

Get Real Comprehensive Sex Education That Works

EVERETT PUBLIC SCHOOLS

Parent Presentation



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!





Comprehensive Health and Sexual Education (CHSE)

CHSE

- Improves knowledge and skills that supports healthy relationships
- Reduces dating and intimate partner violence
- Protects against child sexual abuse.
- Decreases incidents of homophobic-related bullying and harassment
- Reduces risky sexual activity, unintended pregnancies and sexual transmitted infections

CHSE Supports:

- Multi-tiered System of Supports (MTSS) framework
- Positive School Climate
- Whole Child, Whole School Pedagogical Approaches

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).





Grades 4 - 12 Affirmative Consent (Start No Later than Grade 5)

- An approach to giving and receiving consent that includes clear and voluntary permission to engage in sexual (or other) activity.
- Students are given specific strategies for asking for consent, giving, or denying consent.
- Teaching that it is not just the absence of "no" but also how to accept a "no" gracefully and respectfully.
- In earlier grades it might focus on hugs or horseplay, and in the older grades on hugs or sexual contact.
- Making sure permission is being granted.

Grades 4 - 12 Bystander Training Additional Requirements

Teaching students how to safely intervene when they see:

- Bullying
 - How to intervene on the playground
 - When to go to trusted adult for help
- Sexual harassment
- Unwanted sexual touch

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
MIDDLE SCHOOL GRADES 6-8

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 Middle 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 consists of 27 sequential lessons taught across the middle school years; 9 lessons each in Grade 6, 7, and 8.

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 6

- Creating the Classroom Environment
- Communication and Refusal Skills
- Relationships and Boundaries
- Male Anatomy and Reproduction
- Female Anatomy and Reproduction
- Puberty
- Abstinence
- Decision Making and Values
- Bystander Training
- Affirmative Consent
- Conclusion and Review

Grade 7

- Creating the Classroom Environment
- Media Literacy and Sexuality
- Sexual Identity
- Creating a Safe School Environment
- Deciding About Sexual Behavior
- Defining and Maintaining Abstinence
- Introduction to Sexually Transmitted Infections
- Introduction to Protection Methods
- Bystander Training
- Affirmative Consent
- Conclusion and Review



Grade 8

- Creating the Classroom Environment
- Healthy and Unhealthy Relationships
- Addressing Obstacles to Abstinence
- Comprehensive Protection Methods
- STI/HIV Transmission
- Living with HIV
- Refusal Skills
- Goals and Decision Making
- Bystander Training
- Affirmative Consent
- Conclusion and Review

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 helping 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.



Frequently Asked Questions

Are lessons taught co-ed?

- All lessons are taught with all students present.
- This is best practice and provides for an inclusive classroom.

Can I review the curriculum further before deciding to opt my child in or out of the curriculum?

Yes. All curriculum can be viewed in the Elementary School Parent Canvas course.

Can I see the lessons and instructional videos?

Yes. All lessons and instructional videos can be viewed in the Elementary School Parent Canvas Course.

Can I opt my child out?

Yes. Parents / guardians may choose to opt their student out of sexual health instruction. The opt-out form is available in our curriculum review parent Canvas course, online on our EPS web Page or in the school's main office.

To whom should I direct further questions regarding the curriculum and opt-out forms?

- Please direct all questions to your student's teacher.
- Please send all opt-out forms directly to your student's teacher.





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 PE 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.



The background of the slide is a photograph of three people—a young man, a woman, and an older man—gathered around a computer monitor. The young man is seated and looking at the screen, while the woman and older man stand behind him, also looking at the screen. The woman is pointing at the monitor. The entire image is overlaid with a semi-transparent blue filter.

Thank You!