

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 – 6.2-4
Lesson 6.3: Relationships and Boundaries	Activities 6.3-1 – 6.3-8
Lesson 6.4: Anatomy and Reproduction: The Penis and Related Parts	Activities 6.4-1 – 6.4-5
Lesson 6.5: Anatomy and Reproduction: The Vagina and Related Parts	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 – 7.2-5
Lesson 7.3: Gender and 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 – 7.6-4
Lesson 7.7: Introduction to Sexually Transmitted Infections	Activities 7.7-1 – 7.7-5
Lesson 7.8: Introduction to Protection Methods	Activities 7.8-1 – 7.8-5
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 – 8.6-7
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: Get Real 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

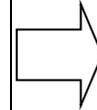
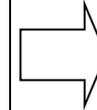
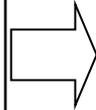
INTENTIONS to:

- 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



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

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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

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

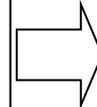
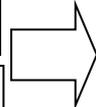
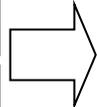
Increase awareness of delaying sex as the healthiest choice

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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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: 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

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

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: 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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KNOWLEDGE

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

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: Homework: Protection Methods Fact Sheet

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

Grade 8
Activity 8.1-3: Road Map to Resources

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

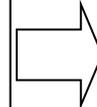
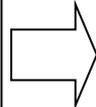
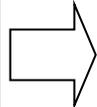
Increase knowledge of correct and consistent use of condoms and other protection methods

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: STIs: What They Are and Prevention Methods

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: STIs: What They Are and Prevention Methods
 Activity 7.7-4: 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

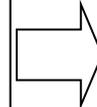
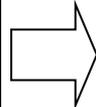
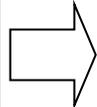
Increase perceived risk in having an older partner

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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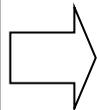
VALUES AND ATTITUDES

Grade 7

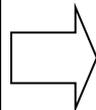
- Activity 7.7-3: STIs: What They Are and Prevention Methods
- Activity 7.7-4: Handshake Demonstration
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- Activity 7.8-3: Protection Methods: Condom Use and Hormonal Protection
- Activity 7.9-3: Sexual Decision Making
- Activity 7.9-4: Practicing Refusal and Negotiating Condom Use
- Activity 7.9-5: What I Want to Remember

Grade 8

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- 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

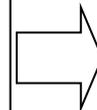


Increase positive attitudes toward condoms and/or other protection methods



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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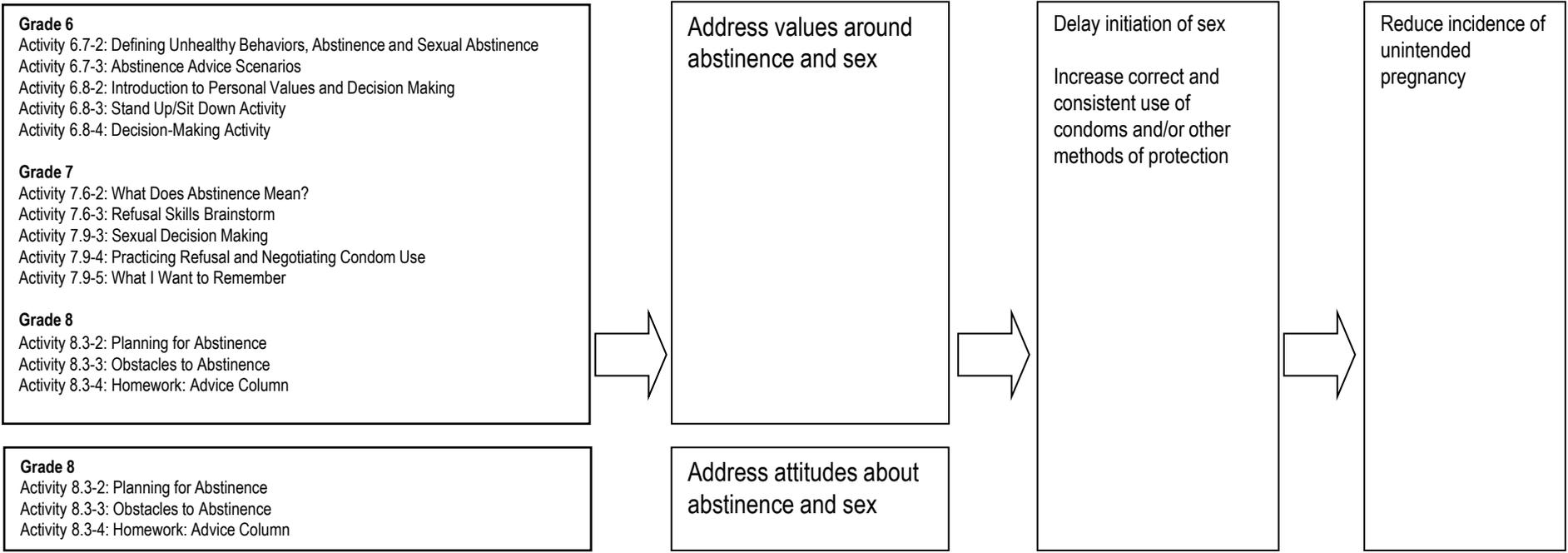
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VALUES AND ATTITUDES



