

Get Real: Comprehensive Sex Education That Works Logic Model: Snapshot

Get Real/Intervention Lessons Designed to Change Risk & Protective Factors

Risk & Protective Factors (Determinants) Affecting Sexual Behaviors Addressed in *Get Real*

Behaviors Directly Affecting *Get Real's* Health Goal

Get Real's Health Goal

Grade 6

Lesson 6.1: Creating the Classroom Climate	Activities 6.1-1 – 6.1-5
Lesson 6.2: Communication and Refusal Skills	Activities 6.2-1 – 6.2-5
Lesson 6.3: Relationships and Boundaries	Activities 6.3-1 – 6.3-8
Lesson 6.4: Male Anatomy and Reproduction	Activities 6.4-1 – 6.4-5
Lesson 6.5: Female Anatomy and Reproduction	Activities 6.5-1 – 6.5-6
Lesson 6.6: Puberty	Activities 6.6-1 – 6.6-4
Lesson 6.7: Abstinence	Activities 6.7-1 – 6.7-4
Lesson 6.8: Decision Making and Values	Activities 6.8-1 – 6.8-6
Lesson 6.9: Grade 6 Conclusion and Review	Activities 6.9-1 – 6.9-7

Grade 7

Lesson 7.1: Creating the Classroom Climate	Activities 7.1-1 – 7.1-6
Lesson 7.2: Media Literacy and Sexuality	Activities 7.2-1 – 7.2-4
Lesson 7.3: Sexual Identity	Activities 7.3-1 – 7.3-5
Lesson 7.4: Creating a Safe School Environment	Activities 7.4-1 – 7.4-6
Lesson 7.5: Deciding About Sexual Behavior	Activities 7.5-1 – 7.5-5
Lesson 7.6: Defining and Maintaining Abstinence	Activities 7.6-1 – 7.6-6
Lesson 7.7: Introduction to Sexually Transmitted Infections	Activities 7.7-1 – 7.7-6
Lesson 7.8: Introduction to Protection Methods	Activities 7.8-1 – 7.8-4
Lesson 7.9: Grade 7 Conclusion and Review	Activities 7.9-1 – 7.9-5

Grade 8

Lesson 8.1: Creating the Classroom Climate	Activities 8.1-1 – 8.1-5
Lesson 8.2: Healthy and Unhealthy Relationships	Activities 8.2-1 – 8.2-5
Lesson 8.3: Addressing Obstacles to Abstinence	Activities 8.3-1 – 8.3-5
Lesson 8.4: Comprehensive Protection Methods	Activities 8.4-1 – 8.4-7
Lesson 8.5: STI/HIV Transmission	Activities 8.5-1 – 8.5-5
Lesson 8.6: Living with HIV	Activities 8.6-1 – 8.6-5
Lesson 8.7: Refusal Skills	Activities 8.7-1 – 8.7-4
Lesson 8.8: Goals and Decision Making	Activities 8.8-1 – 8.8-4
Lesson 8.9: <i>Get Real</i> Capstone Project	Activities 8.9-1 – 8.9-4

KNOWLEDGE of:

- Increase awareness of delaying sex as the healthiest choice
- Increase knowledge of how pregnancy happens
- Increase knowledge of how STIs are transmitted
- Increase knowledge of how drugs and alcohol can affect decision making around sexual behavior
- Increase awareness of consequences when condoms and/or other protection methods are not used
- Increase knowledge of correct and consistent use of condoms and other protection methods
- Increase knowledge of resources for community or reproductive health information and services

PERCEPTION OF RISK of:

- Increase perceived risk in having an older partner
- Increase perceived risk of STIs

VALUES AND ATTITUDES towards:

- Increase positive attitudes toward condoms and/or other protection methods
- Address values around abstinence and sex
- Address attitudes about abstinence and sex

PERCEPTION OF PEER NORMS about:

- Address perceptions of peer norms regarding sexual behavior

SKILLS to:

- Increase self-efficacy of SEL skills to delay and/or refuse sex
- Promote SEL skills to increase use of condoms and/or other protection methods
- Increase self-efficacy to demand the use of condoms and/or other protection methods

PARENT-CHILD COMMUNICATION about:

- Increase communication with parents and other caring adults

INTENTIONS to:

- Address future goal setting

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy

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KNOWLEDGE

Grade 6

Activity 6.7-2: Defining Unhealthy Behaviors, Abstinence and Sexual Abstinence
Activity 6.7-3: Abstinence Advice Scenarios

