

Richard Urban and his wife Stacey - True Community Hero in Washington D.C.

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Stacey (far left), Sarah (second to left) and Richard Urban (middle) with participants at a ULTRA STAR Guide Training Session on October 15, 2011.

Dedicated Unificationist, political activist and character educator Richard Urban will host a breakfast reception November 7 at the Washington Times to introduce his character and abstinence-centered education program Urban Life Training & Reality Assessment Teen Choice.

The *Crossroads: A New Direction For Our Youth* reception in the Beech Room of the Washington Times is an event to raise awareness about Richard Urban's character education organization Urban Life Training & Reality Assessment (ULTRA) Teen Choice. The ULTRA website explains the reception's purpose to "introduce [guests] to an organization that has helped thousands of Washington D.C. youth over the past 10 years find clear direction and a pathway to success through learning, modeling and teaching that sexual abstinence before marriage is the best choice."

"Our non-fundraising reception will explain the vision of Urban Life Training (ULTRA) and we will have video and in person testimonies from youth about the program," said Urban. "We want to let people know about our plan for the next three years and if by meeting different people they want to help volunteer their time, skills, or donate we will be grateful."

The idea for Urban Life Training arose from a dream Urban had in 1997 about being back in high school and making bad decisions involving irresponsible sexual activity. Urban told Unificationnews that the dream spurred him "to help today's youth avoid pitfalls." Urban then attended abstinence education training by Dr. Richard Panzer the founder of Free Teens USA. "Dr. Panzer and I went to work on our own local organizations," said Urban. "I used what I learned from Dr. Panzer and began educating students at local schools about abstinence. Later, Free Teens and Relationship Intelligence education became the core curriculum for ULTRA, as well. I officially incorporated my non-profit Urban Life Training & Reality Assessment in 2003"



Urban Life Training & Reality Assessment (ULTRA) Teen Choice Co-founders Richard and Stacey Urban with their daughter, Sarah.

The co-founders of ULTRA, Urban and his wife, Stacey, hope to "raise youth leaders to develop good character and to model and teach about the benefits of sexual abstinence in preparation for marriage and successful family formation."

Education about abstinence for DC youth, accountability and peer mentoring relationships between older and younger students and youth make up the vision for ULTRA. Urban further added, "We are unique in

that our mission deals with the very root cause of all major youth problems of today: out of wedlock pregnancy, HIV and STD infection, violence and crime, depression, poverty, and poor school performance problems.” The common answer to these problems is the education of abstinence before marriage to promote a foundation for building safe stable marriages, said Urban.



Yun-a Johnson a Students Teaching Abstinence & Responsibility (STAR) Guide presents a talk on "Teaching Relationship Intelligence and Protecting Your Feature" at an ULTRA session October 30, 2011.

ULTRA aims to transform Washington D.C. through its different training activities. In middle schools and high school, students engage in “Relationship Intelligence Education” sessions highlighting the physical, mental, emotional, moral, and societal effects of premature sexual activity. Young adult STAR (Students Teaching Abstinence & Responsibility) guides present the sessions and teach about the benefits of abstinence, practical strategies to stay abstinent, ways to deal with peer pressure, and how to assert oneself. In addition, ULTRA has been the lead organization since 2006 that facilitates Abstinence Awareness Week in Washington D.C. during the first full week of March. Through the ULTRA program, 3,000 people have received HIV/AIDS, pregnancy, prevention and “relationship intelligence education” training.

In 2010, Richard Urban ran for a District of Columbia Council At-Large seat. “I ran on a values campaign,” said Urban. “I wanted to combat assaults on the family such as same sex marriage, recommended HPV shots for 12 year old girls, etc. I wanted to promote the strengthening of families through good character and abstinence awareness.”

Even though Urban was not elected, Urban had been reinvigorated by the 20 supporters he met with after his defeat. The supporters applauded his character education efforts through ULTRA and implored him to continue helping Washington D.C. youth.

Furthermore, in the last year, Urban brought in two spiritual children while advocating abstinence-centered education as an important part of healthy growth and development.

Richard Urban and his wife Stacey now live in Washington D.C. They were Blessed in marriage in 1982. They have two children Sarah (24) and Michael (15). More information about Urban Life Training & Reality Assessment can be found at: www.urbanlifetraining.org.