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

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

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<thead>
<tr>
<th>Grade 6</th>
<th>Lesson 6.1: Creating the Classroom Climate</th>
<th>Activities 6.1-1 – 6.1-5</th>
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<td>Lesson 6.2: Communication and Refusal Skills</td>
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<td>Lesson 6.3: Relationships and Boundaries</td>
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<td>Lesson 6.4: Anatomy and Reproduction: The Penis and Related Parts</td>
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<td>Lesson 6.5: Anatomy and Reproduction: The Vagina and Related Parts</td>
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<td>Lesson 6.6: Puberty</td>
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<td>Lesson 6.7: Abstinence</td>
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<td>Lesson 6.8: Decision Making and Values</td>
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<td>Lesson 6.9: Grade 6 Conclusion and Review</td>
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<td>Lesson 7.4: Creating a Safe School Environment</td>
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<td>Lesson 7.7: Introduction to Sexually Transmitted Infections</td>
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<td>Lesson 7.8: Introduction to Protection Methods</td>
<td>Activities 7.8-1 – 7.8-5</td>
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<td>Lesson 8.3: Addressing Obstacles to Abstinence</td>
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<td>Lesson 8.5: STI/HIV Transmission</td>
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<td>Lesson 8.6: Living with HIV</td>
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<td>Lesson 8.7: Refusal Skills</td>
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<td>Lesson 8.8: Goals and Decision Making</td>
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<td>Lesson 8.9: Get Real Capstone Project</td>
<td>Activities 8.9-1 – 8.9-4</td>
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</tbody>
</table>

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

**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

### Behaviors Directly Affecting Get Real’s Health Goal

**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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SECOND EDITION
### 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: Refusal Skills Brainstorm
- Activity 7.8-2: Why Use Protection?
- Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection

**Grade 6**
- Activity 6.4-2: The Penis, Related 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 Vagina, Related 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: Homework: Protection Methods Fact Sheet

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**Get Real: Comprehensive Sex Education That Works Logic Model: Detailed**

**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

**Knowledge**
- Increase awareness of delaying sex as the healthiest choice
- Increase knowledge of how pregnancy happens
- 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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## Get Real: Comprehensive Sex Education That Works Logic Model: Detailed

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

#### 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: STIs: What They Are and Prevention Methods
- Activity 7.7-4: Handshake Demonstration
- Activity 7.8-2: Why Use Protection?
- Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection

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- Activity 8.4-2: The Need for Protection
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- Activity 8.4-5: What's the Deal?
- Activity 8.4-6: Homework: 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

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

#### 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: Refusal Skills Brainstorm

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

### Behaviors Directly Affecting Get Real's Health Goal

#### Grade 6
- Activity 6.7-4: Homework: Abstinence Advice Scenarios

#### Grade 7
- Activity 7.6-2: Refusal Skills Brainstorm

#### Grade 8
- Activity 8.5-3: Multiple Partners and Other Risk Factors

### Get Real's Health Goal

#### Grade 6
- Activity 6.9-3: Abstinence Advice Scenarios

#### Grade 7
- Activity 7.6-2: Refusal Skills Brainstorm

#### Grade 8
- Activity 8.5-3: Multiple Partners and Other Risk Factors

### KNOWLEDGE

#### Grade 6
- Activity 6.4-3: Linking Parts with Reproduction

#### Grade 7
- Activity 7.5-2: Defining and Deciding About Sexual Behaviors
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- 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

### Increase knowledge of how drugs and alcohol can affect decision making around sexual behavior
**Get Real: Comprehensive Sex Education That Works Logic Model: Detailed**

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

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**KNOWLEDGE**

- **Increase awareness of consequences when condoms and/or other protection methods are not used**  
  - Grade 6: Activity 6.4-3: Linking Parts with Reproduction  
  - Grade 7: Activity 7.7-3: STIs: What They Are and Prevention Methods  
  - Activity 7.7-4: Handshake Demonstration

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

- **Increase knowledge of resources for community or reproductive health information and services**  
  - Grade 7: Activity 7.1-4: Brainstorm Resources  
  - Activity 7.1-5: “What Am I?” Game  
  - Grade 8: Activity 8.1-3: Road Map to Resources

- **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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### Get Real: Comprehensive Sex Education That Works Logic Model: Detailed

**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**

#### PERCEPTION OF RISK

<table>
<thead>
<tr>
<th>Grade 6</th>
<th>Increase perceived risk in having an older partner</th>
<th>Delay initiation of sex</th>
<th>Reduce incidence of unintended pregnancy</th>
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<tbody>
<tr>
<td>Activity 6.3-4: Healthy Vs. Unhealthy Relationship Brainstorm</td>
<td>Increase correct and consistent use of condoms and/or other methods of protection</td>
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<td>Activity 6.3-5: Dating Older Partners</td>
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<td>Activity 7.7-2: Defining STIs</td>
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SECOND EDITION