Grade 7

Activity 7.6-2: What Does Abstinence Mean?
Activity 7.6-3: Where Do You Draw the Line?
Activity 7.8-2: Why Use Protection?
Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection

Increase awareness of delaying sex as the healthiest choice

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy

Grade 6

Activity 6.4-2: The Male Parts and What They Do
Activity 6.4-3: Linking Parts with Reproduction
Activity 6.4-4: "What Am I?" Game
Activity 6.5-2: The Female Parts and What They Do
Activity 6.5-3: The Menstrual Cycle Explained
Activity 6.5-4: "What Am I?" Game

Grade 7

Activity 7.8-2: Why Use Protection?
Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection

Grade 8

Activity 8.4-2: The Need for Protection
Activity 8.4-3: Protection Methods Game
Activity 8.4-4: Protection Methods Kit
Activity 8.4-5: What's the Deal?
Activity 8.4-6: Protection Methods Fact Sheet

Increase knowledge of how pregnancy happens

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Get Real's Health Goal

KNOWLEDGE

Grade 6
Activity 6.4-3: Linking Parts with Reproduction

Grade 7
Activity 7.5-2: Defining and Deciding About Sexual Behaviors
Activity 7.5-3: Sexual Behavior and Risk
Activity 7.7-2: Defining STIs
Activity 7.7-3: STI Quiz
Activity 7.7-4: STIs: What They Are and How to Avoid Them
Activity 7.7-5: Handshake Demonstration
Activity 7.8-2: Why Use Protection?
Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection

Grade 8
Activity 8.4-2: The Need for Protection
Activity 8.4-3: Protection Methods Game
Activity 8.4-4: Protection Methods Kit
Activity 8.4-5: What's the Deal?
Activity 8.4-6: Protection Methods Fact Sheet
Activity 8.5-2: Sweetly Transmitted Infections
Activity 8.5-3: Multiple Partners and Other Risk Factors
Activity 8.5-4: HIV Review
Activity 8.6-3: HIV Guest Speaker Presentation or Video
Activity 8.6-4: Questions and Answers
Activity 8.6-6: Homework

Increase knowledge of how STIs are transmitted

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

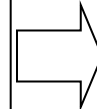
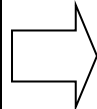
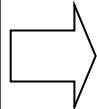
Reduce incidence of unintended pregnancy

Grade 6
Activity 6.7-2: Defining Unhealthy Behaviors, Abstinence and Sexual Abstinence
Activity 6.7-3: Abstinence Advice Scenarios
Activity 6.8-2: Introduction to Personal Values and Decision Making
Activity 6.8-4: Decision-Making Activity
Activity 6.9-4: Refusal Skills Demonstration

Grade 7
Activity 7.6-3: Where Do You Draw the Line?
Activity 7.6-4: Refusal Skills Brainstorm

Grade 8
Activity 8.3-3: Obstacles to Abstinence
Activity 8.5-3: Multiple Partners and Other Risk Factors

Increase knowledge of how drugs and alcohol can affect decision making around sexual behavior



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***Get Real's* Health Goal**

KNOWLEDGE

Grade 6
Activity 6.4-3: Linking Parts with Reproduction

Grade 7
Activity 7.7-3: STI Quiz
Activity 7.7-4: STIs: What They Are and How to Avoid Them
Activity 7.7-5: Handshake Demonstration

Grade 6
Activity 6.4-3: Linking Parts with Reproduction

Grade 7
Activity 7.5-3: Sexual Behavior and Risk
Activity 7.8-2: Why Use Protection?
Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection

Grade 8
Activity 8.4-3: Protection Methods Game
Activity 8.4-4: Protection Methods Kit
Activity 8.4-5: What's the Deal?
Activity 8.4-6: Protection Methods Fact Sheet

Grade 7
Activity 7.1-4: Brainstorm Resources
Activity 7.1-5: "What Am I?" Game

Grade 8
Activity 8.1-4: Road Map to Resources

Increase awareness of consequences when condoms and/or other protection methods are not used

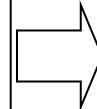
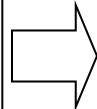
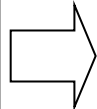
Increase knowledge of correct and consistent use of condoms and other protection methods

Increase knowledge of resources for community or reproductive health information and services

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy



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PERCEPTION OF RISK

Grade 6
 Activity 6.3-4: Healthy Vs. Unhealthy Relationship Brainstorm
 Activity 6.3-5: Dating Older Partners
 Activity 6.3-7: Homework

