

Guidance for Nesting Evidence-Based Interventions in Rights, Respect, Responsibility Curriculum

Evidence-based interventions (EBIs) are targeted programs with a specific goal of preventing or reducing rates of teen pregnancy. As such they are generally limited to one or two grade levels and have an exclusive focus on the skills needed to successfully impact behavior to achieve this outcome. Some states and federal programs require the use of EBIs while others select to use them given their past success at impacting a specific behavioral outcome. There is no debate though that these specific, targeted programs aimed at changing behavior are not the same as comprehensive sexuality education, which by definition is K-12, age-appropriate, foundational, culturally relevant and fully inclusive by design. We, at Advocates for Youth, believe these two approaches can be complimentary since the core concepts about sexuality – healthy relationships, effective communication, setting and respecting others’ boundaries and basic anatomy – are critical yet often not part of EBIs.

Below is guidance on how to “nest” five of the most popular EBIs within Advocates’ Rights, Respect, Responsibility K-12 curriculum. By so doing, schools are able to provide students with a comprehensive sex education curriculum while also using an EBI. We are providing this guidance with the goal of helping professionals who are currently using EBIs but interested in going beyond teen pregnancy prevention. We have consulted with the developers of these programs since no research has been conducted to assess the impact of adding additional lessons before and/or after EBIs. In, order best preserve the EBIs we suggest implementing them in consecutive lessons and in the grade levels where they were originally evaluated as shown below. We believe this nesting approach will provide young people with all of the information they need and deserve about sexual health while also providing them with targeted programs that will help them to reduce or prevent teen pregnancy.

MIDDLE SCHOOL EBIS INCLUDED:

- Draw the Line/Respect the Line (ETR Associates) *pages 3-4*
- Making a Difference (ETR Associates) *pages 5-6*
- Making Proud Choices (ETR Associates) *pages 7-8*

HIGH SCHOOL EBIS INCLUDED:

- Reducing the Risk (ETR Associates) *pages 9-10*
- Safer Choices (ETR Associates) *pages 11-12*

MIDDLE SCHOOL: DRAW THE LINE/RESPECT THE LINE NESTED WITHIN RIGHTS, RESPECT, RESPONSIBILITY

| GRADE | SEQUENCE | LESSON TITLE | 42 LESSONS |
|--------------|-----------------|---|-------------------|
| 6 | 3Rs - Lesson 1 | Change is Good | |
| 6 | 3Rs - Lesson 2 | Gender Roles, Gender Expectations | |
| 6 | 3Rs - Lesson 3 | Understanding Boundaries | |
| 6 | DTL - Lesson 1 | Draw the Line/Respect the Line | |
| 6 | DTL - Lesson 2 | Steps for Drawing the Line - Part 1 | |
| 6 | DTL - Lesson 3 | Steps for Drawing the Line - Part 2 | |
| 6 | DTL - Lesson 4 | The Roleplay Challenge | |
| 6 | DTL - Lesson 5 | Friends Respect the Line | |
| 6 | 3Rs - Lesson 4 | Communicating about a Sensitive Topic | |
| 6 | 3Rs - Lesson 5 | More Than Friends: Understanding Romantic Relationships | |
| 6 | 3Rs - Lesson 6 | Liking and Loving: Now and When I'm Older | |
| 6 | 3Rs - Lesson 7 | Being A Sex Ed Sleuth | 12 lessons |
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| 7 | 3Rs - Lesson 1 | Everyone's Got Body Parts - Part One | |
| 7 | 3Rs - Lesson 2 | Everyone's Got Body Parts - Part Two | |
| 7 | 3Rs - Lesson 3 | Reproduction Basics | |
| 7 | 3Rs - Lesson 4 | Great Expectations: Signs and Symptoms of Pregnancy | |
| 7 | DTL - Lesson 1 | Welcome | |
| 7 | DTL - Lesson 2 | Reasons for Not Having Sex | |
| 7 | DTL - Lesson 3 | Handling Risky Situations | |
| 7 | DTL - Lesson 4 | Drawing the Line in Situations That Could Lead to Sex | |
| 7 | DTL - Lesson 5 | STD Facts | |
| 7 | DTL - Lesson 6 | STDs and Relationships | |
| 7 | DTL - Lesson 7 | Making a Commitment | |
| 7 | 3Rs - Lesson 6 | I Am Who I Am | |
| 7 | 3Rs - Lesson 7 | Blue is for Boys, Pink is for Girls...Or Are They? | |
| 7 | 3Rs - Lesson 10 | Being the Change You Want to See in the World | |

