

SEX ED 101

if you know you know
if not, that's O.K.

DO NOT BELIEVE THE GOSSIP

join the club
if you know you

DEMOCRATIZE SEX ED!

Debrunk misinformation

WHAT IS SEX ED

AND HOW DO WE MAKE IT INCLUSIVE, COMPREHENSIVE, AND MEDICALLY ACCURATE?

COMPREHENSIVE SEX EDUCATION PROGRAMS




Comprehensive sex education programs utilize evidence-based, medically accurate curricula that can be adapted for young people of all backgrounds with an emphasis on including BIPOC, queer folks, and people with disabilities - ya know, the folks often left out of traditional sex ed discussions.

It employs **developmentally appropriate** information, learning strategies, teaching methods, and materials to teach folks the basics of:


- **Human development** - anatomy, puberty, body image, sexual orientation, and gender identity.
- **Relationships** - families, peers, dating, marriage, and raising children.
- **Personal skills** - values, decision making, communication, assertiveness, negotiation, and help-seeking.
- **Sexual behavior** - abstinence, masturbation, shared sexual behavior, pleasure from sex, and sexual dysfunction across the lifespan.
- **Sexual health** - contraception, pregnancy, prenatal care, abortion, STIs, HIV and AIDS, sexual abuse, assault, and violence.
- **Society and culture** - gender roles, diversity, and the intersection of sexuality and the law, religion, media, and the arts.

Comprehensive sex ed creates an opportunity for youth to question, explore, and assess both **personal** and **societal** attitudes around gender and sexuality. It focuses on **personal practices, skills, and behaviors** for healthy relationships with a big focus on communication, consent, refusal skills/ accepting rejection, violence prevention, personal safety, decision making, and bystander intervention.



Aka giving young folks the tools to navigate sexuality and exercise responsibility in sexual, romantic, platonic, familial, and many more types of relationships.

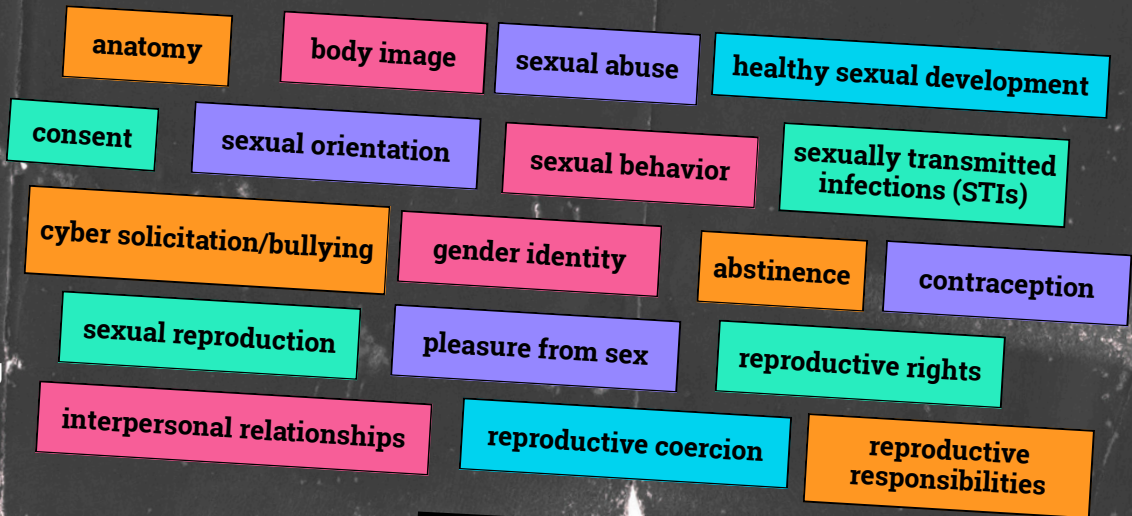
SEX ED IS ALSO A TOOL TO KEEP YOUNG PEOPLE SAFE.



Comprehensive sex ed includes info on how to come forward if a young person is being sexually abused and address education from a trauma-informed, culturally responsive approach that bridges mental, emotional, and relational health.

ACCORDING TO THE AMERICAN ACADEMY OF PEDIATRICS AAP:

Comprehensive sex education involves teaching about all aspects of human sexuality, including:



OKAY BUT WHAT DOES THAT ACTUALLY LOOK LIKE?

