

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

Get Real Intervention Lessons Designed to Change Risk & Protective Factors

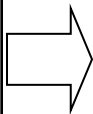
Risk & Protective Factors (Determinants) Affecting Sexual Behaviors Addressed in Get Real

Behaviors Directly Affecting Get Real's Health Goal

Get Real's Health Goal

Grade 9

Lesson 9.1: Introduction to Sexuality	Activities 9.1-1 – 9.1-6
Lesson 9.2: Sexual and Reproductive Anatomy	Activities 9.2-1 – 9.2-6
Lesson 9.3: Gender, Sex and Shared Responsibility	Activities 6.3-1 – 6.3-6
Lesson 9.4: Gender and Sexual Identity	Activities 9.4-1 – 9.4-5
Lesson 9.5: Comprehensive Protection Methods	Activities 9.5-1 – 9.5-6
Lesson 9.6: Preventing STIs	Activities 9.6-1 – 9.6-7
Lesson 9.7: Sexual Risk and Low-Risk Intimacy	Activities 9.7-1 – 9.7-5
Lesson 9.8: Negotiating Postponement and Protection	Activities 9.8-1 – 9.8-6
Lesson 9.9: Social Media Literacy and Sexuality	Activities 9.9-1 – 9.9-7
Lesson 9.10: Healthy and Unhealthy Relationships	Activities 9.10-1 – 9.10-7
Lesson 9.11: Assessing Risk and Accessing Sexual Health Care	Activities 9.11-1 – 9.11-6



KNOWLEDGE of:

- Delaying sex as the healthiest choice
- How pregnancy happens
- How STIs are transmitted
- How drugs and alcohol can affect decision-making around sexual behavior
- Consequences when condoms and/or other protection methods are not used
- Correct and consistent use of condoms and other protection methods
- Resources for community or reproductive health information and services

PERCEPTION OF RISK of:

- Having an older partner
- STIs

VALUES AND ATTITUDES towards:

- Condoms and/or other protection methods
- Abstinence and delaying sex
- Sexual behavior

PERCEPTION OF PEER NORMS about:

- Male responsibility for pregnancy prevention
- Sexual behavior
- Relationships

SKILLS AND SELF-EFFICACY to:

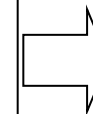
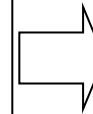
- Use SEL skills to delay and /or refuse sex
- Use SEL skills to increase use of condoms and/or other protection methods
- Use SEL skills to increase assertive communication in relationships
- Demand the use of condoms and/or other protection methods

PARENT-CHILD COMMUNICATION about:

- Sexual behavior and relationships

INTENTIONS to:

- Delay and/or refuse sex
- Use condoms and/or other protection methods



Delay initiation of sex

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

Reduce incidence of unintended pregnancy

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KNOWLEDGE

Activity 9.1-3: Identifying Personal Values
 Activity 9.5-2: Reasons for Preventing Pregnancy
 Activity 9.5-3: What's in the Choosing?
 Activity 9.5-4: Introduction to External Condom Use

Knowledge of delaying sex as the healthiest choice

Delay initiation of sex

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

Reduce incidence of unintended pregnancy

Activity 9.2-2: Which Parts Go Together?
 Activity 9.2-3: The Parts and What They Do
 Activity 9.2-4: Fertilization Fill-in-the-Blanks Story (Optional)
 Activity 9.7-2: Sexual Behaviors and Risk

Knowledge of how pregnancy happens

Activity 9.2-3: The Parts and What They Do
 Activity 9.2-4: Fertilization Fill-in-the-Blanks Story (Optional)
 Activity 9.6-2: STIs
 Activity 9.6-3: Dismantling Arguments Against Condom Use

Knowledge of how STIs are transmitted

Activity 9.6-4: Demonstrating External Condom Use
 Activity 9.6-5: Substance Use and Condoms (Optional)
 Activity 9.7-2: Sexual Behaviors and Risk

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

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KNOWLEDGE

Activity 9.2-3: The Parts and What They Do
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 Activity 9.5-3: What's in the Choosing?
 Activity 9.5-4: Introduction to External Condom Use
 Activity 9.6-2: STIs
 Activity 9.6-3: Dismantling Arguments Against Condom Use
 Activity 9.6-5: Substance Use and Condoms (Optional)
 Activity 9.7-2: Sexual Behaviors and Risk
 Activity 9.7-4: Intimacy and Assertive Communication Practice
 Activity 9.8-4: Accessing Sexual Health Care

