

Get Real Comprehensive Sex Education That Works

EVERETT PUBLIC SCHOOLS

High School Grade 9



Do our kids really need to know this information now?

- 📌 YES! If kids have medically accurate and up-to-date information along with the support of trusted adults such as parents/guardians and teachers, most can make good decisions for themselves about sexual health issues.
- 📌 The media and friends do not always provide reliable information. *Get Real* is organized in a developmentally appropriate way that provides factual age-appropriate information.
- 📌 Researchers have found that 40% of adolescents have had sexual intercourse before talking to their parents about safer sex, birth control or STIs. So, it's never too soon to start talking!



AIDS Omnibus Act

RCW 28A.230.070



- Outcome of the 1988 legislative session.
- HIV / AIDS prevention education beginning in grade 5.
- The education shall teach students which behaviors place a person dangerously at risk of infection with AIDS and methods to avoid such risk.
- Having attended a school presentation, parent or guardian may request to have student excused from instruction.

Healthy Youth Act

RCW 28A.300.475



- Outcome of the 2007 legislative session.
- Medically and scientifically accurate and age-appropriate instruction and materials.
- List of curricula generated by the Superintendent of Public Instruction and Health Department.
- Parent or legal guardian may review the curriculum and may request to have child excused from planned instruction.

How Does SB 5395 Affect K-12 Schools?

- Requires all schools to provide Comprehensive Sexual Health Education in grades 4-12.
- Requires K- 3 instruction to be SEL (starting 2022-23 school year).



District Policy 2123 states:

Health, Family Life, AIDS, and Sex Education, including information about human anatomy, reproduction and related topics, shall be

- included in the instructional program
- appropriate to the grade level and course of study

The instructional approach shall be developed after consultation with parents/guardians and appropriate community representatives.

- Parents/Guardians must be able to opt their child out of instruction.
- 30 Day notice of instruction still required.
- Parents/Guardians must be able to review materials.
- Districts must make materials available electronically.
- Engage families: homework assignments, curriculum review, curriculum adoptions, etc.



The *KNOW HIV/STD Prevention Curriculum* Standards Alignment

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COMPREHENSIVE SEXUAL HEALTH
HIGH SCHOOL GRADE 9

Students will comprehend concepts related to **health promotion** and **disease prevention** to enhance health.

Students will analyze the influence of **family**, **peers**, **culture**, **media**, **technology**, and other factors on health behaviors.

Students will demonstrate the ability to **access valid information** and **products** and **services** to enhance health.

Students will demonstrate the ability to use **interpersonal communication skills** to **enhance** health and **avoid** or **reduce** health risks.

Students will demonstrate the ability to use **decision making skills** to enhance health.

Students will demonstrate the ability to use **goal-setting skills** to enhance health.

Students will demonstrate the ability to **practice health-enhancing behaviors** and **avoid** or **reduce** health risks.

Students will demonstrate the ability to **advocate** for **personal**, **family**, and **community** health.





K-12 Health education skills included in comprehensive sexual health education:

- Analyzing Influences
- Accessing Information
- Interpersonal Communication
- Decision Making
- Goal Setting
- Self-Advocacy
- Advocacy

Get Real is a High School Curriculum which:

- Is designed to delay sex
- Aims to increase correct and consistent use of protection methods when a person becomes sexually active
- Views sexuality in the context of relationships
- Focuses on social and emotional skills as a key component of making responsible and healthy decisions.

Five Social Emotional Learning (SEL) Skills Incorporated into ***Get Real***

1. **Self-awareness**, or getting to know and trust yourself
2. **Self-management** and self-control to express feelings in healthy ways
3. **Social-awareness**; being able to put yourself in “another person’s shoes”
4. **Relationship skills**, to build healthy relationships, deal with conflict, and seek help when needed
5. **Responsible decision-making**, such as how to think through pros and cons of choices and how your actions may affect others

Why SEL?

The program uses SEL because all consensual sexual activity takes place in the context of relationships. SEL is a process for helping youth develop fundamental skills for life effectiveness. SEL teaches the skills we all need to handle ourselves, our relationships, and our work effectively and ethically.



As a result of participating in the Get Real program, students will be able to:

CONNECT

self-awareness, self-management, social awareness, and relationship skills to responsible decision making.

NAME

reasons abstinence is the healthiest choice for youth their age.

DESCRIBE

consequences of sexual activity and ways to reduce the risk of negative consequences.

APPLY

a decision-making model to real-life situations.

DEMONSTRATE

assertive communication and refusal skills for delaying sexual intercourse and avoiding unprotected sexual activity.

INCREASE

opportunities for conversations with their parents or other caring adults about personal, family and community beliefs about sexual health.



Premises on Sexual Health

Get Real high school curriculum consists of 11 sequential lessons taught in Grade 9 in addition to Bystander Training and Affirmative Consent.

The following four premises are built into the curriculum:

1. Sexual health is an integral part of health education.
2. Parents and other caring adults are students' primary sexuality educators.
3. Relationship skills are a key element of a comprehensive sexuality education curriculum.
4. While abstinence from sex is the healthiest choice for avoiding sexually transmitted infections and unintended pregnancy, adolescents require a comprehensive understanding of sexual health, sexuality and protection methods, which they will need when they become sexually active.





Get Real encourages students to talk with a parent or other caring adult about the material covered in class.

Every lesson includes take-home Family Activities that *encourage dialogue* between students and their parents or caring adult.

Parent Involvement and Family Activities:

- The *Get Real* program recognizes parents/guardians as the primary sexuality educators of their children.
- They impart family and community values, attitudes and beliefs, and *Get Real* values their important role.



Grade 9

- Introduction to Sexuality
- Reproductive Anatomy
- Gender, Sex and Shared Responsibility
- Sexual Identity
- Reasons and Methods for Preventing Pregnancy
- Preventing STIs and HIV
- Sexual Risks and Low-Risk Intimacy
- Negotiating Postponement and Protection
- Social Media Literacy and Sexuality
- Healthy and Unhealthy Relationships
- Assessing Risk and Accessing Sexual Health Care
- Affirmative Consent
- Bystander Training

Positive Results

- Significant effect for students delaying sex compared to those who did not participate in Get Real.
- Reinforced family communication through family activities
- Empowered parents to help their children delay sex.
- Improved communication skills for healthy relationships.
- Students say they were more prepared to assert themselves and communicate in a relationship, including saying 'no' to sex after participating in the Get Real curriculum.





CURRICULUM REVIEW AND OPT-OUT PROCESS

1. Parents / Guardians should visit <https://bit.ly/SexEdCurriculumReview> to fill out the online curriculum review request form.
2. The CTE department will reach out within 2 school days with your Canvas Parent Portal information.
3. Once you receive your portal information, you will have 48 hours to review the curriculum, lessons, and videos prior to making the best decision for your student.
4. If you chose to opt your student out of the Sexual Health curriculum, please complete the opt-out form here <https://www.everettsd.org/Page/38405> .
5. Return the opt-out form to your student's teacher.
6. Students who opt-out of instruction will receive alternative class assignment(s) not addressing sexual health topics.





Thank You!