their actions. A real man does the right thing by manning up and doing / saying what is right, not what is popular.

Man Up challenges and encourages students to be the warriors, protectors, and leaders they were created to be. They will be empowered to make a difference inside and outside the walls of their campus.

Listed below are the sessions included in this program:

- ***Session 1 - Characteristics***

Learning the characteristics of a real man. YOU are made to be a warrior, protector and leader.

- ***Session 2 - Warrior***

Strength is not found in your physical abilities, but what’s inside of you. It’s doing the right thing... on purpose.

- ***Session 3 - Protector***

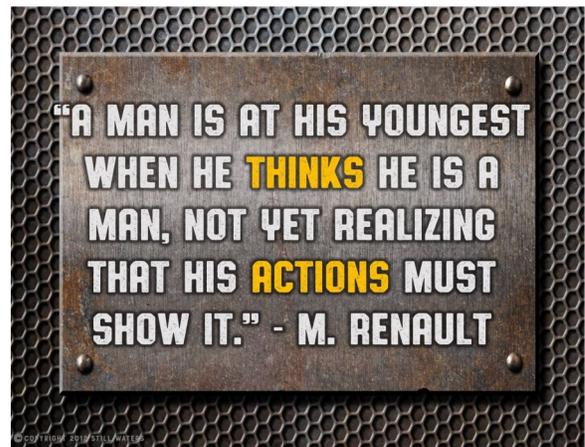
In order for you to protect those you care about, you must first protect your own mind, heart, ears and eyes.

- ***Session 4 - Leader***

Leadership comes in many forms. Be the one you were created to be by displaying the right kind of strength, kindness, boldness, and humbleness.

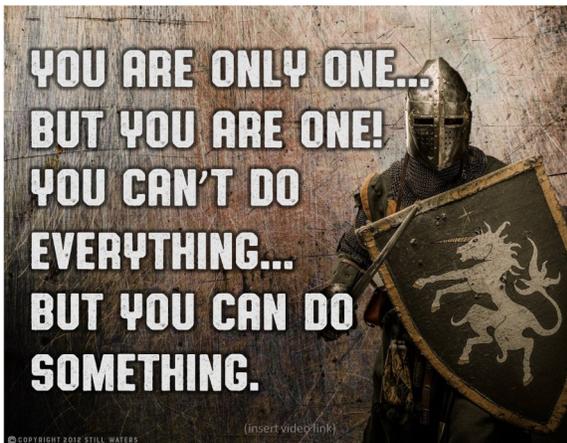
## 6TH GRADE BOY PROGRAM

# CHARACTERISTICS



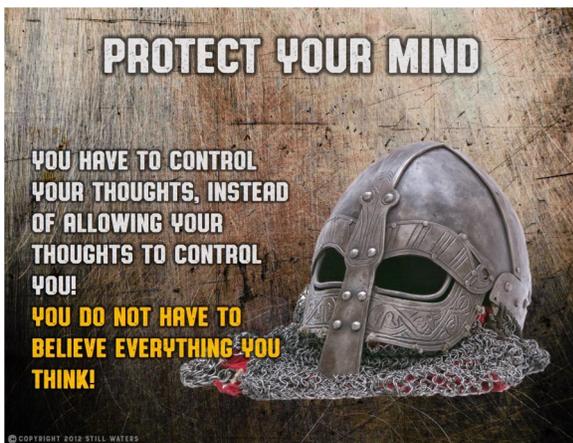
# MAN UP

# WARRIOR



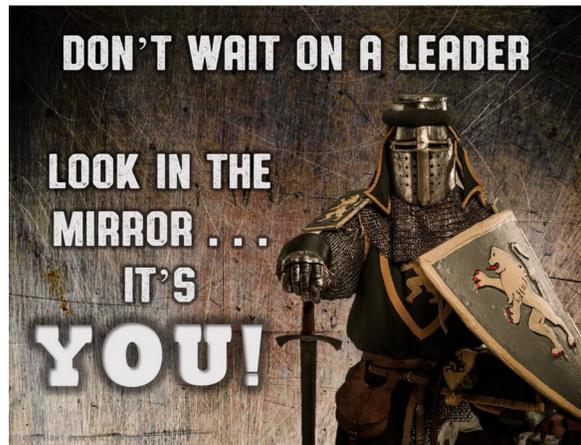
## 6TH GRADE BOY PROGRAM

# PROTECTOR



# MAN UP

## LEADER





**GIVE UP**

## 7TH GRADE BOY PROGRAM

**GIVE UP** is our teaching series for 7th grade boys.

This program series challenges boys to “Give Up” common attitudes and fears; to have an extreme attitude against “the norm”. When guys are willing to stand up against what the world says is "normal" or "okay", lives are impacted and changed... forever!

