

Shelly Donahue

RAISING THE BAR OF SEXUAL SELF-CONTROL



MOTIVATIONAL SPEAKER AND EDUCATOR

Passionately committed to Jesus Christ as the ultimate answer, and standing 6'3" tall, Shelly Donahue is an expert and authority in the field of teen sex. She is the founder of a new outreach called "TALL Truth" and is intent on helping her audience make healthy choices to raise the bar of sexual self-control. Shelly's career spans 19 years in the public school classroom teaching health and physical education and coaching volleyball, basketball, and track, and 20 years as a motivational speaker/teacher for WAIT Training (Why Am I Tempted?), a public school abstinence and relationship program. She has traveled to 48 states and 7 foreign countries captivating audiences and inspiring over 1 million teenagers while equipping thousands of educators and parents to communicate the message of abstinence until marriage. Shelly feels now is the time to teach and coach sexual self-control skills to teenagers using the Word of God and the power of the Holy Spirit! Romans 8:32 "And ye shall know the Truth and the Truth shall make you free!" Shelly packs a powerful message on purity, abstinence and developing healthy relationships. Her extensive and diverse background allow her to speak with conviction and authority on the subject of sexuality education.

"After talking about sexuality in my career for the past 35 years and hearing, 'How come I've never heard this stuff before?' I am committed to sharing what works. When teens know *why* they should wait for sex, when they know *how* they can wait for sex and when those that care about them *support* their choice to wait - this generation can wait! They will wait! They are waiting!"

"I'm convinced that the problem in America is not teen pregnancy or teen STDs - the problem in America is teen sex. Let's direct our children to delay sex. Let's guide them toward the wonderful purposes God has made for sex in marriage and the benefits of healthy relationship skills in their teen years. Teens do what they know until they know better. When they know better, they do better! I want to help this generation reach their hopes and dreams by honoring themselves and one other."

I liked the examples and how real you were with us. The information about making out and what that does to guys was helpful. Thanks for talking about things that are normally avoided.

~High School Girl

I was truly blessed by your message last night. I only wish I would have heard this message 15 years ago, BEFORE my kids were grown and out on their own and the damage done. No, wait - 30 years ago - before the damage was done to me.

~Jana H. - Mother of adult children

TALL Truth Student Presentations

FORMAT: For best outcomes, age and gender appropriate assemblies are recommended (e.g., HS Boys, HS Girls, MS Boys, and MS Girls assemblies)
75-90 minute High School assemblies
45-60 minute Middle School assemblies

She addresses God's 6 purposes for sex and why His plan for teens is to delay sex; ideas regarding how teens can have sexual self-control; how to navigate through temptation in our hyper-sexual culture; and how to give teens support for making a bold decision to wait until marriage or to commit to renewed virginity and start over. Specific topics might include:

- Research: who's having the best sex in America? Why?
- Have great intimacy someday... in your marriage!
- Physical, intellectual, emotional, social and spiritual aspects of sexuality.
- How do we think? Guys' brains tend to be like waffles and girls' tend to be like spaghetti.
- Sex is what you do in marriage – Sexuality is who you are right now.
- Guys tend to be wired sexually like microwaves and girls like crock pots.
- Actions have consequences – pregnancy, STDs, failing grades, depression, suicide, etc.
- The 5 basic needs of human beings – Is sex a basic need? Is love a basic need?
- Media messages – pornography's affects on your future.
- Who says it's OK to have sex before marriage – the media. Why?
- Who wants you to wait – your parents. Why?
- Bonding – love's super glue and how it affects your future marriage.
- Shake the Etch-A-Sketch – start over! Forgiveness, renewed virginity and second chances.
- Write your love letter to your future spouse.
- Have the BEST sex... by waiting until marriage!

Students complete a mini-evaluation