Grade 7
 Activity 7.7-3: STI Quiz

Grade 8
 Activity 8.2-2: Healthy/Unhealthy Relationship Characteristics
 Activity 8.2-3: Healthy Vs. Unhealthy
 Activity 8.5-3: Multiple Partners and Other Risk Factors

Grade 7
 Activity 7.7-2: Defining STIs
 Activity 7.7-3: STI Quiz
 Activity 7.7-4: STIs: What They Are and How to Avoid Them
 Activity 7.7-5: Handshake Demonstration

Grade 8
 Activity 8.5-2: Sweetly Transmitted Infections
 Activity 8.5-3: Multiple Partners and Other Risk Factors
 Activity 8.5-4: HIV Review
 Activity 8.6-3: HIV Guest Speaker Presentation or Video
 Activity 8.6-4: Questions and Answers
 Activity 8.6-6: Homework

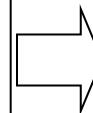
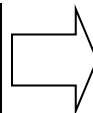
Increase perceived risk in having an older partner

Increase perceived risk of STIs

Delay initiation of sex

 Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy



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VALUES AND ATTITUDES

Grade 7

- Activity 7.7-3: STI Quiz
- Activity 7.7-4: STIs: What They Are and How to Avoid Them
- Activity 7.7-5: Handshake Demonstration
- Activity 7.8-2: Why Use Protection?
- Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection
- Activity 7.9-3: Sexual Decision Making
- Activity 7.9-4: Practicing Refusal and Insisting on Condom Use
- Activity 7.9-5: A Promise to Myself

Grade 8

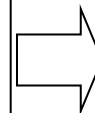
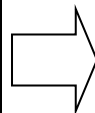
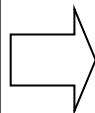
- Activity 8.4-2: The Need for Protection
- Activity 8.4-3: Protection Methods Game
- Activity 8.4-4: Protection Methods Kit
- Activity 8.4-5: What's the Deal?
- Activity 8.4-6: Protection Methods Fact Sheet
- Activity 8.5-2: Sweetly Transmitted Infections
- Activity 8.5-3: Multiple Partners and Other Risk Factors
- Activity 8.5-4: HIV Review
- Activity 8.6-3: HIV Guest Speaker Presentation or Video
- Activity 8.6-4: Questions and Answers
- Activity 8.6-6: Homework
- Activity 8.7-2: Process Speaker or Video
- Activity 8.7-3: Role-Plays

Increase positive attitudes toward condoms and/or other protection methods

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy



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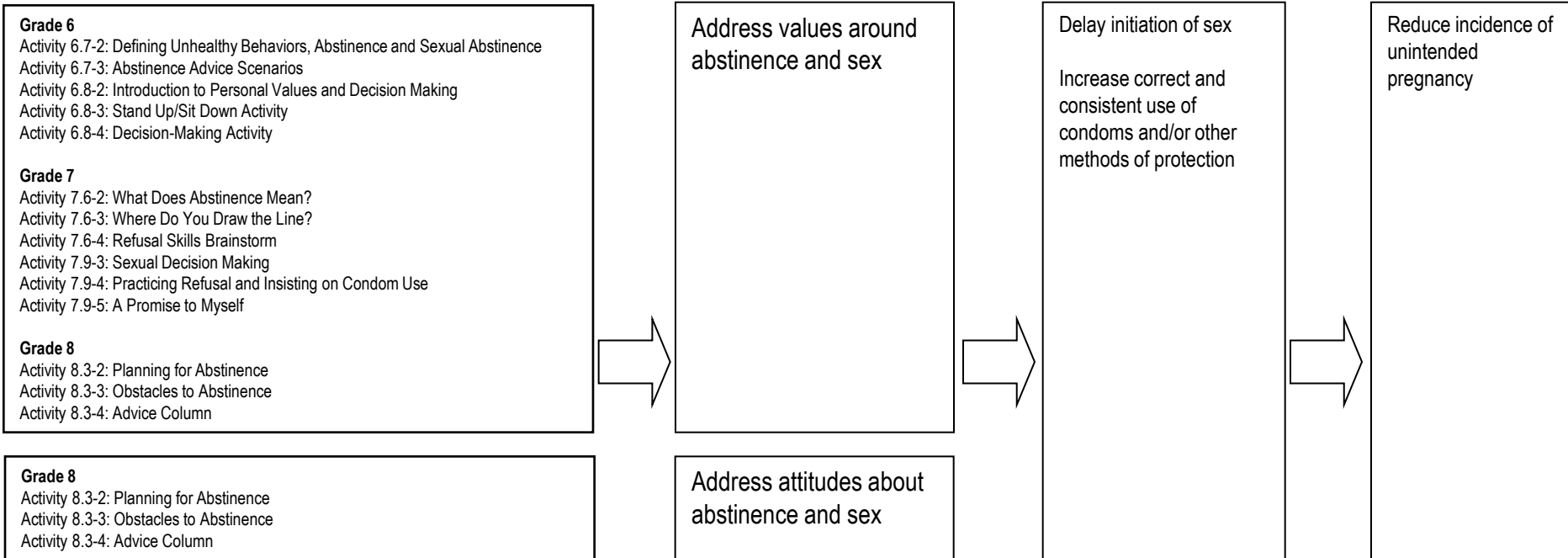
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VALUES AND ATTITUDES