These students will be given challenges and encouraged to step it up; to be the leaders they were created to be. They will be encouraged to “Give Up” common attitudes and make an impactful change in their world.

Give Up reveals the truth that real life situations can shape the way they view themselves and others. Students will realize the decisions they make today really do matter.

Listed below are the sessions included in this program:

- ***Session 1 - Bucking The Norm***  
Give Up common attitudes and fears associated with life’s pressures and choices.
- ***Session 2 - Fear Is A Liar***  
You don’t have to believe everything you think.
- ***Session 3 - Life Stories***  
You are not defined by your past. (Speaker shares his personal story.)
- ***Session 4 - Walking Tall***  
Respect girls and their hearts... and YOURS. (Discuss sexting & setting boundaries.)

## 7TH GRADE BOY PROGRAM

# BUCKING THE NORM



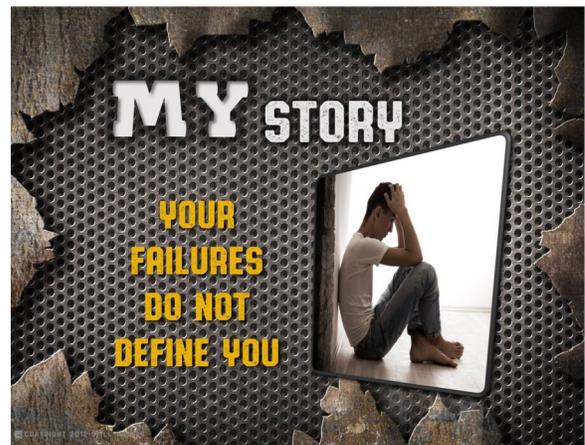
GIVE UP

# FEAR IS A LIAR



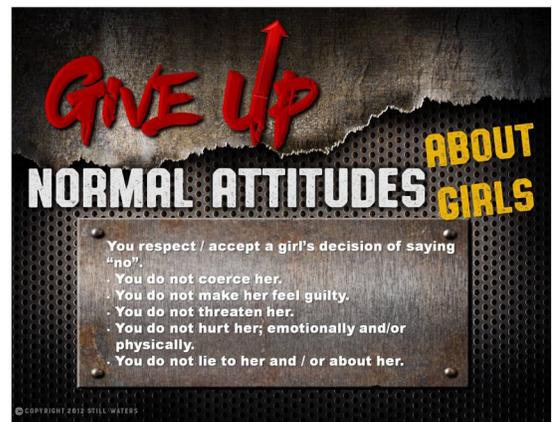
# 7TH GRADE BOY PROGRAM

# LIFE STORIES



GIVE UP

# WALKING TALL





**STAND UP**

## 8TH GRADE BOY PROGRAM

**STAND UP** is our teaching series for 8th grade boys.

This program series challenges boys to “Stand Up” against the things that many of their peers are already doing. They will learn not only the emotional and physical consequences that stem from making unhealthy decisions, but also the legal consequences.

Stand Up empowers students for High School where peer pressure will be even greater than what they are currently encountering. During this school year, we will educate and equip students in order to help them make healthy choices when faced with the common pressures of a teen boy: pornography, sexting, pre-marital sex, and sexually transmitted diseases.

Listed below are the sessions included in this program:

- ***Session 1 - The New Drug***

You will learn how your brain works when Pornography is viewed and how easily addictive it is.

- ***Session 2 - Sexting***

Not only will you learn about the legal consequences of sexting, but you will also realize how life-altering one decision you make can change your life, the girl’s life and countless others around you... in an instant!

