

# What Teens say about LoveSmarts!

**Please write your comments about the program that you've seen so far. What did you like or not like? One or two things you learned or were the most interesting to you.**

1. I did like this program because it taught me a lot of things. The Love Smarts program changed my mind on some things, and because it's important to know everything then you can make your own choices. Teens could have stress from sex and they can sometimes regret it.
2. While the program is rather educational, I'm going to be honest and still keep doing me but be rather cautious. The statistics were very educational.
3. Two things I learned is that a condom doesn't prevent 100% of pregnancies and about the actual meaning of "love."
4. I like it. It's lit. I've learned a lot. It really opened my eyes. Love Smarts is one of my favorite classes. Even oral sex is dangerous. Also, because Ms. Linda is funny and real and cares about our generation and our health. I've learned about STD's and relationships.
5. The LoveSmarts program taught me to stop using drugs and watch my life. Easy to get an STD. Weed messes up your body & brain. I think that it's good to learn what's going on in the world and about the dangers of having sex. The dangers of diseases was the most interesting.
6. It was good because I learned some things that I didn't know about, like healthy relationships have boundaries. It was interesting. It is important for us to know about because they have to understand that sex has value to it and not to do it just because you are horny.
7. This program is informative and can prevent death or health issues. I learned it's possible to be a secondary virgin. Having sex with one person [who has had sex with at least one other person] is like having sex with the entire high school [in regards to STIs].
8. Ms. Linda, I enjoyed everything you taught me and the rest of my peers. I always thought about waiting for sex, but now I AM going to wait.
9. You gave me hope and faith. Thank you, Ms. Linda. I learned that 91% of youth and young adults ages 13-24 agreed getting married would make them happy.
10. I like everything about this program because it shows me the consequences of not waiting. I learned the consequences you can get from people and choices I make now for my future. You will have a happier marriage if you don't have sex as a teenager. I loved to learn how you can get diseases, so I won't get it. Thank you for the information. I wouldn't have ever known about these diseases. I learned so many things from the LoveSmarts program.
11. The things that I like about this program is that we learned a lot about what diseases you can get from having sex. Also, I like that Ms. Linda is a very persuasive teacher. One thing that I learned was that a condom is only 50% protection for most STDs.
12. So many things I thought I knew about came out to be false. It is very informative and interesting. You can get throat cancer from performing oral sex.
13. The LoveSmarts program was an eye-opener for me because I never knew you could get stuff from having sex with people so now, I know what's good for me and what's not good.
14. One thing about the LoveSmarts program I have seen was about love. Like "do you love this person? What is love in a relationship?" One thing that was most interesting to me was to never give up (Bullying video). Kids need this information.
15. I liked everything about this program because it's open and there is no sugar-coating.

16. I enjoyed this program so far. It is teaching me about the dangers of sex. And it is warning us to be careful whenever we have interactions. One thing that I learned that really stuck with me, is how fast and easily STDs and AIDS can spread through people.
17. Some of the stuff we talked about I never knew about. This program can help young ages a lot. You can start talking to them so they don't make a mistake kids need this information and so that they will be able to make the right choices. Ms. Linda gave good information and said true stuff. About how men will pay the consequences if a girl gets pregnant.
18. I like this program since it tells a lot of facts that should be known now that we are maturing as well as it being straight up to the point and very, very blunt. Two things that interested me was how many people have diseases and how easily you can get it as well as how special sex is and how much people abuse it. I did like the LoveSmarts program in a kind of way because they are really honest, They don't sugar coat anything. What real love is, how sex can affect your future. I've seen she connects to some of her topics and tells about her life. 10,000 kids are infected with an STD every day. Condoms don't really protect you. [They only reduce your risk and only then if used correctly and 100% of the time. No emotional protection. -Ms. Linda]
19. I liked the LoveSmarts program because it was all facts and everything was visual which helped me understand and take notes better. One or two things I learned was: The emotional benefits of delaying sex and that teen drinking leads to 60% of STDs in teens.
20. I really like the LoveSmarts program a lot. If I had the choice to make adjustments to this program, I would keep it the same! I would not change a thing. Ms. Linda really makes this interesting for a teen like me, I've learned that 1 in 5 girls get pregnant even though they use condoms and that condoms are only 80% risk reduction for HIV.
21. I would recommend the LoveSmarts program since other kids don't know the facts and are putting their futures in danger, and this info can PROTECT a lot of young people.
22. I would for sure recommend this program for other students my age because I know they will learn something that they can't learn somewhere else.
23. Ms. Linda, I love the way you teach the class. You take things serious but also joke around. That is an awesome way to teach about a serious situation like this. Marriage and Relationships rule.
24. I like that we could learn a lot of stuff because it's for our future and it will stop us from doing things we don't really wanna do and not supposed to do. We learned to keep our virginity to prevent diseases. Sexually active HS girls are 3 times more depressed than other teen HS girls.
25. Honestly, I loved this program. I loved how Ms. Linda taught us. How she was blunt with us. And broke it down to if we were in their shoes. I learned that condoms are not 100% protection.
26. I love this class because I learned so much that my parent didn't tell me. This class is amazing and interesting. 4 in 10 sexually active girls are infected with at least one STD and it is illegal for an 18-year-old to have sex with a 15 year old or younger.
27. The Love Smarts program is very helpful. The most interesting part I liked is when Ms. Linda talked about ways to prevent sex and taking responsibility. The LoveSmarts program has opened my eyes to many things I was unaware of. It taught me how to stay safe, and how my emotions affect me. Somethings I found interesting was how easy it is to get an STD, and how porn is as addictive as drugs.
28. I liked that I learned a lot of things in this program and I love how I learned this because it's a lot of things people do but know they shouldn't.

Testimonies from 9<sup>th</sup>-10<sup>th</sup> students at Lincoln HS in Jersey City, NJ