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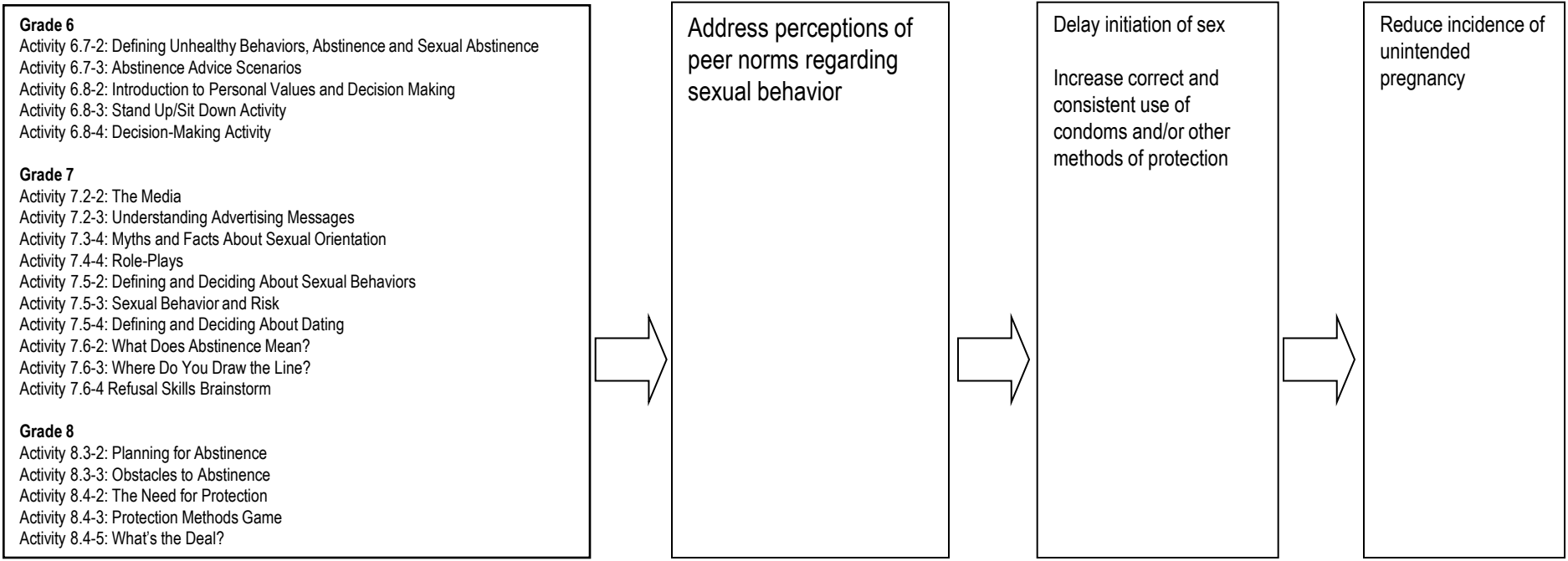
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PERCEPTION OF PEER NORMS



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SKILLS

Grade 6

- Activity 6.2-2: Communication Skills
- Activity 6.2-3: Refusal Skills
- Activity 6.2-4: Assertive Communication Scenarios
- Activity 6.3-2: Circles of Relationships
- Activity 6.3-3: Examining and Respecting Personal Space
- Activity 6.3-4: Healthy Vs. Unhealthy Relationship Brainstorm
- Activity 6.3-6: Boundaries and Peer Pressure Scenarios
- Activity 6.3-7: Homework
- Activity 6.6-2: Males/Females/Both
- Activity 6.6-3:
- Activity 6.7-2: Defining Unhealthy Behaviors, Abstinence and Sexual Abstinence
- Activity 6.7-3: Abstinence Advice Scenarios
- Activity 6.9-2: Review Contest
- Activity 6.9-4: Refusal Skills Demonstration