- ***Session 3 - The Love Test***

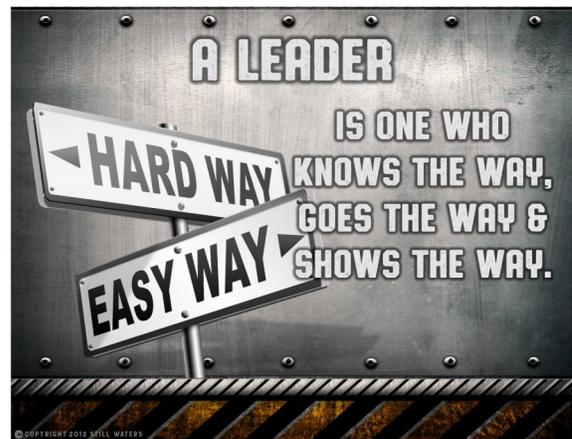
What is real love? Are love and sex the same? You will learn about the risks of pre-marital sex and how they can change your life; now and in the future.

- ***Session 4 - Hard Questions***

You will be given the opportunity to participate in an open discussion to hear real answers from the speaker(s) about the things you learned this year regarding pornography, sexting, pre-marital sex, and other hard topics.

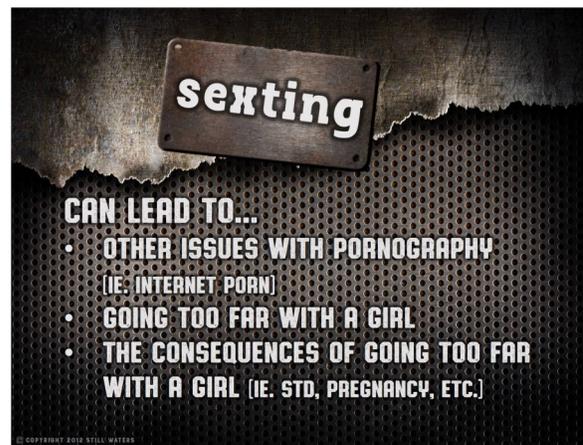
## 8TH GRADE BOY PROGRAM

# THE NEW DRUG



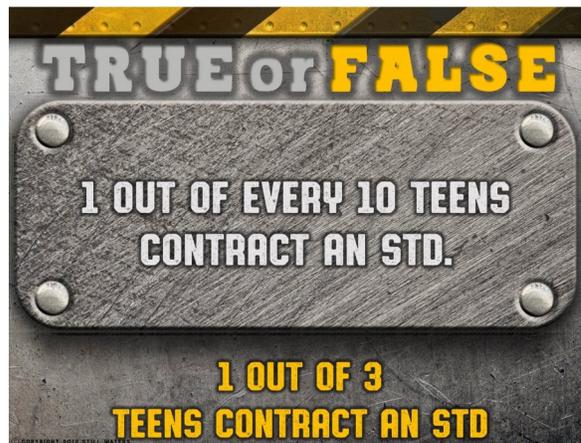
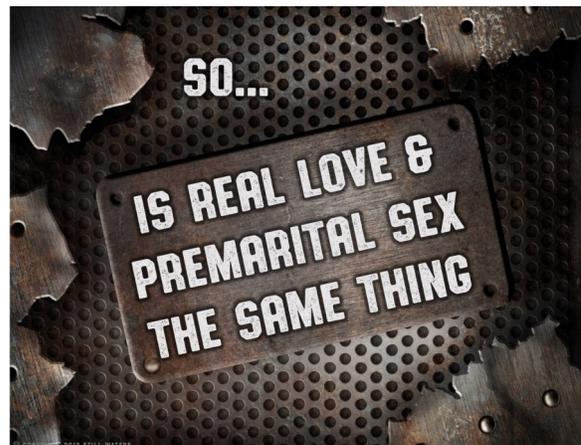
## STAND UP

# SEXTING



## 8TH GRADE BOY PROGRAM

# THE LOVE TEST



# STAND UP

## HARD QUESTIONS





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*Still Waters is a multi-faceted Resource Center that serves Kaufman County not only during times of crisis, but also in areas of prevention in hopes of preventing a future crisis.*

Still Waters<sup>ps23</sup>

PO Box 853  
Kaufman, Texas 75142  
972-932-HELP (4357)  
[www.friendsofstillwaters.com](http://www.friendsofstillwaters.com)

Ketra Hancock, RN, LAS  
Co-Founder / Executive Director

Melissa Killen, LAS  
Co-Founder / Client Services Director