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| 7 | 3Rs - Lesson 11 | Being Smart, Staying Safe Online | 15 lessons |
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| 8 | 3Rs - Lesson 1 | Creating a Safe School: Celebrating All | |
| 8 | 3Rs - Lesson 2 | The World Around Me | |
| 8 | 3Rs - Lesson 3 | Healthy or Unhealthy Relationships? | |
| 8 | 3Rs - Lesson 4 | Choose Your Words Carefully | |
| 8 | 3Rs - Lesson 5 | We Need to Talk | |
| 8 | 3Rs - Lesson 6 | Talking without Speaking: The Role of Texting In Relationships | |
| 8 | 3Rs - Lesson 7 | Warning Signs: Understanding Sexual Abuse and Assault | |
| 8 | 3Rs - Lesson 8 | Birth Control Basics | |
| 8 | DTL - Lesson 1 | HIV and Teens | |
| 8 | DTL - Lesson 2 | Draw the Line Challenge | |
| 8 | DTL - Lesson 3 | Difficult Moments | |
| 8 | DTL - Lesson 4 | Sticking to Your Limits | |
| 8 | DTL - Lesson 5 | Talking with a Person Who Has HIV | |
| 8 | DTL - Lesson 6 | Reduce Your Risk | |
| 8 | DTL - Lesson 7 | Staying Safe | 15 lessons |

MIDDLE SCHOOL: MAKING A DIFFERENCE NESTED WITHIN RIGHTS, RESPECT, RESPONSIBILITY

| GRADE | SEQUENCE | LESSON TITLE | 37 LESSONS |
|--------------|-----------------|--|-------------------|
| 6 | 3Rs - Lesson 1 | Change is Good | |
| 6 | 3Rs - Lesson 2 | Gender Roles, Gender Expectations | |
| 6 | 3Rs - Lesson 3 | Understanding Boundaries | |
| 6 | 3Rs - Lesson 4 | Communicating about a Sensitive Topic | |
| 6 | 3Rs - Lesson 5 | More Than Friends: Understanding Romantic Relationships | |
| 6 | 3Rs - Lesson 6 | Liking and Loving: Now and When I'm Older | |
| 6 | 3Rs - Lesson 7 | Being A Sex Ed Sleuth | 7 lessons |
| | | | |
| 7 | 3Rs - Lesson 1 | Everyone's Got Body Parts - Part One | |
| 7 | 3Rs - Lesson 2 | Everyone's Got Body Parts - Part Two | |
| 7 | 3Rs - Lesson 3 | Reproduction Basics | |
| 7 | MAD - Lesson 1 | Getting to Know You and Steps to Making Your Dreams Come True | |
| 7 | MAD - Lesson 2 | Understanding Adolescent Sexuality | |
| 7 | MAD - Lesson 3 | Understanding Abstinence | |
| 7 | MAD - Lesson 4 | The Consequences of Sex: HIV Infection | |
| 7 | MAD - Lesson 5 | Giving Advice about Abstinence | |
| 7 | MAD - Lesson 6 | Attitudes about Abstinence and Using Problem Solving to Stay Abstinent | |
| 7 | MAD - Lesson 7 | The Consequences of Sex: STDs | |
| 7 | MAD - Lesson 8 | The Consequences of Sex: Pregnancy Part 1 | |
| 7 | MAD - Lesson 9 | The Consequences of Sex: Pregnancy Part 2 | |
| 7 | MAD - Lesson 10 | Responding to Peer Pressure and Partner Pressure: Part 1 | |
| 7 | MAD - Lesson 11 | Responding to Peer Pressure and Partner Pressure: Part 2 | |
| 7 | MAD - Lesson 12 | Roleplays: Refusal and Negotiation Skills: Part 1 | |
| 7 | MAD - Lesson 13 | Roleplays: Refusal and Negotiation Skills: Part 2 | |
| 7 | 3Rs - Lesson 6 | I Am Who I Am | |
| 7 | 3Rs - Lesson 7 | Blue is for Boys, Pink is for Girls...Or Are They? | |
| 7 | 3Rs - Lesson 10 | Being the Change You Want to See in the World | |

