

A WORD FROM THE EXPERTS

Get Real: Comprehensive Sex Education That Works

Interviews with Developers of Evidence-Based
Programs for Teen Pregnancy Prevention



This webinar was developed by Child Trends under contract #GS-10F-0030R for the Office of Adolescent Health; US Department of Health and Human Services as a technical assistance product for use with OAH grant programs.



Inclusion on the HHS Teen Pregnancy Prevention Evidence Review does not indicate HHS or OAH endorsement of a program model.



Planned Parenthood League of Massachusetts

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Program goals:

- Delay sex
- Increase correct and consistent use of protection methods
- Increase communication between youth and adults

Target population:

- Middle School
(6th, 7th, and 8th Grade)

Key components:

- Comprehensive sexuality education
- Focus on relationship skills via Social Emotional Learning Approach
- Family engagement

Delivery methods:

- 9 lessons per grade
- Take home family letters and activities, available in multiple languages

■ Formative Evaluation

- ✓ Population: 5 Boston-metro schools, 500 students
- ✓ Findings: Youth identified parents are important and trusted resource for information on sex



■ Impact RCT Evaluation

- ✓ Population: 24 schools in Boston-metro area, 2453 students
- ✓ Findings: Among students who received *Get Real*, 16% fewer boys and 15% fewer girls had sex compared to their peers who did not take *Get Real*

■ Evaluated populations

- 24 schools: 22 urban schools, 13 public, 9 public charter, 2 private.
- 2453 students: 52% female, 48% male
- 33% Hispanic/Latino, 53% Black/African American, 28% white, 6% Asian/Pacific Islander, 2% Native American, 11% biracial/multiracial



■ Target populations

- Ethnically and racially diverse middle school students
- Students of all genders and gender identities/expressions
- Students of all sexual orientations and sexual identities

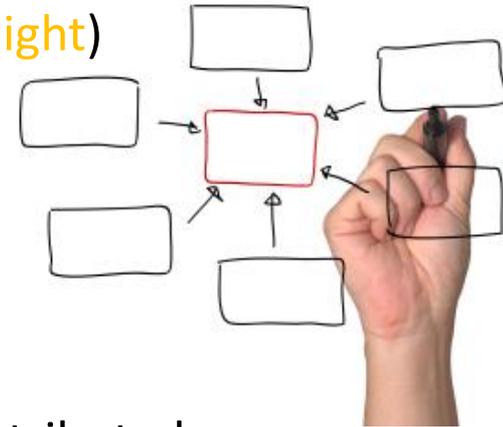
- Evaluated settings
 - Co-ed classes
 - In-school
 - Lessons taught in English

- Other settings
 - After-school programs
 - Community-based organizations



Potential adaptations

- Potential adaptations
 - Settings
 - After school or community-based programs (**yellow light**)
 - Cultural relevance
 - Specific ethnic/racial groups (**green light**)
 - Language
 - May be facilitated in a language other than English (**green light**)
 - Curriculum translated into another language and distributed (**contact developer**)
 - Target population
 - Staggered grades (**yellow light**)
 - Content
 - Substitute Condom Demo with Condom Line-Up activity or video (**yellow light**)
 - Incorporating technology, popular media references, updating common myths (**green light**)



Note: TPP grantees must obtain prior approval from OAH for any adaptations.

Staffing and training considerations

■ Staffing considerations

- 1 teacher for every 18-25 students
- Interest, experience in sexuality education
- Background in health education



■ Training considerations

- Training of the Educator (TOE) and curriculum bundle
- TOE & curriculum: \$1,400/participant
- Training of the Trainer: \$3,200/participant, TOE prerequisite.
- Technical Assistance package of 40 hours/year : \$135/hour
- To attend, visit <http://www.etr.org/ebi/programs/get-real/>

- Common challenges
 - Middle School grade structure
 - Teacher turnover
 - Ongoing training/technical assistance
- Strategies for success
 - Stagger or combine lesson structure
 - Training of the Trainer
 - Online community, TA support



- Recent or planned curriculum revisions
 - 2013, following completion of Impact Evaluation
 - 2010, following 1st year of Impact Evaluation
 - Multiple revisions conducted 2008-2013 by PPLM for medical accuracy.
 - Medical accuracy reviews to be conducted by PPLM every 3 years.

- **HHS Teen Pregnancy Prevention Evidence Review**
 - <http://tppevidencereview.aspe.hhs.gov/>
- **Link to implementation report**
 - <http://tppevidencereview.aspe.hhs.gov/document.aspx?rid=3&sid=274&mid=1>
- **Link to *Get Real* website**
 - <http://getrealeducation.org/>
- **Link to *Get Real* on ETR's website**
 - <http://www.etr.org/ebi/programs/get-real>

Evaluation references

- Charmaraman, L., & McKamey, C. (2011). Urban early adolescent narratives on sexuality: Accidental and intentional influences of family, peers, and the media. *Sexuality Research and Social Policy*, 8(4), 253-266.
- Erkut, S., Grossman, J. M., Frye, A. A., Ceder, I., Charmaraman, L, & Tracy, A. J. (2013). Can sex education delay early sexual debut? *Journal of Early Adolescence*, 33, 479–494.
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- Grossman, J. M., Tracy, A. J., Charmaraman, L., Ceder, I., & Erkut, S. (2014). Protective effects of middle school comprehensive sex education with family involvement. *Journal of School Health*, 84(11), 739–747.

Thank you!

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www.getreal.org/ebi/programs/get-real

GET | REAL
Comprehensive Sex Education That Works