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

Delay initiation of sex

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

Reduce incidence of unintended pregnancy

Activity 9.2-4: Fertilization Fill-in-the-Blanks Story (Optional)
 Activity 9.5-3: What's in the Choosing?
 Activity 9.5-4: Introduction to External Condom Use
 Activity 9.6-4: Demonstrating External Condom Use
 Activity 9.6-5: Substance Use and Condoms (Optional)

Knowledge of correct and consistent use of condoms and other protection methods

Activity 9.5-3: What's in the Choosing?
 Activity 9.5-6: Introspective Journaling and Homework
 Activity 9.7-2: Sexual Behaviors and Risk
 Activity 9.8-4: Accessing Sexual Health Care
 Activity 9.10-5: Getting Help with Relationships

Knowledge of resources for community or reproductive health information and services

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PERCEPTION OF RISK

Activity 9.6-3: Dismantling Arguments Against Condom Use
Activity 9.7-2: Sexual Behaviors and Risk
Activity 9.10-2: Healthy and Unhealthy Relationship Brainstorm
Activity 9.10-3: Values Clarification

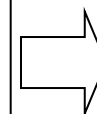
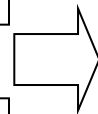
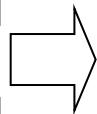
Activity 9.5-3: What's in the Choosing?
Activity 9.7-2: Sexual Behaviors and Risk
Activity 9.7-3: Intimacy and Assertive Communication Practice

Perception of risk of having an older partner

Perception of risk of STIs

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

Reduce incidence of unintended pregnancy



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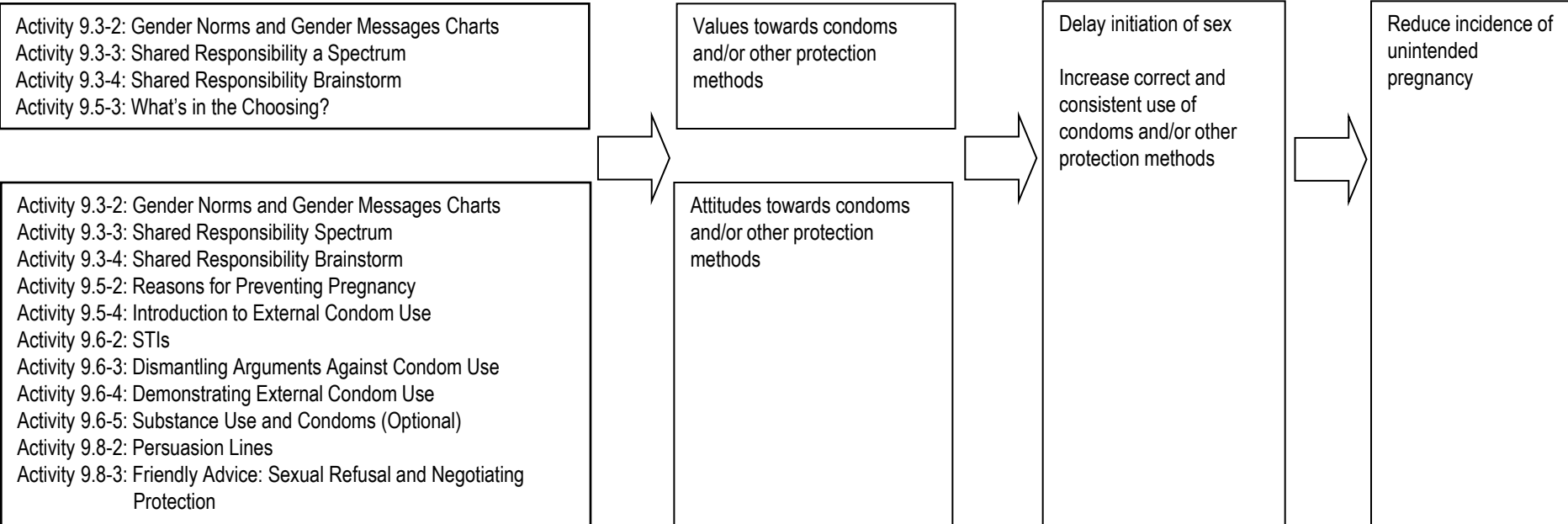
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***Get Real's* Health Goal**