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| 7 | 3Rs - Lesson 11 | Being Smart, Staying Safe Online | 20 lessons |
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| 8 | 3Rs - Lesson 1 | Creating a Safe School: Celebrating All | |
| 8 | 3Rs - Lesson 2 | The World Around Me | |
| 8 | 3Rs - Lesson 3 | Healthy or Unhealthy Relationships? | |
| 8 | 3Rs - Lesson 4 | Choose Your Words Carefully | |
| 8 | 3Rs - Lesson 5 | We Need to Talk | |
| 8 | 3Rs - Lesson 6 | Talking without Speaking: The Role of Texting In Relationships | |
| 8 | 3Rs - Lesson 7 | Warning Signs: Understanding Sexual Abuse and Assault | |
| 8 | 3Rs - Lesson 8 | Birth Control Basics | |
| 8 | 3Rs - Lesson 9 | Using Condoms Effectively | |
| 8 | 3Rs - Lesson 10 | STD Basics: Reducing Your Risks | 10 lessons |

MIDDLE SCHOOL: MAKING PROUD CHOICES NESTED WITHIN RIGHTS, RESPECT, RESPONSIBILITY

| GRADE | SEQUENCE | LESSON TITLE | 38 LESSONS |
|--------------|-----------------|--|-------------------|
| 6 | 3Rs - Lesson 1 | Change is Good | |
| 6 | 3Rs - Lesson 2 | Gender Roles, Gender Expectations | |
| 6 | 3Rs - Lesson 3 | Understanding Boundaries | |
| 6 | 3Rs - Lesson 4 | Communicating about a Sensitive Topic | |
| 6 | 3Rs - Lesson 5 | More Than Friends: Understanding Romantic Relationships | |
| 6 | 3Rs - Lesson 6 | Liking and Loving: Now and When I'm Older | |
| 6 | 3Rs - Lesson 7 | Being A Sex Ed Sleuth | 7 lessons |
| | | | |
| 7 | 3Rs - Lesson 1 | Everyone's Got Body Parts - Part One | |
| 7 | 3Rs - Lesson 2 | Everyone's Got Body Parts - Part Two | |
| 7 | 3Rs - Lesson 3 | Reproduction Basics | |
| 7 | MPC - Lesson 1 | Getting to Know You and Steps to Making Your Dreams Come True | |
| 7 | MPC - Lesson 2 | The Consequences of Sex: HIV Infection: Part 1 | |
| 7 | MPC - Lesson 3 | The Consequences of Sex: HIV Infection: Part 2 | |
| 7 | MPC - Lesson 4 | Attitudes about Sex, HIV and Condom Use | |
| 7 | MPC - Lesson 5 | Strategies to Prevent HIV Infection: Stop, Think and Act: Part 1 | |
| 7 | MPC - Lesson 6 | Strategies to Prevent HIV Infection: Stop, Think and Act: Part 2 | |
| 7 | MPC - Lesson 7 | The Consequences of Sex: STDs Part 1 | |
| 7 | MPC - Lesson 8 | The Consequences of Sex: STDs Part 2 | |
| 7 | MPC - Lesson 9 | The Consequences of Sex: Pregnancy Part 1 | |
| 7 | MPC - Lesson 10 | The Consequences of Sex: Pregnancy Part 2 | |
| 7 | MPC - Lesson 11 | Developing Condom Use and Negotiation Skills: Part 1 | |
| 7 | MPC - Lesson 12 | Developing Condom Use and Negotiation Skills: Part 2 | |
| 7 | MPC - Lesson 13 | Enhancing Refusal and Negotiation Skills: Part 1 | |
| 7 | MPC - Lesson 14 | Enhancing Refusal and Negotiation Skills: Part 1 | |
| 7 | 3Rs - Lesson 6 | I Am Who I Am | |
| 7 | 3Rs - Lesson 7 | Blue is for Boys, Pink is for Girls...Or Are They? | |
| 7 | 3Rs - Lesson 10 | Being the Change You Want to See in the World | |