Grade 7

- Activity 7.2-2: The Media
- Activity 7.2-3: Understanding Advertising Messages
- Activity 7.3-4: Myths and Facts About Sexual Orientation
- Activity 7.4-4: Role-Plays
- Activity 7.6-2: What Does Abstinence Mean?
- Activity 7.6-3: Where Do You Draw the Line?
- Activity 7.6-4: Refusal Skills Brainstorm
- Activity 7.6-5: Homework
- Activity 7.9-4: Practicing Refusal and Insisting on Condom Use
- Activity 7.9-5: A Promise to Myself

Grade 8

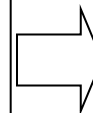
- Activity 8.1-3: Decision-Making Review
- Activity 8.3-4: Advice Column
- Activity 8.7-3: Role-Plays
- Activity 8.8-3: Scenarios

Increase self-efficacy of SEL skills to delay and/or refuse sex

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy



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SKILLS

Grade 7
Activity 7.9-3: Sexual Decision Making
Activity 7.9-4: Practicing Refusal and Insisting on Condom Use
Activity 7.9-5: A Promise to Myself

Grade 7
Activity 7.9-4: Practicing Refusal and Insisting on Condom Use
Activity 7.9-5: A Promise to Myself

Grade 8
Activity 8.7-3: Role-Plays

Promote SEL skills to increase use of condoms and/or other protection methods

Increase self-efficacy to demand the use of condoms and/or other protection methods

Delay initiation of sex
Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy

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PARENT-CHILD COMMUNICATION

Grade 6

- Activity 6.1-3: Find Someone Who...
- Activity 6.1-4: Caring Adults Brainstorm
- Activity 6.2-1: Process Family Activity
- Activity 6.2-2: Communication Skills
- Activity 6.3-1: Process Family Activity
- Activity 6.4-1: Process Family Activity
- Activity 6.5-1: Process Family Activity
- Activity 6.6-1: Process Family Activity
- Activity 6.7-1: Process Family Activity
- Activity 6.8-1: Process Family Activity
- Activity 6.9-1: Process Family Activity

Grade 7

- Activity 7.1-3: Decision-Making Review
- Activity 7.1-4: Brainstorm Resources
- Activity 7.2-1: Process Family Activity
- Activity 7.3-1: Process Family Activity
- Activity 7.4-1: Process Family Activity
- Activity 7.5-1: Process Family Activity
- Activity 7.6-1: Process Family Activity
- Activity 7.7-1: Process Family Activity
- Activity 7.8-1: Process Family Activity
- Activity 7.9-1: Process Family Activity

Grade 8

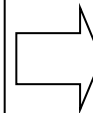
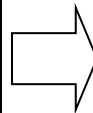
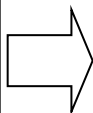
- Activity 8.1-4: Road Map to Resources
- Activity 8.2-1: Process Family Activity
- Activity 8.3-1: Process Family Activity
- Activity 8.4-1: Process Family Activity
- Activity 8.5-1: Process Family Activity
- Activity 8.6-1: Process Family Activity
- Activity 8.7-1: Process Family Activity
- Activity 8.7-2: Process Speaker or Video
- Activity 8.8-1: Process Family Activity
- Activity 8.9-1: Process Family Activity

Increase communication with parents and other caring adults

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy



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INTENTIONS

Grade 6

Activity 8.6-2:
Activity 6.9-3: Character Case Study and Personal Goal Reflection
Activity 6.9-4: Refusal Skills Demonstration
Activity 6.9-6: Giving a Message

Grade 7

Activity 7.5-4: Defining and Deciding About Dating
Activity 7.9-5: A Promise to Myself

Grade 8

Activity 8.8-2: "Who Will I Become?" Brainstorm
Activity 8.2-4: My Plan for Having a Healthy Relationship
Activity 8.8-3: Scenarios
Activity 8.9-4: Knowing Your Limits

Address future goal setting

Delay initiation of sex

Increase correct and consistent use of condoms and/or other methods of protection

Reduce incidence of unintended pregnancy