Frequently Asked Questions – New 3Rs Lessons Edition

1. Why are there new 3Rs supplement lessons?

The National Sex Ed Standards (NSES) were updated and released in March 2020 and in order to remain aligned with the NSES we realized that we needed to write supplement lessons for the 3Rs curriculum. Advocates for Youth is always working to ensure that youth have access to honest and complete sex education. This means we are constantly looking to evolve in order to continue to provide access to sex education.

2. How much do the new 3Rs supplement lessons cost?

As always, the 3Rs curriculum is completely free. Advocates for Youth wants to ensure that all young people have access to honest, complete, and affirming sex education that is shame free and as a result we have not, nor will we ever, charge anyone to access the 3Rs curriculum online.

3. What topics do the new 3Rs supplement lessons address?

As outlined in the updated National Sex Ed Standards, the new lessons address the following topics:

- Racial justice and the impact of racism on sexual health
- Teaching about anatomy that is intersex-inclusive
- Teaching about puberty that is inclusive of transgender experiences
- Reproductive justice
- Power and privilege
- Sex trafficking
- Consent at multiple grades
- Practicing with pronouns
- Accessing credible sexual health information online
- Examining implicit and explicit bias

4. Does the 3Rs Scope and Sequence include the supplement lessons?

Yes, the updated 3Rs Scope and Sequence includes the original and supplement lessons. You will notice that the elementary and middle school supplement lessons have suggestion for which grade each new lesson should be taught. The high school lessons do not have grade suggestions due to the various methods in which sex ed is taught in high school. Therefore, you are able to use the high school supplement lessons wherever it best meets the needs of your students.

5. Are we required to use the new 3Rs supplement lessons?

No, there is no requirement to use the new 3Rs supplement lessons if you currently use the 3Rs curriculum. As always, we are working to provide access to free, honest, and complete sex education with no constraints. The supplement lessons are available if needed.

6. How many new supplement lessons are available?

There are 35 *new* supplement lessons across K-12.

- K-5: 7 lessons
- 6-8: 12 lessons
- 9-12: 16 lessons

Check out the Supplement Lesson Plan Summary to learn more about each individual lesson.

7. Were young people involved in the creation of the new 3Rs supplement lessons?

Yes, we were grateful to have a 3Rs youth review council who partnered with us to identify topics for supplement lessons, reviewed the content and methodology, and provided their feedback throughout the creation process. Learn more about our brilliant youth reviewers here.

8. Who wrote the new 3Rs supplement lessons?

Lessons were authored by sexual health education experts, including: Brittany McBride, Dr. Daniella Thorne, Nakisha Floyd, Cindy Lee Alves, Dr. Elizabeth Schroeder, Maureen Kelly, Lauren Barineau, and Caitlin Viccora. Learn more about these amazing authors here.

9. Is there a training requirement for the new 3Rs supplement lessons?

No, there is no training requirement for the new 3Rs supplement lessons. Each lesson is written so that any educator, from the novice to the experienced, could pick up the lesson and deliver it without any additional training.

While not required, we do highly recommend that educators receive training on the supplement lessons as there are new topics (Racial justice and the impact of racism on sexual health; teaching about anatomy that is intersex-inclusive; teaching about puberty that is inclusive of transgender experiences; reproductive justice) that can be particularly challenging for even the most seasoned educator. You will even find that in some lessons there is encouragement for self-study and/or a recommendation for additional training.

Please feel free to contact the Associate Director of Sex Education, Brittany McBride (brittany@advocatesforyouth.org)additional information. Additionally, we are developing an online training platform that will be released in the near future for those who are interested in asynchronous training on not only the supplement lessons but sex education skills in general. Sign up here to be notified of the Online Training Platform launch.

10. We have a limited number of classes available to teach sex education but want to incorporate some of the supplement lessons. What is the best way to approach this?

We understand that schools are working with constraints on the number of lessons that can be taught to students. Each school is unique in the number of lessons they are able to teach per grade as well as the district expectations as to what each student should be taught. Therefore, if you are able to incorporate supplement lessons it is important to ensure that there is balance across the topics that are being taught. For example, if you are teaching six lessons and five of them are covering anatomy and physiology there is room to exchange a couple of those lessons for perhaps a gender identity or healthy relationships lesson.

Advocates for youth has developed sample guides of lessons for K-5; 6-8; and 9-12. These sample guides are a great starting point for districts who are working with limited capacities to get an example of how to select from our menu of lessons a well-balanced curriculum.

11. Can we adapt the supplement lessons?

Yes, the 3Rs curriculum is a complete, affirming curriculum created with youth for youth. If you need to make adaptations to ensure that your student's needs are being met we encourage you to do so. There is no approval process to make adaptations to the 3Rs.

12. Will the supplement lessons be translated into Spanish?

Yes, we are currently working to translate the new supplement lessons into Spanish and hope to share those lessons with you in 2022.