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| 7 | 3Rs - Lesson 11 | Being Smart, Staying Safe Online | 21 lessons |
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| 8 | 3Rs - Lesson 1 | Creating a Safe School: Celebrating All | |
| 8 | 3Rs - Lesson 2 | The World Around Me | |
| 8 | 3Rs - Lesson 3 | Healthy or Unhealthy Relationships? | |
| 8 | 3Rs - Lesson 4 | Choose Your Words Carefully | |
| 8 | 3Rs - Lesson 5 | We Need to Talk | |
| 8 | 3Rs - Lesson 6 | Talking without Speaking: The Role of Texting In Relationships | |
| 8 | 3Rs - Lesson 7 | Warning Signs: Understanding Sexual Abuse and Assault | |
| 8 | 3Rs - Lesson 8 | Birth Control Basics | |
| 8 | 3Rs - Lesson 9 | Using Condoms Effectively | |
| 8 | 3Rs - Lesson 10 | STD Basics: Reducing Your Risks | 10 lessons |

HIGH SCHOOL: REDUCING THE RISK NESTED WITHIN RIGHTS, RESPECT, RESPONSIBILITY

| GRADE | SEQUENCE | LESSON TITLE | 39 LESSONS |
|-------|----------------|---|------------|
| 9 | RTR - 1 | Abstinence, Sex and Protection: Pregnancy Prevention Emphasis | |
| 9 | RTR - 1A | Abstinence, Sex and Protection: HIV Prevention Emphasis | |
| 9 | RTR - 2 | Abstinence: Not Having Sex | |
| 9 | RTR - 3 | Refusals | |
| 9 | RTR - 4 | Using Refusal Skills | |
| 9 | RTR - 5 | Delay Tactics | |
| 9 | RTR - 6 | Avoiding High-Risk Situations | |
| 9 | RTR - 7 | Getting and Using Protection-I | |
| 9 | RTR - 8 | Getting and Using Protection-II | |
| 9 | RTR - 9 | Knowing and Talking About Protection: Skills Integration-I | |
| 9 | RTR - 10 | Skills Integration-II | |
| 9 | RTR -11 | Skills Integration-III | |
| 9 | RTR - 12 | Preventing HIV and Other STDs | |
| 9 | RTR - 13 | HIV Risk Behaviors | |
| 9 | RTR - 14 | Implementing Protection from STDs and Pregnancy | |
| 9 | RTR - 15 | Sticking with Abstinence and Protection | |
| 9 | RTR - 16 | Skills Integration-IV | |
| 9 | 3Rs - Lesson 1 | They Love Me . . . They Love Me Not . . . | |
| 9 | 3Rs - Lesson 3 | It Wasn't My Fault | |
| 9 | 3Rs - Lesson 4 | Sexual Orientation, Behavior & Identity: How I Feel, What I Do and Who I Am | |
| 9 | 3Rs - Lesson 5 | Understanding Gender | |
| 9 | 3Rs - Lesson 9 | What If . . . ? | 21 lessons |
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| 10 | 3Rs - Lesson 1 | Rights Respect Responsibility | |
| 10 | 3Rs - Lesson 2 | Know Your Options | |
| 10 | 3Rs - Lesson 3 | We All Have Rights | |
| 10 | 3Rs - Lesson 4 | Let Me Tell You | |
| 10 | 3Rs - Lesson 5 | Using Technology Respectfully and Responsibly | |

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| 10 | 3Rs - Lesson 6 | Our Space, Safe Space | |
| 10 | 3Rs - Lesson 7 | Trust It or Trash It? Finding Accurate Sex Ed Info | 7 lessons |
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| 11 | 3Rs - Lesson 1 | How Do You See Me? | |
| 11 | 3Rs - Lesson 2 | My Boundaries | |
| 11 | 3Rs - Lesson 3 | Is It Abuse If? | |
| 11 | 3Rs - Lesson 4 | Wanted Qualified Parent | |
| 11 | 3Rs - Lesson 5 | Gender and Sexual Orientation: Understanding the Difference | 5 lessons |
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| 12 | 3Rs - Lesson 1 | What are My Reproductive Rights? | |
| 12 | 3Rs - Lesson 2 | My Life, My Decisions | |
| 12 | 3Rs - Lesson 3 | Sexual Rights: Who Decides? | |
| 12 | 3Rs - Lesson 4 | Getting Savvy about STD Testing | |
| 12 | 3Rs - Lesson 5 | Fantasy or Reality: How Sexually Explicit Media Affects How We See Relationships IRL | |
| 12 | 3Rs - Lesson 6 | The Pleasure Principle | 6 lessons |