VALUES AND ATTITUDES



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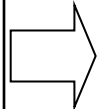
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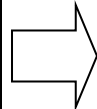
***Get Real's* Health Goal**

VALUES AND ATTITUDES

- Activity 9.1-2: Introducing Sexuality and Sexual Health
- Activity 9.1-3: Identifying Personal Values
- Activity 9.1-6: Introspective Journaling
- Activity 9.2-6: Introspective Journaling
- Activity 9.3-2: Gender Norms and Gender Messages Charts
- Activity 9.3-3: Shared Responsibility Spectrum
- Activity 9.3-4: Shared Responsibility Brainstorm
- Activity 9.3-6: Introspective Journaling and Family Activity
- Activity 9.4-5: Introspective Journaling
- Activity 9.5-2: Reasons for Preventing Pregnancy
- Activity 9.5-3: What's in the Choosing?
- Activity 9.5-6: Introspective Journaling and Homework
- Activity 9.6-7: Introspective Journaling and Family Activity
- Activity 9.7-2: Sexual Behaviors and Risk
- Activity 9.7-5: Introspective Journaling
- Activity 9.8-2: Persuasion Lines
- Activity 9.8-6: Introspective Journaling
- Activity 9.9-7: Introspective Journaling and Homework
- Activity 9.10-7: Introspective Journaling and Family Activity
- Activity 9.11-3: Personal Risk Assessment and Risk Reduction Strategies
- Activity 9.11-6: Introspective Journaling

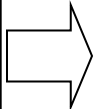


Values/attitudes towards abstinence and delaying sex



Delay initiation of sex

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



Reduce incidence of unintended pregnancy

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VALUES AND ATTITUDES

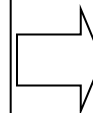
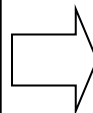
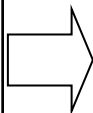
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 Activity 9.6-2: STIs
 Activity 9.6-7: Introspective Journaling and Family Activity
 Activity 9.7-2: Sexual Behaviors and Risk
 Activity 9.7-3: Intimacy and Assertive Communication Practice
 Activity 9.7-5: Introspective Journaling
 Activity 9.8-2: Persuasion Lines
 Activity 9.8-6: Introspective Journaling
 Activity 9.9-7: Introspective Journaling and Homework
 Activity 9.10-7: Introspective Journaling and Family Activity
 Activity 9.11-3: Personal Risk Assessment and Risk Reduction Strategies
 Activity 9.11-6: Introspective Journaling

Values/attitudes towards sexual behavior

Delay initiation of sex

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

Reduce incidence of unintended pregnancy



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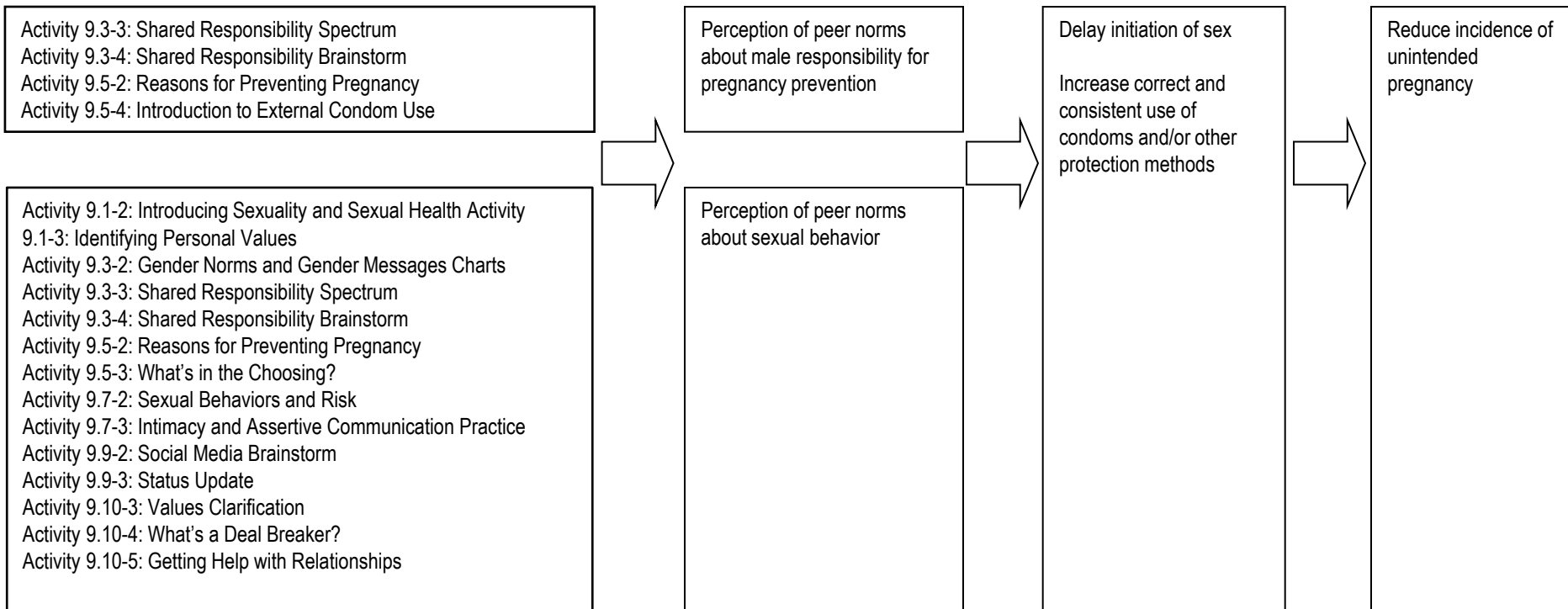
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PERCEPTION OF PEER NORMS



