

What's been updated in *Get Real*, Second Edition?

Planned Parenthood League of Massachusetts reviewed and ETR published the second edition of *Get Real* in 2019. This review included feedback from LGBTQ+ teens, pregnant and parenting teens, sex education peer educators, and *Get Real* Educators across the United States.

The following lists the primary changes made to ensure the program remains up to date and relevant for today's youth, while maintaining fidelity to the core components and key characteristics linked to effectiveness.

- **LGBTQ+ Inclusivity:** All lessons were professionally reviewed and updated to ensure that language was intentional and inclusive of LGBTQ+ youth. Gendered language was removed throughout, and specifically from discussions of anatomy.
- **Trauma-Informed Approach:** All lessons were professionally reviewed and updated to ensure that the information taught is mindful and accessible to those students who have experienced trauma in their lives.
- **Consent:** Specific talking points around consent have been embedded in the lessons.
- **Youth-Positive Focus:** Any potentially stigmatizing language around consent and communication was removed in order to value, support and respect the rights and abilities of all young people to make informed choices about their own health and safety.
- **Reflection of Real-World Experiences:** Lesson activities were reviewed and updated to better reflect and address challenges faced by *Get Real* educators in the classroom.
- **Harm Reduction:** Harm-reduction approaches were increased within the lessons.
- **Alignment to National Standards:** The curriculum has been aligned to the National Health Education Standards using the CDC's Health Education Curriculum Analysis Tool (HECAT).
- **Activity Kits:** The materials in the Middle School Activity Kit were updated and made larger to be better seen in the classroom. Anatomy posters were updated, and an Activity Kit is now provided for the High School curriculum as well.
- **Parent Website:** The *Get Real* for Parents mobile website is now an integrated part of the Middle School curriculum.
- **Spanish Translation:** The curriculum is now available in Spanish.