HIGH SCHOOL: SAFER CHOICES NESTED WITHIN RIGHTS, RESPECT, RESPONSIBILITY

| GRADE | SEQUENCE | LESSON TITLE | 50 LESSONS |
|--------------|---------------------|---|-------------------|
| 9 | 3Rs - Lesson 1 | They Love Me . . . They Love Me Not . . . | |
| 9 | 3Rs - Lesson 2 | How Well Do I Communicate with Others? | |
| 9 | 3Rs - Lesson 3 | It Wasn't My Fault | |
| 9 | 3Rs - Lesson 4 | Sexual Orientation, Behavior & Identity: How I Feel, What I Do and Who I Am | |
| 9 | 3Rs - Lesson 5 | Understanding Gender | |
| 9 | 3Rs - Lesson 6 | Decisions, Decisions | |
| 9 | 3Rs - Lesson 7 | Sexual Decision Making | |
| 9 | 3Rs - Lesson 8 | Planning and Protection: Avoiding or Managing STDs | |
| 9 | 3Rs - Lesson 9 | What If . . . ? | |
| 9 | 3Rs - Lesson 10 | STD Smarts | |
| 9 | 3Rs - Lesson 11 | Creating Condom Confidence | 11 lessons |
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| 10 | 3Rs - Lesson 1 | Rights Respect Responsibility | |
| 10 | 3Rs - Lesson 2 | Know Your Options | |
| 10 | 3Rs - Lesson 3 | We All Have Rights | |
| 10 | 3Rs - Lesson 4 | Let Me Tell You | |
| 10 | 3Rs - Lesson 5 | Using Technology Respectfully and Responsibly | |
| 10 | 3Rs - Lesson 6 | Our Space, Safe Space | |
| 10 | 3Rs - Lesson 7 | Trust It or Trash It? Finding Accurate Sex Ed Info | 7 lessons |
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| 11 | Safer Choices-Stage | Setting the Stage | |
| 11 | Safer Choices - 1 | Not Everybody's Having Sex | |
| 11 | Safer Choices - 2 | The SAFEST Choice: Deciding Not to Have Sex | |
| 11 | Safer Choices - 3 | Saying NO to Having Sex | |
| 11 | Safer Choices - 4 | Understanding STD and HIV | |
| 11 | Safer Choices - 5A | Examining the Risk of Unsafe Choices - Part 1 | |
| 11 | Safer Choices - 5B | Examining the Risk of Unsafe Choices - Part 2 | |
| 11 | Safer Choices - 6 | Teens with HIV: A Reality | |

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| 11 | Safer Choices - 7 | Practicing the SAFEST Choice | |
| 11 | Safer Choices - 8 | SAFER Choices: Using Protection - Part 1 | |
| 11 | Safer Choices - 9 | SAFER Choices: Using Protection - Part 2 | |
| 11 | Safer Choices - 10 | Knowing What You Can Do | |
| 11 | 3Rs - Lesson 1 | How Do You See Me? | |
| 11 | 3Rs - Lesson 3 | Is It Abuse If? | |
| 11 | 3Rs - Lesson 4 | Wanted Qualified Parent | |
| 11 | 3Rs - Lesson 5 | Gender and Sexual Orientation: Understanding the Difference | 16 lessons |
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| 12 | Safer Choices-Stage | Setting the Stage | |
| 12 | Safer Choices - 1 | Making SAFER Choices | |
| 12 | Safer Choices - 2 | The Safer Choices Challenge | |
| 12 | Safer Choices - 3 | Talking with a Person with HIV | |
| 12 | Safer Choices - 4 | Personalizing the Risk for Pregnancy | |
| 12 | Safer Choices - 5 | Avoiding UNSAFE Choices | |
| 12 | Safer Choices - 6 | Sticking with Your Decisions | |
| 12 | Safer Choices - 7 | Using Condoms Consistently and Correctly | |
| 12 | Safer Choices - 8 | Resources | |
| 12 | Safer Choices - 9 | Media Influences | |
| 12 | Safer Choices - 10 | Making a Commitment | |
| 12 | 3Rs - Lesson 1 | What are My Reproductive Rights? | |
| 12 | 3Rs - Lesson 2 | My Life, My Decisions | |
| 12 | 3Rs - Lesson 3 | Sexual Rights: Who Decides? | |
| 12 | 3Rs - Lesson 5 | Fantasy or Reality: How Sexually Explicit Media Affects How We See Relationships IRL | |
| 12 | 3Rs - Lesson 6 | The Pleasure Principle | 16 lessons |