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PERCEPTION OF PEER NORMS

Activity 9.1-2: Introducing Sexuality and Sexual Health
Activity 9.1-3: Identifying Personal Values
Activity 9.3-3: Shared Responsibility Spectrum
Activity 9.4-2: The Most Important Part of Me
Activity 9.4-5: Introspective Journaling
Activity 9.5-2: Reasons for Preventing Pregnancy
Activity 9.5-3: What's in the Choosing?
Activity 9.9-2: Social Media Brainstorm
Activity 9.9-3: Status Update
Activity 9.9-4: Public Vs. Private
Activity 9.9-5: Social Media Guidelines
Activity 9.10-2: Healthy and Unhealthy Relationship Brainstorm
Activity 9.10-3: Values Clarification
Activity 9.10-4: What's a Deal Breaker?

Perception of peer norms about relationships

Delay initiation of sex

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

Reduce incidence of unintended pregnancy

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SKILLS AND SELF-EFFICACY

Activity 9.1-3: Identifying Personal Values
 Activity 9.3-4: Shared Responsibility Brainstorm
 Activity 9.7-2: Sexual Behaviors and Risk
 Activity 9.7-3: Intimacy and Assertive Communication Practice
 Activity 9.8-2: Persuasion Lines
 Activity 9.8-3: Friendly Advice: Sexual Refusal and Negotiating Protection
 Activity 9.9-2: Social Media Brainstorm
 Activity 9.9-3: Status Update
 Activity 9.9-4: Public Vs. Private
 Activity 9.9-5: Social Media Guidelines

Skills and self-efficacy to use SEL skills to delay and/or refuse sex

Delay initiation of sex

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

Reduce incidence of unintended pregnancy

Activity 9.3-3: Shared Responsibility Spectrum
 Activity 9.3-4: Shared Responsibility Brainstorm
 Activity 9.5-2: Reasons for Preventing Pregnancy
 Activity 9.5-4: Introduction to External Condom Use
 Activity 9.6-4: Demonstrating External Condom Use
 Activity 9.6-5: Substance Use and Condoms (Optional)
 Activity 9.7-2: Sexual Behaviors and Risk
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 Activity 9.10-3: Values Clarification
 Activity 9.10-4: What's a Deal Breaker?
 Activity 9.10-5: Getting Help with Relationships

Skills and self-efficacy to use SEL skills to increase use of condoms and/or other protection methods

