

High School Sexual Health Education Syllabus

Curriculum taught in the last 3 weeks of the semester. January for fall semester and June for spring semester and will include age-appropriate instruction on affirmative consent and bystander training.

Affirmative consent is an approach to giving and receiving consent that includes clear, voluntary, enthusiastic permission to engage in sexual activity. It is not just the absence of “no.” In high school it might focus on handholding, kissing or sexual touch/activity, as well as virtual contact such as texts or emails or taking photos. Bystander training teaches students how to safely intervene when they see bullying, sexual harassment or unwanted sexual activity. They are included in this legislation as a way for schools to combat the high rates of unwanted sexual contact experienced by youth in our state.

Comprehensive Sexual Health Education Curriculum Objectives:

Get Real is a high school curriculum designed to help students develop skills needed to delay sex and to encourage correct and consistent use of protection methods when they become sexually active.

Get Real views approaches sexuality education with a focus on the central role of communication in relationships and with parents. It also provides students with age-appropriate skills for avoiding STIs, including HIV, and unplanned pregnancy, and for accessing sexual health care.

Student Outcomes:

1. Connect self-awareness, self-management, social awareness, and relationship skills to responsible decision making.
2. Name reasons abstinence is the healthiest choice for youth their age.
3. Describe consequences of sexual activity and ways to reduce the risk of negative consequences.
4. Demonstrate assertive communication and refusal skills for delaying sexual intercourse and avoiding unprotected sexual activity.
5. Increase their opportunities for conversations with their parents and other caring adults about personal, family and community beliefs about sexual health.
6. Identify ways teens can access sexual health care.

7. Identify and describe common protection and contraception methods.

Premises of Sexual Health:

Get Real consists of 11 sequential lessons taught in grade 9. 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.

Parent Involvement and Family Activities:

1. The Get Real program recognizes parents/guardians as the primary sexuality educators of their children.
2. They impart family and community values, attitudes and beliefs, and Get Real values their important role.
3. Get Real encourages students to talk with a parent or other caring adult about the material covered in class and every lesson includes take-home Family Activities that encourage dialogue between students and their parents or caring adult.

Get Real Incorporates the Five Social Emotional Learning (SEL) Skills into the curriculum:

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**, or 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 does *Get Real* incorporate the Five SEL Skills into the curriculum?

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.

***Get Real* Lessons by Grade Level**

9th Grade Lessons:

1. Introduction to Sexuality
2. Reproductive Anatomy
3. Gender, Sex and Shared Responsibility
4. Sexual Identity
5. Reasons and Methods for Preventing Pregnancy
6. Preventing STIs and HIV
7. Sexual Risk and Low-Risk Intimacy
8. Negotiating Postponement and Protection
9. Social Media Literacy and Sexuality
10. Healthy and Unhealthy Relationships
11. Assessing Risk and Accessing Sexual Health Care

Including Bystander training and Affirmative Consent.

Positive Results of *Get Real*:

1. Significant effect for both boys and girls delaying sex compared to those who did not participate in *Get Real*.
2. Reinforced family communication through family activities and empowered parents to help their children delay sex.
3. Improved communication skills for healthy relationships. In a recent study, both boys and girls said they were more prepared to assert themselves and communicate in a relationship, including saying 'no' to sex after participating in the *Get Real* curriculum.

Questions You May Have:

1. Are lessons taught co-ed?

All lessons are taught with both male and female students present.

2. Can I opt my child out?

Parents have the ability to opt their student out of the lessons. A Parent or Guardian who wishes to have his or her child excused from any planned

instruction in sexual health education may do so upon filing a written request with the school district board of directors or its designee, the principal of the school his or her child attends, the principal's designee, or his or her child's teacher.

Students opted out will have graded health lessons to complete. The opt-out form can be found [here](#).

3. Can I have a copy of the lessons?

The ***Get Real*** curriculum is available in the office for review but may not be taken home.