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.
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Program description

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
Previous evaluation results

- **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
Target population

- 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
Settings

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

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

• Potential adaptations
  
  ▪ Settings
    o After school or community-based programs (yellow light)
  
  ▪ Cultural relevance
    o Specific ethnic/racial groups (green light)
  
  ▪ Language
    o May be facilitated in a language other than English (green light)
    o Curriculum translated into another language and distributed (contact developer)
  
  ▪ Target population
    o Staggered grades (yellow light)
  
  ▪ Content
    o Substitute Condom Demo with Condom Line-Up activity or video (yellow light)
    o 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/](http://www.etr.org/ebi/programs/get-real/)
Challenges and strategies for success

- **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 revisions

- Recent or planned curriculum revisions
  - 2013, following completion of Impact Evaluation
  - 2010, following 1\textsuperscript{st} 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.
Additional resources

- **HHS Teen Pregnancy Prevention Evidence Review**
  - [http://tppevidencereview.aspe.hhs.gov/](http://tppevidencereview.aspe.hhs.gov/)

- **Link to implementation report**

- **Link to *Get Real* website**
  - [http://getrealeducation.org/](http://getrealeducation.org/)

- **Link to *Get Real* on ETR’s website**
  - [http://www.etr.org/ebi/programs/get-real](http://www.etr.org/ebi/programs/get-real)
Evaluation references


Thank you!

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