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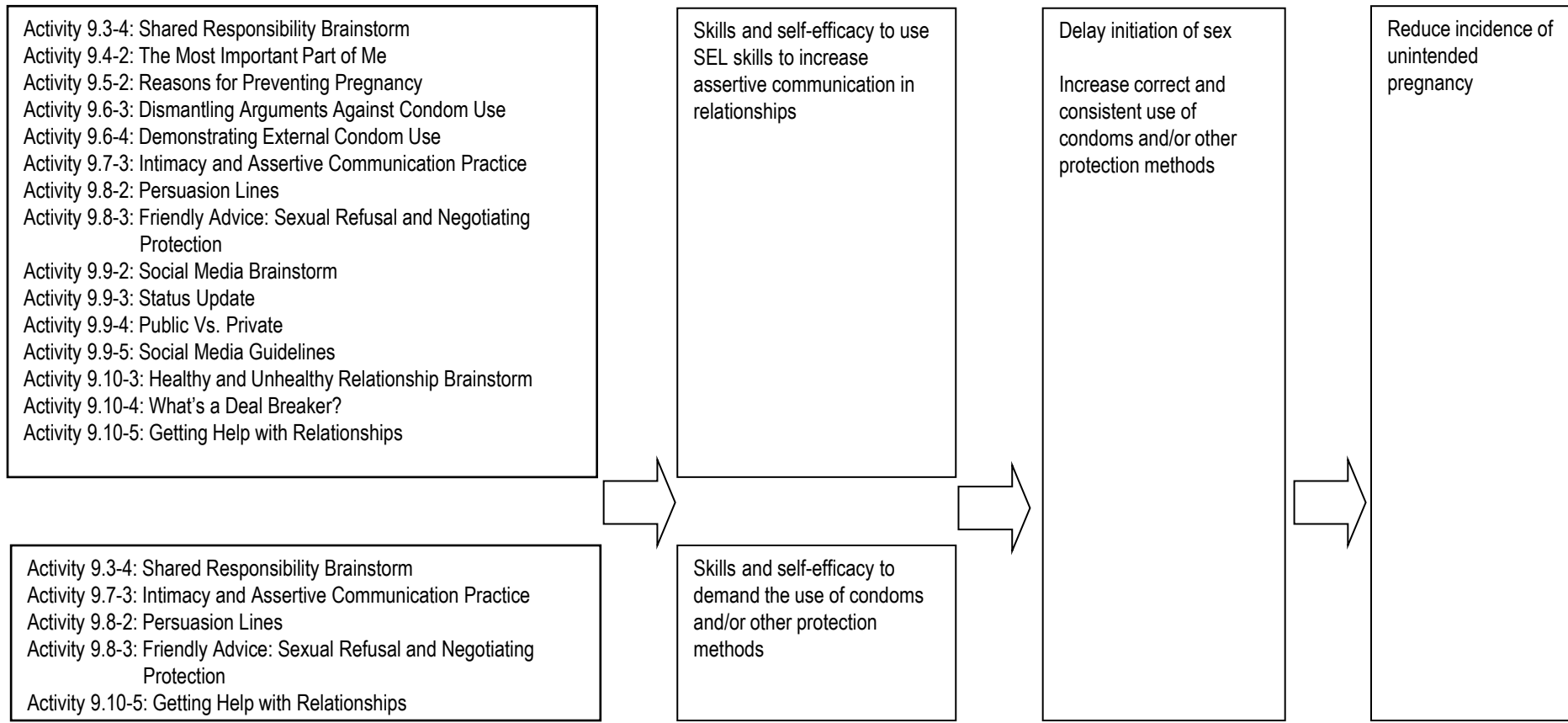
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SKILLS AND SELF-EFFICACY



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PARENT-CHILD COMMUNICATION

Activity 9.1-2: Introducing Sexuality and Sexual Health
Activity 9.3-6: Introspective Journaling and Family Activity
Activity 9.4-1: Process Journal Activity from Lesson 9.3
Activity 9.6-7: Introspective Journaling and Family Activity
Activity 9.7-1: Discuss Journal Activity from Lesson 9.6
Activity 9.10-5: Getting Help with Relationships
Activity 9.10-7: Introspective Journaling and Family Activity
Activity 9.11-1: Discuss Journal Activity from Lesson 9.10

Parent-child communication about sexual behavior and relationships

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

Reduce incidence of unintended pregnancy

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INTENTIONS

Activity 9.5-2: Reasons for Preventing Pregnancy
Activity 9.11-3: Personal Risk Assessment and Risk Reduction Strategies
Activity 9.11-6: Introspective Journaling

Activity 9.5-2: Reasons for Preventing Pregnancy
Activity 9.11-3: Personal Risk Assessment and Risk Reduction Strategies
Activity 9.11-6: Introspective Journaling

Intentions to delay and/or refuse sex

Intentions to use condoms and/or other protection methods

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

Reduce incidence of unintended pregnancy