My wife and I have read through Game Plan, and we think it's terrific. This is a great tool to help you think through some of the most important decisions in your life. I would love to see this book get into the hands of every teenager and pre-teenager in the country.

Mike Singletary
NFL Hall of Fame Football Player, Head Coach, San Francisco 49ers

Today there are messages everywhere that encourage sex outside of a marriage relationship. Teens today are craving the real truth about sex. They want people to care about them enough to challenge them. Game Plan gives teens the truth about sex, and a positive message of how to succeed in life and achieve their best.

Tara Dawn Christensen
Former Miss America, Recording Artist & Speaker

Just as discipline and perseverance are important in sports, they are critical in all areas of life. Don't let your game or your life suffer because you aren't prepared. A.C. Green’s Game Plan can help you.

David Robinson
Former Player, San Antonio Spurs

The true sign of greatness is one's durability to stay the course. The record shows that A.C. Green is the most durable man in the history of sports when it comes to character. A.C. Green's Game Plan will help you make good choices to accomplish your goals.

Pat Riley
Former Coach, Miami Heat

A.C. Green's Game Plan

Everybody has one life —
Time to develop YOUR Game Plan

A.M. Resources

Scott Phelps
My wife and I have read through Game Plan, and we think it's terrific. This is a great tool to help you think through some of the most important decisions in your life. I would love to see this book get into the hands of every teenager and pre-teenager in the country. Today there are messages everywhere that encourage sex outside of a marriage relationship. Teens today are craving the real truth about sex. They want people to care about them enough to challenge them. Game Plan gives teens the truth about sex, and a positive message of how to succeed in life and achieve their best. Just as discipline and perseverance are important in sports, they are critical in all areas of life. Don't let your game or your life suffer because you aren't prepared. A.C. Green's Game Plan can help you.

The true sign of greatness is one's durability to stay the course. The record shows that A.C. Green is the most durable man in the history of sports when it comes to character. A.C. Green's Game Plan will help you make good choices to accomplish your goals.
Chapter 1 – I Got Game!


2. Ibid: 17.

Chapter 2 – TV Time-Out


Chapter 3 – Rules of the Game


Go For The Win!

The kind of commitment that enables you to be abstinent until marriage is the same kind of commitment that will enable you to accomplish your goals, to succeed in life, and to win.

Making It Happen

On November 20, 1997 A.C. Green surpassed Randy Smith's NBA record of 906 consecutive games and was officially honored as the Ironman of the NBA. A.C. continued his consecutive game streak until April 18, 2001 when the streak ended at 1,192 and stands today as the NBA record. One year later A.C. Green married Veronique on April 20, 2002. A.C. now tells teens:

“My wife Veronique and I were able to resist the pressures toward sexual activity before marriage. We know that abstinence is one of the best ways to prepare yourself for a good marriage in the future, if that is your desire. We did it – and we know that you can too. Making a Game Plan can help you to get there.”

Thinking It Over...

Only you can choose a Game Plan for your future, and only you can put that Game Plan into action. Making abstinence a part of your Game Plan will require a strong defense in order to resist pressures from others, but it is definitely worth it.

For Home Discussion:

What do you think is the meaning of the quote by Glyn Milburn on page 71?

How would you encourage teens to set limits in dating relationships and to resist negative peer pressure? (Pages 72-74)
A.C. Green

"Ironman of the NBA"

When A.C. Green was in high school, he played basketball at Benson High School in Oregon. While he hoped that he would someday play in the NBA, his hopes were just a dream. Upon his graduation from Oregon State University, A.C. was drafted in the first round by the Los Angeles Lakers and went on to win three NBA championships with the team.

A.C. Green holds the NBA and ABA records for most games played in a row at 1,192 – that’s why they call him the Ironman. He’s known for his commitment to the team and for his endurance.

But that’s not all that sets A.C. apart. A.C. attributes much of his success to a decision that he made as a teenager and has kept to this day.

“I made a decision… I resolved not to be with a woman until I married.

My convictions were obvious when I joined the Lakers but not proven, so a few players taunted, teased, tempted, and tried me to see if I’d hold up to my standards to save sex for marriage. ‘Hey wait ’til you see what I’m waiting for you,’ they said… ‘How much do you want to bet A.C. can’t stay away from so and so?’ one said. ‘I’ll bet twenty dollars he can’t,’ said another. ‘Count me in for a hundred dollars.’

A.C. Green

Eventually they got tired of the game and started believing in me.”

Joel & Amy

Joel: “Amy, you know I love you, so what are you waiting for? If you really loved me, you’d show me by having sex with me.”

Amy: “No, Joel. I do love you, and that’s why I’m not going to do this.”

Joel: (Joel moves closer and takes Amy’s hand) “Amy, all of our friends are having sex. Let’s just get it over with.”

Amy: (Stands up and moves toward the front door) “Joel, you know I care about you, but love and sex aren’t the same thing. I don’t want to mess up our relationship.”

