

Additional 3Rs FAQ

Updated 2/23/2023

- 1. How were you able to make Rights, Respect, Responsibility (3Rs) available for free?**

Advocates for Youth secured funding from private foundations in order to create Rights, Respect, Responsibility and offers it free-of-charge on our website (3rs.org)
- 2. Did you involve youth in the creation of Rights, Respect, Responsibility?**

Yes, Advocates for Youth involved multiple young people in the creation of 3Rs specifically by gathering their feedback on lesson plans, language, topics and grade-level assignment and the curriculum is richer as a result. Learn more about our brilliant [youth reviewers here](#).
- 3. How long is each lesson plan?**

The lesson plans in Grades K-5 are each 40 minutes in length while the lesson plans in Grades 6-12 are each 50 minutes in length.
- 4. Did you use all of the indicators from the National Sexuality Education Standards?**

Yes, all of the indicators from the second edition of the National Sexuality Education Standards are reflected in the 115 lessons from Rights, Respect, Responsibility. The mapping of each lesson plans to the specific National Sexuality Education Standard indicator it fulfills is available on the 3Rs website and each lesson includes which indicator it achieves next to the learning objectives.
- 5. Do I have to use 3Rs with fidelity?**

No, while the 3Rs Curriculum has been scoped and sequenced for K through 12, and lessons build upon each other when used in its entirety, the curriculum is intended to be flexible. Teachers can select and/or adapt the lesson plans to best meet the needs of their students and align with district and state policies regulating sex education.
- 6. Do you have pre-tests or post-tests for 3Rs?**

No, at this time we have not developed pre-tests or post-tests but have assessment questions for teachers who need to evaluate student progress as a result of receiving some 3Rs lessons.
- 7. .What about students with special needs?**

Ashira Greenberg, MPH, CHES (she/her) in partnership with Advocates staff created the [Teacher's Guide Supplement for Students with Physical Disabilities](#). This resource is available on the 3Rs website and includes content on creating disability inclusive classrooms and modality specific considerations for the 3Rs.
- 8. Do you have 3Rs in other languages?**

Yes, 3Rs is available in Spanish as well as English for the traditional and California versions.
- 9. Are there resources for parents/caregivers?**

Yes, the 3Rs curriculum includes family homework activities in Grades K-9. This key feature is designed to provide a structured process by which students and their parents/caregivers can start important conversations about their family's values, faith tradition, culture, beliefs, etc. There is also a sample parent/caregivers workshop reprinted with permission from [It's That Easy](#) so that schools can offer workshops for families.

10. Do the lessons include PowerPoints and handouts?

Yes, all lessons that utilize a PowerPoint presentation include that PowerPoint already designed and ready for use. Additionally, all student worksheets, handouts, teachers' resources and activity components are included with each lesson plan to make the lessons ready for use.

11. How will you provide updates to the curriculum?

We put "last revised" dates on lesson plans once they have been updated.

12. Has 3Rs been assessed using the Health Education Curriculum Analysis Tool (HECAT)?

Yes, staff used the sexual health module of the HECAT to analyze the 3Rs curriculum and the results of that [analysis are available our website](#).

13. What is the Teacher Background resource?

This [25-page guide](#) is for teachers to review prior to beginning instruction as it includes the foundational information about the curriculum, its development, the authors and guidance around issues such as self-disclosure, answering questions, using ground rules and many other components of sex education that are critical for successful implementation.

Additionally, the [Teacher's Guide Supplement for Students with Disabilities](#) is available for educators to review as well.

14. Do you have sample parent letters about sex education instruction available?

Yes, there is a [sample parent letter](#) on the 3Rs website that districts can use as a template inserting the particular details about their unit of study and save onto their own letterhead. Some districts require a parent letter to be sent home prior to instruction while others do not and simply use it as a courtesy.

15. Have you created a sample scope and sequence for the 3Rs?

Yes, there is a [sample scope and sequence](#) for the entire 3Rs curriculum posted on the website for review and download as appropriate.

16. I see that 3Rs is "inclusive" around sexual orientation and gender identity. What does that mean?

In the 3Rs curriculum, we strive to be inclusive of all sexual orientations and gender identities. Throughout the curriculum you will see a "Note about Language" at the start of each lesson plan. These notes are intended to provide coaching for teachers about how to remove heterosexism from lesson plans and remove assumptions about gender and body parts. The language we use around gender identity becomes more cognitively complex as it is developmentally appropriate. For sexual orientation, any lesson that includes relationships, families or behaviors proactively includes people of all sexual orientations. Additionally there are intentional positive portrayals of LGBTQ+ people and specific lessons about sexual orientation and gender identity in both the middle and high school grade levels.

17. Does 3Rs include a condom demonstration?

Yes, the 3Rs Curriculum includes a condom demonstration. Research has shown that in order for students to learn skills, such as using condoms correctly, they need to be able to practice that skill. A teacher-led condom demonstration is included in the 8th grade (Using Condoms Effectively) and a lesson plan that includes student participation in a condom demonstration has been built into the 9th grade (Creating Condom Confidence). While some schools choose not to use the lesson plan, we strongly encourage school districts to include it. The lesson plan is designed to help build important skills students will need as they mature.

18. 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

19. How many new supplement lessons are available?

There are approximately 35 supplement lessons across K-12.

K-5: 9 lessons

6-8: 12 lessons

9-12: 16 lessons

Check out the [Supplement Lesson Plan Summary](#) to learn more about each individual lesson.

20. 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.