



GET | REAL

Comprehensive Sex Education That Works

Adopted : 2016-2017

Everett School District



Advancing Science
Reducing Risk
Improving Lives

What is Comprehensive Sexuality Education?

Sexuality Education is a lifelong process of acquiring information and forming attitudes, beliefs and values about identity, relationships, and intimacy. It encompasses sexual development, reproductive health, interpersonal relationships, affection, intimacy, body image, and gender roles.*

Sexuality Education addresses the biological, socio-cultural, psychological, and spiritual dimensions of sexuality from the cognitive domain, the affective domain, and the behavioral domain.

* *Sexuality Information and Education Council of the United States, www.siecus.org*

What is *Get Real* Middle School?

- *Get Real: Comprehensive Sex Education That Works* is a middle school program for 6th, 7th, and 8th graders that delivers accurate, age-appropriate information and emphasizes healthy relationship skills and family involvement over the course of 27 classroom lessons.
- *Get Real* empowers parents to communicate their values about sexual health and staying healthy. Each lesson has a take-home family activity to encourage ongoing conversations between students and the caring adults in their lives.

Research shows that *Get Real* Works!!!

Students who receive *Get Real* in middle school are less likely to have sex.

- Among students who received *Get Real*, **16% fewer boys and 15% fewer girls had sex compared to their peers who did not take *Get Real*.**
- *Get Real* is one of only a few middle school programs that reduces risky sexual behavior for BOTH boys and girls.
- Boys and girls who received our curriculum increased their negotiation skills, and left 8th grade more equipped to communicate within relationships about delaying sex or setting boundaries.

Get Real Curriculum Foundation

- Framed in Social and Emotional Learning, emphasizing the importance of relationship skills, effective communication and responsible decision-making
- Mapped to National Sex Education Standards and National Health Education Standards
- Based on current research that shows effectiveness of long-term, comprehensive sexuality education programs

Family and Community Involvement

- *Get Real* supports parents as the primary sexuality educators of their children
- In accordance with State and ESD policy parents will have the option to opt out after reviewing the lessons and filing appropriate forms with a written request (WAC 392-410-140)
- For MS: Each lesson has a take-home family activity, complete with resources for parents
- For HS: There are three lessons that include a caring adult interview
- Students are directed to trusted adults in their lives and resources in their community

Social and Emotional Learning (SEL)

SEL is the theoretical foundation of *Get Real*. The curriculum focuses on the following 5 SEL life skills.

- Self-awareness
- Self-management
- Social awareness
- Relationship skills
- Responsible decision-making

Staying Healthy

- Abstinence and Postponement
 - Introduced from the beginning of the curriculum and addressed throughout as the healthiest choice
 - Multiple lessons dedicated to students generating an understanding and strategies for how to postpone sexual intercourse
- Sexually Transmitted Infections/HIV
 - 6th, 7th and 8th grade lessons dedicated to an overview of STIs, their transmission and prevention
- Protection Methods
 - 7th and 8th grade lessons dedicated to an overview of the most common protection methods used by sexually active teens
- Decision Making, Negotiation and Refusal Skills
 - Majority of lessons address one or all of these skills in relation to healthy sexual decision making

Staying Healthy

- Relationship Skills & Decision Making
 - Identifying healthy and unhealthy relationships
 - Refusal, negotiation and consent
 - Equality and responsibility in relationships
 - Social networking and media literacy
- Accessing sexual health services
- Maintaining Abstinence
- Sexually Transmitted Infections/HIV
- Protection Methods
- Sexual Identity
- Anatomy & Physiology

Instruction

- **The Gateway Fitness and Health Department will teach the information during second semester.**
- **We anticipate eight to nine days of instruction.**
- **The information presented will adhere to the lessons provided in the curriculum.**
- **As a department, we have presented similar information for many years. We appreciate the sensitive nature of this topic, but are responsible for delivering basic facts.**

6th Grade Lesson Topics

- Creating the Classroom Climate
- Communication and Refusal Skills
- Relationships and Boundaries
- Male Anatomy and Reproduction
- Female Anatomy and Reproduction
- Puberty
- Abstinence
- Decision Making and Values

7th Grade Lesson Topics

- Creating the Classroom Climate
- Media Literacy and Sexuality
- Sexual Identity
- Creating a Safe School Environment
- Deciding About Sexual Behavior
- Defining and Maintaining Abstinence
- Introduction of Sexually Transmitted Infections
- Introduction of Protection Methods

8th Grade Lesson Topics

- Creating the Classroom Climate
- Healthy and Unhealthy Relationships
- Addressing Obstacles to Abstinence
- Comprehensive Protection Methods
- STI/HIV Transmission
- Living with HIV
- Refusal Skills
- Goals and Decision Making

General Information

- **State law requires each District to provide yearly instruction in the life-threatening dangers of HIV/AIDS, its transmission, and its prevention.**
- **The instruction is required to be OSPI (Office of Superintendent of Public Instruction) approved.**
- **The District has adopted a comprehensive sexual health curriculum. The new curriculum will be taught from 6th grade through high school.**