Joel: (Joel moves toward Amy) “What’s the matter with you, Amy? I really thought that you loved me.”

Amy: (Opens the door and walks out) “I care about you, but we’ll have to talk about this another time.” (Amy leaves).

The first step is the most important. You must make it clear that you do not intend to be sexually active. Write your responses in the scenarios below to practice speaking up and resisting pressure.

“I know I love you, so what are you waiting for? Don’t you love me? I want to show you how much I love you in a physical way.”

“I promise nothing will happen – I’ll use protection.”

“All our friends are having sex. Let’s just get it over with.”

“You’re still a virgin? You don’t know what you’re missing.”

“Everybody knows you’re not a virgin. You can’t stop being sexually active once you’ve already started.”
Defense Wins Championships

Choosing abstinence until marriage requires a solid defense to resist the many pressures that you will face.

1. What are some of the sources of pressure to have sex that teens face today?

   • While there are many influences on teens to have sex today, some of the strongest pressures often come from the people that they know the best. Pressure may come from a boyfriend or girlfriend or other friends.

2. Sometimes pressure can come from within. What are some of the reasons why teens might put pressure on themselves to have sex?

It takes a strong person to resist the pressures from within or without. Those who make healthy choices are not people who have never struggled — they are people who have struggled and won because they believe that they are worth it! Be confident in who you are, not in who others want you to be. Let's look at a defensive plan to resist pressure.

Planning Your Defense

If someone is pressuring you to have sex or to do anything that you've decided that you don't want to do, you must clearly and directly resist this pressure with both words and actions.

1. SPEAK UP: This is the first step in resisting pressure. You must actually say “no.” Often a person is thinking “no,” but it is important to actually say it. People who respect you, and care about you will listen to what you say and abide by your wishes.

2. STAND UP: If speaking up doesn't end the pressure, then you must take action. You must physically position yourself to leave. You must actually stand up and be clear that you will not be involved in the behavior you are being pressured to do.

3. WALK AWAY: If the pressure continues after you speak up and stand up, you must leave. Do not continue to reason with the person at this time. You can talk about it at a later date. You must walk away.

Long before joining the NBA, A.C. Green was focused on doing something positive with his life. He wanted either to play basketball or to be a sports broadcaster. Even though he could not be sure he would make the NBA, A.C. made a game plan for his life and he stayed with it.

What are some of your goals for the future?

Give one word descriptions of some of the things that you would like to see in your life 10 years from now. Write these goals in the clouds.

Name three possible career goals. What would you like to do?

•

•

•
Getting There

1. Now take a look at the cloud on the previous page which represents your dreams and at your list of three possible career goals.
   - Will these dreams and goals be easy for you to accomplish? Yes No
   - What will it take for you to reach these goals? List three things you will have to do to accomplish your goals.

2. When should you begin planning to achieve your future goals?
   As a teenager there are a few decisions that will have a significant impact on your future. Good decisions now make it easier for you to accomplish your goals, and bad decisions make it more difficult for you to accomplish your goals.

2. Describe some activities that could make it difficult for you to accomplish your goals:

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Tom’s Story

Tom is now 27 years old. He’s been in a wheelchair since he was 15. Tom wasn’t driving the car, but he was riding in a car with a friend who was driving while drunk. For the rest of his life, Tom will be in a wheelchair needing daily assistance.

Tom thought he was okay because he wasn’t drinking. The problem is that his friend was drinking and driving.

He often thinks about how different his life would be if only he had resisted his friends and chosen not to ride in the car that day.

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Self-Control

Self-control includes the ability to follow rules that you set for yourself in order to succeed in life. Self-control is a sign of maturity, responsibility, respect for yourself, and respect for others.

1. Choosing sexual abstinence until marriage is about making wise, responsible decisions and exercising self-control. Do you think that teens who control themselves sexually are better able to control themselves and make good decisions in other areas of their lives as well? Explain.

2. Do you think that someone who is able to exercise self-control is a strong person? Why?

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Staying on Your Game

Young teens who choose abstinence are less likely than sexually active teens to be involved in many risky behaviors such as:

- Alcohol Use
- Anti-Social Behavior
- Depression/Suicide
- Tobacco Use
- Illicit Drug Use

“If you can control yourself sexually, you can control yourself. Period.”
Offensive Strategy

1. In choosing abstinence, it is important to set limits in dating relationships. If physical activity progresses, do you think that it becomes easier or more difficult to stop and say no to sex?
   - It becomes easier
   - It becomes more difficult
   - Not sure

   • What makes it difficult for the couple to stop?

   • Is it possible that one person may want to stop and the other person may not want to stop? Why would this be a problem?

2. Is setting physical boundaries a decision that you should make before you are emotionally involved with someone, or afterward?
   - Before
   - After

   • Why?

Think Ahead. Choosing abstinence requires setting boundaries for yourself because the farther you go physically, the harder it is to stop.