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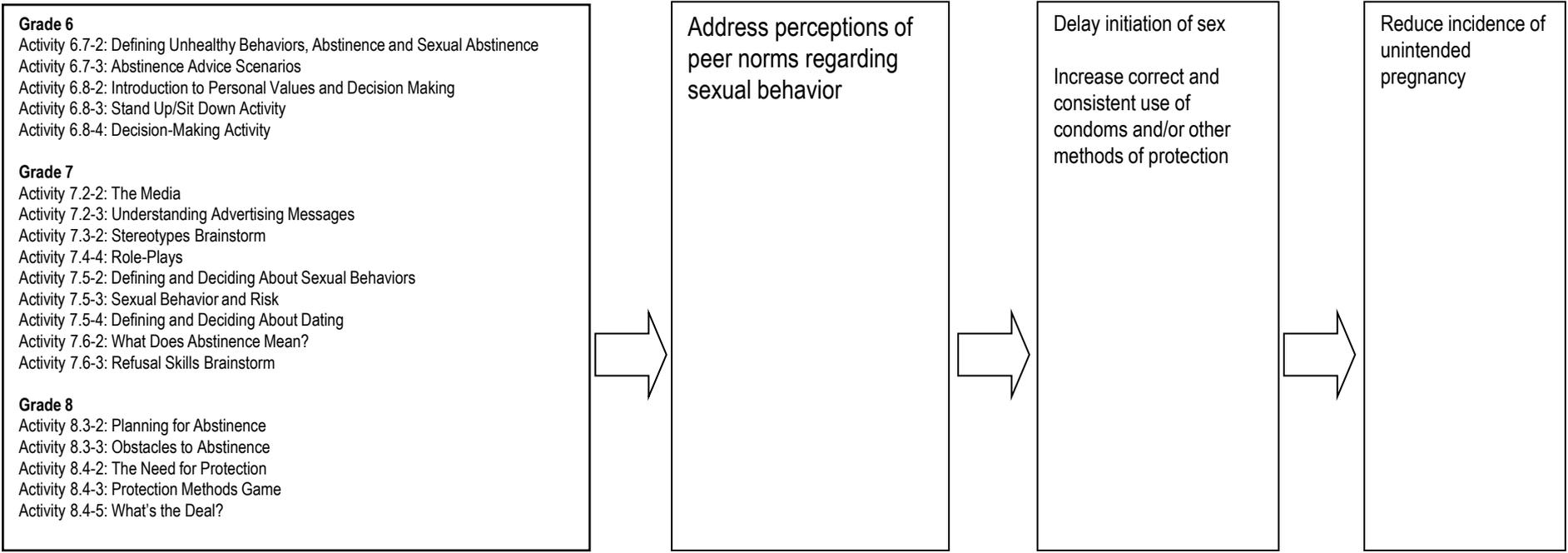
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PERCEPTION OF PEER NORMS



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SKILLS

Grade 6

- Activity 6.2-2: Communication Skills
- Activity 6.2-3: 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: Experiences in Puberty
- Activity 6.6-3: They May Feel...
- 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 7.3-2: Stereotypes Brainstorm
- Activity 7.4-4: Role-Plays
- Activity 7.6-2: What Does Abstinence Mean?
- Activity 7.6-3: Refusal Skills Brainstorm
- Activity 7.9-4: Practicing Refusal and Negotiating Condom Use
- Activity 7.9-5: What I Want to Remember

Grade 8

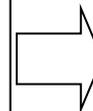
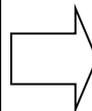
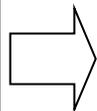
- Activity 8.1-4: Decision-Making Review
- Activity 8.3-4: Homework: Advice Column
- Activity 8.7-3: Role-Plays
- Activity 8.8-3: Scenarios

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 Negotiating Condom Use
Activity 7.9-5: What I Want to Remember

Grade 7
Activity 7.9-4: Practicing Refusal and Negotiating Condom Use
Activity 7.9-5: What I Want to Remember

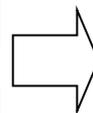
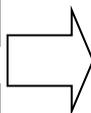
Grade 8
Activity 8.7-3: Role-Plays

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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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

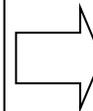
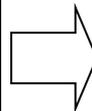
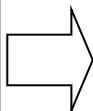
- Activity 8.1-3: Road Map to Resources
- Activity 8.2-1: Process Family Activity
- Activity 8.3-1: Process Family Activity
- Activity 8.4-1: Process Family Activity
- Activity 8.5-1: Process Family Activity
- Activity 8.6-1: Process Family Activity
- Activity 8.7-1: Process Family Activity
- Activity 8.7-2: Process Speaker or Video
- Activity 8.8-1: Process Family Activity
- Activity 8.9-1: Process Family Activity

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 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

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