

3Rs Top 10 FAQs

**updated 2/27/22*

1. Who wrote Rights, Respect, Responsibility (3Rs)?

The authors of 3Rs are Cindy Lee Alves, M.Ed., Lauren Barineau, MPH, CHES., Nakisha Floyd, Ph.D., MA, M.Ed., Nora Gelperin, M.Ed., Eva Goldfarb, Ph.D., Maureen Kelly, MATD., Brittany McBride, MPH., Elizabeth Schroeder, Ed.D., MSW, Daniella Thorne, DrPH, MPH, CHES., Caitlin Viccora, MPH. Learn more about the authors of the 3Rs here: <https://www.3rs.org/about-3rs/authors-and-reviewers/>.

2. How many lessons are there?

There are 115 lesson plans in the 3Rs curriculum: 80 in the first edition of the curriculum and an additional 35 in the 2021 released supplemental lessons. Only two lesson plans have been reprinted with permission from previously published materials from Common Sense Media and the Our Whole Lives Grades 7-9 from the Unitarian Universalist Association.

3. Is training required and or available?

No, training is not required in order to download or implement any portion of the 3Rs curriculum. While training is not required we do highly encourage training and offer multiple opportunities for training. Learn more about 3Rs training here: <https://www.3rs.org/training/>.

Please contact Brittany McBride, Associate Director of Sex Education and Training at brittany@advocatesforyouth.org with any additional training questions you might have. Additionally, Advocates for Youth and Sister Reach have created and are currently offering free online modules on Racial Justice and Sex Ed. Please access this phenomenal course here: <https://training.advocatesforyouth.org/>.

4. Can I adapt a lesson plan?

Yes, we recommend that teachers read each lesson plan with an eye towards fit with your state health education standards, for your schools and community needs. We encourage teachers to adapt the lesson plans to meet the needs at their local level and would be happy to support you in making those adaptations as appropriate. We recognize that one curriculum is not going to be able to meet the needs of all learners and we want educators at the local level to adapt as appropriate.

5. Has the 3Rs Curriculum been evaluated?

The 3Rs Curriculum is evidence-informed and draws upon a body of multidisciplinary research and three learning theories, Social Learning Theory, Social Cognitive Theory

and Social Ecological Model of Prevention. The curriculum and its lesson plans reflect best practices in teaching such as utilizing multiple intelligences and learning domains.

6. Is 3Rs evidence-based or evidence-informed?

The 3Rs Curriculum is evidence-informed and draws on research findings from multiple disciplines, including public health, sociology, biology, psychology and education to provide young people with the information and skills they need at each age and developmental level to grow into sexually healthy adults.

7. I am already using an evidence-based program, but want to use 3Rs, what can I do?

Advocates for Youth has released guidance on how to supplement some of the most popular evidence-based programs (EBPs) with lesson plans from the 3Rs to expand the topic breadth and depth of these EBPs.

8. How does 3Rs address the concept of separating students by gender for puberty instruction?

Whenever possible, Advocates for Youth encourages students to stay together for instruction so that everyone can learn about everything related to sexual health, not just issues specific for their gender. This also removes the possibility of a transgender and gender expansive students needing to decide which gender group to go with. Alternatively, there can be situations in which the developmental level of the students would benefit from instruction in a single-gender environment. We address this issue and trying to achieve a balance, in the Teacher Background resource on page 22.

9. 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 and you have the flexibility to select any of the 3Rs lessons that best meet the needs of your students.

10. Who can I contact to get further information about 3Rs?

Please contact Brittany McBride, Associate Director of Sex Education & Training at Advocates for Youth via email at brittany@advocatesforyouth.org or phone 202-251-9100.

Did we not answer your question? Please see our [larger FAQ linked here.](#)

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Responsibility.

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