Holding Hands → Hugging → Kissing → Deep Kissing → Sexual Activity → Sexual Intercourse

Like a track runner in a sprint, the faster an athlete runs, the more difficult it becomes to stop quickly.

• If a sprinter is running a 100-yard dash, is it possible to stop at 95 yards without going through the tape at the finish line?
  - Yes
  - No

• Why is it difficult for the runner to stop?

Developing an offensive strategy for staying on your game plan means deciding to set boundaries. No one else can make the decision for you. This is a decision that you will have to make for yourself.

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1. What should Tom have done when his friends told him to come along for the ride?
   - What would you do?

2. When Tom was 15, he had goals and dreams for his life. Do you think he can still accomplish some of those dreams and goals? What will it take?

   “It’s great to let people know their options, but the options given today are faulty. Young people are told when they’re old enough to smoke, drink, drive, vote, go to school, and fight in the military. Why don’t we at least tell them how much better off they’d be, physically, emotionally, mentally, and socially, if they wait until marriage for sex?”
1. What do you think about abstinence? Does it seem positive or negative to you?  
• Positive  ❏  Negative  ❏  

How might sexual abstinence make it easier for you to accomplish your future goals?

2. Who will make the decision about whether or not you will be abstinent until marriage?

3. Who will benefit from the good choices that you make for yourself?

Considering Abstinence As Part Of Your Game Plan

To abstain means to voluntarily choose not to do something. When referring to sex, it means voluntarily choosing not to engage in sexual activity until marriage. Sexual activity refers to any type of genital contact or sexual stimulation including, but not limited to, sexual intercourse. Abstinence is the only 100% effective protection from the possible physical, emotional, mental, and social consequences of sex before marriage. Abstinence is the safest and healthiest lifestyle.

Abstinence: “to abstain”

"Don't trade what you want most for what you want for the moment.”

Glyn Milburn

Glyn Milburn is a former All Pro Football Player for the Chicago Bears. Glyn believes that, on and off the field, determination and commitment make for a winning team.

1. Examine the statement above by Glyn Milburn. Put this statement in your own words. What does he mean?

2. What things are most important to you? Go back to Chapter One and look at your dreams and goals on page 7. List your three most important dreams and goals.

3. Do you think that making a game plan for your life and sticking to it will have a positive impact on others? If so, how?

Abstinence doesn't mean:  Sex is bad.

Abstinence means:  Sex is good.

Save it, protect it, and preserve it so that you can enjoy it in a marriage relationship.
“You’ve got a destiny to fulfill. You’re the only person who can do it. Nothing is more fulfilling personally. And nothing makes a greater impact on the world.”

When A.C. was a teenager, he had a dream for his life. He made a game plan which included not only playing basketball but also helping others.

In 1988, A.C. Green founded the A.C. Green Youth Foundation. The A.C. Green Programs for Youth include basketball camps and after school programs. For more than 20 years, thousands of youth have benefitted from these programs. These programs gather youth from diverse backgrounds and give them the opportunity to learn and to have fun!

Steve and Tina

Steve and Tina had been dating for about six months and had just graduated from high school. As their relationship developed and they were preparing to go to college, Tina began to pressure Steve for sex. He had been abstinent and was planning to save sex for marriage. One night when they were alone, she told him that if he truly loved her he would prove his love to her by having sex with her. He refused and left the house. Their relationship ended shortly afterward.

Do you think Steve made a good decision? ☐ Yes ☐ No

Two months later Steve learned that Tina was already pregnant on that night when she was trying to get him to have sex with her. Tina became a single mother at age 18.

1. Why do you think Tina was trying to get Steve to have sex with her? What was her real concern?

• Do you think that Tina’s former boyfriend may have pressured her for sex? What are some feelings Tina might be experiencing now?

• If Steve had had sex with Tina, do you think it would have affected his future? ☐ Yes ☐ No

2. What would you do if a boyfriend or girlfriend were pressuring you to have sex?
Steve and Karen

Six years later, Steve met his future wife Karen in college. Steve and Karen were both abstinent, and shortly after they graduated from college, they were married. Steve and Karen have now been married for 17 years and have four children. Steve is a teacher, and Karen enjoys caring for the children. Steve and Karen never have to worry about sexually transmitted diseases or unwanted pregnancy. Sex is a normal, natural, and exciting part of their lives together.

1. For Steve and Karen, what were the benefits of saving sex for marriage?

   • Do you think that Steve and Karen regret being abstinent until marriage?  Yes  No
     Why or why not?

   • How did abstinence help Steve and Karen accomplish their game plans?

2. How could saving sex for marriage benefit you now and in the future and help you accomplish your game plan?

Thinking It Over...

Developing a Game Plan for your life can help you reach your future goals and dreams. Making good decisions now and choosing abstinence can make your Game Plan a lot easier to accomplish.

For Home Discussion:

What were some of your goals and dreams when you were my age? (Page 7)

How do you think abstinence could help teens in reaching their future goals? (Page 10)