I. **Destination**: Begin with the End in Mind

“If you don’t know where you are going, any road will get you there.” – Lewis Carroll

a. Healthy
   i. Balanced
   ii. Safe

b. Sexual
   i. Being vs. Dong
   ii. Myths

c. Adult
   i. Dependent – Independent
   ii. Person vs. Object
   iii. Response-able

d. Consequences
   i. Delayed or Absent Instruction
   ii. Distorted Instruction
   iii. Increased Vulnerability to Abuse
   iv. Guilt and Shame

II. **Preparation**: Equipped for the Journey

*Head and Heart*

a. Head
   i. Conversations
      1. Start Early
      2. Redirecting Sexual Thoughts
      3. Connect to Life
   ii. Self-Awareness
      1. Aware of how I impact others
      2. Aware of personal challenges
   iii. Boundaries
      1. Setting Specific
      2. Personal-Professional
      3. Public-Private
   iv. Observational Tool, Social Skills
      1. Body Language
      2. Two Yeses

b. Heart
   i. Created for a Purpose, Not a Person
   ii. Created for Community
   iii. Our actions are the overflow of our heart
III. **Navigation**: Response-able Choices

*Hands*

a. Hands
   i. Guardrails
      1. Conversations
      2. Expectations/Standards
      3. Technology
   ii. Rest Areas
      1. Taking a Break
      2. Tech Boundaries
   iii. Road Construction
      1. Maintenance
      2. Accountability
   iv. Accidents
      1. Heartbreak
      2. Moving Forward

IV. Questions & Answers