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## Get Real: Comprehensive Sex Education That Works Logic Model: Detailed

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### Grade 7

**Activity 7.7-3:** STIs: What They Are and Prevention Methods  
**Activity 7.7-4:** 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 Negotiating Condom Use  
**Activity 7.9-5:** What I Want to Remember

### 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:** Homework: 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

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### VALUES AND ATTITUDES

**Increase positive attitudes toward condoms and/or other protection methods**

**Delay initiation of sex**

**Reduce incidence of unintended pregnancy**
### Get Real: Comprehensive Sex Education That Works Logic Model: Detailed

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

| 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 6.8-3: Stand Up/Sit Down Activity  
Activity 6.8-4: Decision-Making Activity |
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| Grade 7 | Activity 7.6-2: What Does Abstinence Mean?  
Activity 7.6-3: Refusal Skills Brainstorm  
Activity 7.9-3: Sexual Decision Making  
Activity 7.9-4: Practicing Refusal and Negotiating Condom Use  
Activity 7.9-5: What I Want to Remember |
| Grade 8 | Activity 8.3-2: Planning for Abstinence  
Activity 8.3-3: Obstacles to Abstinence  
Activity 8.3-4: Homework: Advice Column |

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

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<tr>
<th>Grade 6</th>
<th>Address values around abstinence and sex</th>
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<td>Grade 7</td>
<td>Address attitudes about abstinence and sex</td>
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<tr>
<td>Grade 8</td>
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</table>

#### Behaviors Directly Affecting Get Real's Health Goal

- Delay initiation of sex
- Increase correct and consistent use of condoms and/or other methods of protection
- Reduce incidence of unintended pregnancy

#### VALUES AND ATTITUDES

- Get Real: Comprehensive Sex Education That Works
- Second Edition
- Adapted from ReCAPP BDI Logic Model Course (c) 2003
Get Real: Comprehensive Sex Education That Works Logic Model: Detailed

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

PERCEPTION OF PEER NORMS

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Activity 6.7-3: Abstinence Advice Scenarios
Activity 6.8-2: Introduction to Personal Values and Decision Making
Activity 6.8-3: Stand Up/Sit Down Activity
Activity 6.8-4: Decision-Making Activity

Grade 7
Activity 7.2-2: The Media
Activity 7.2-3: Understanding Advertising Messages
Activity 7.3-2: Stereotypes Brainstorm
Activity 7.4-4: Role-Plays
Activity 7.5-2: Defining and Deciding About Sexual Behaviors
Activity 7.5-3: Sexual Behavior and Risk
Activity 7.5-4: Defining and Deciding About Dating
Activity 7.6-2: What Does Abstinence Mean?
Activity 7.6-3: Refusal Skills Brainstorm

Grade 8
Activity 8.3-2: Planning for Abstinence
Activity 8.3-3: Obstacles to Abstinence
Activity 8.4-2: The Need for Protection
Activity 8.4-3: Protection Methods Game
Activity 8.4-5: What’s the Deal?

Address perceptions of peer norms regarding sexual behavior

Delay initiation of sex

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

Reduce incidence of unintended pregnancy
### SKILLS

**Get Real**: Comprehensive Sex Education That Works Logic Model: Detailed

**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**

- 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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<tr>
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<td>Activity 6.6-2: Experiences in Puberty</td>
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<td>Activity 6.9-4: Refusal Skills Demonstration</td>
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**SKILLS**

**Grade 7**
- Activity 7.9-3: Sexual Decision Making
- Activity 7.9-4: Practicing Refusal and Negotiating Condom Use
- Activity 7.9-5: What I Want to Remember

**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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**Get Real’s Health Goal**

### 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 8.1-3: 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

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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
### Get Real: Comprehensive Sex Education That Works Logic Model: Detailed

**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

- **INTENTIONS**

  - **Grade 6**
    - Activity 6.8-2: Introduction to Personal Values and Decision Making
    - 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: What I Want to Remember

  - **Grade 8**
    - Activity 8.2-4: My Plan for Having a Healthy Relationship
    - Activity 8.8-2: "Who Will I Become?" Brainstorm
    - Activity 8.8-3: Scenarios
    - Activity 8.9-4: Knowing Your Limits

  - **延迟性行为的开始**
  - **增加正确和一致的避孕套或其他方法的使用**
  - **减少意外怀孕的发生**

  - **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**