GRADES K-2

Boundary setting, identifying healthy ways to express feelings, and teaching how to identify a trusted adult

aka- teaching kids that they should not touch others without the other person's permission and that other people, **especially adults**, should not cross their boundaries on their bodies

GRADES 6-8

Sexual orientation and identity, methods of contraception, and skills to identify where they can go for support in their community if they or someone they know has experienced sexual violence.

aka - Teaching how to identify community resources and/or other sources of support like a trusted adult they can go to if they are or someone they know is being sexually harassed, abused, assaulted, exploited, or trafficked

GRADES 11-12

Medical approaches to preventing STDs, analyze the personal and societal factors that can influence decisions about pregnancy options like parenting, abortion, and adoption. This also covers best strategies use social media safely, legally, and respectfully

aka - Teaching about medications like PrEP & PEP

- PrEP = medication regularly taken to take to help prevent HIV
- PEP= medication to prevent HIV if they've recently been exposed to HIV

GRADES 3-5

Healthy relationships with friends and family, what to expect during the beginning of puberty, and learning the human reproductive systems

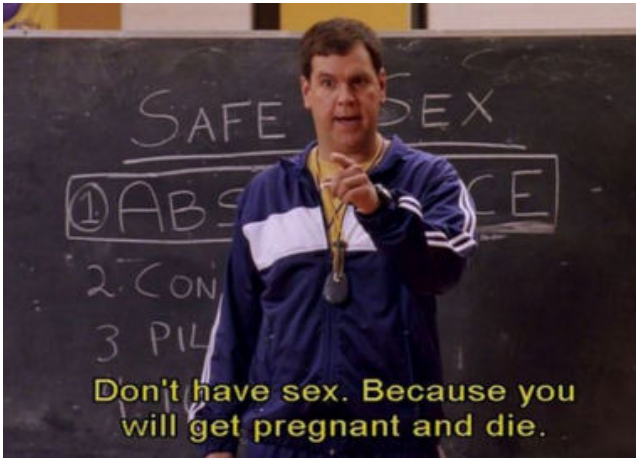
aka - Teaching that hormones play a large role in a person's body and, during puberty, This could mean growing hair in places they did not have hair before.

GRADES 9-10

Knowing the federal and state laws about sexting, skills about effectively communicating with a partner about their sexuality, things like abstaining from sexual behavior, using condoms, contraception options, testing, and treatment for STIs and STDs like HIV. Youth would also analyze how peers, media, family, society, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem

aka - Teaching the difference between communicating passively, aggressively, and assertively and how assertive communication about sexual behavior can ensure that boundaries are effectively communicated.





RESEARCH SHOWS THAT FEDERALLY FUNDED ABSTINENCE-ONLY PROGRAMS DO NOT LOWER **ADOLESCENT PREGNANCY RATES.**

In fact, data shows that states that emphasize abstinence-only sex Ed have a **higher rate of adolescent pregnancy and birth** ([Stanger-Hall, 2011](#)). Abstinence-only programs are often heteronormative and portray LGBTQ+ students as deviant. This type of [stigma and discrimination](#) against LGBTQ+ students increase their risk of HIV infection, substance use disorder, suicide and experiencing violence.

Advocates for Youth partners with youth leaders, adult allies, and youth-serving organizations to advocate for policies and champion programs that recognize young people's rights to honest sexual health information; accessible, confidential, and affordable sexual health services; and the resources and opportunities necessary to create sexual health equity for all youth.

In partnership with Answer, and SIECUS: Sex Ed for Social Change, we've developed The National Sex Education Standards: Core Content and Skills, K-12 (Second Edition). This is a part of a larger initiative called Future of Sex Education (FoSE) that seeks to create a national dialogue about the future of sex education and to promote the institutionalization of quality sex education in public schools. To learn more, please visit www.futureofsexed.org.

Under Section 510 of Title V of the Social Security Act, abstinence education is defined as an educational or motivational program which:

- A.** as its exclusive purpose, teaching the social, psychological, and health gains to be realized by abstaining from sexual activity;
- B.** teaches abstinence from sexual activity outside marriage as the expected standard for all school age children;
- C.** teaches that abstinence from sexual activity is the only certain way to avoid out-of-wedlock pregnancy, sexually transmitted diseases, and other associated health problems;
- D.** teaches that a mutually faithful monogamous relationship in the context of marriage is the expected standard of human sexual activity;
- E.** teaches that sexual activity outside of the context of marriage is likely to have harmful psychological and physical effects;
- F.** teaches that bearing children out-of-wedlock is likely to have harmful consequences for the child, the child's parents, and society;
- G.** teaches young people how to reject sexual advances and how alcohol and drug use increases vulnerability to sexual advances; and
- H.** teaches the importance of attaining self-sufficiency before engaging in sexual activity. ([Ott and Santelli 2007](#))

Educators and youth-serving professionals can access our free K-12 sex Ed curriculum at www.3rs.org/about-3rs/3rs-resources/

- [AFY History of Federal Abstinence only funding](#)
- [Advocates Myths and Facts about CSE](#)
- [Advocates The Truth About Abstinence Only Programs](#)
- [AMAZE Educator Toolkit](#)





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