Let’s Talk About Sex... and those *Big Decisions* for our Youth
HEALTHY FUTURES’ PROGRAMS
WE PROVIDE AND PROMOTE WHAT WORKS

• EDUCATION PROGRAMS
  • FOR PARENTS
  • FOR YOUTH
  • BIG DECISIONS STUDY
  • BAE-B-SAFE

• ADVOCACY
  • TEXAS WOMEN’S HEALTHCARE COALITION (STATEWIDE)
  • YOUTH ADVOCACY COUNCIL (YAC)
TEEN PREGNANCY PREVENTION PROGRAMS

• EVIDENCE SUGGESTS PROGRAMS CAN...
  • DELAY SEXUAL INITIATION (ABSTINENCE)
  • REDUCE RECENT SEXUAL ACTIVITY
  • DECREASE STIS AND HIV
  • REDUCE NUMBER OF SEXUAL PARTNERS
  • IMPROVE CONTRACEPTIVE USE
  • PREVENT PREGNANCY
BIG DECISIONS
GENERAL OVERVIEW

• ABSTINENCE-PLUS SEXUAL HEALTH EDUCATION DESIGNED FOR 8TH TO 12TH GRADE STUDENTS

• COMPATIBLE WITH TEXAS LAW §28.004
  • ALIGNED WITH HEALTH TEKS FOR 7TH-12TH GRADES

• USED IN OVER 20 TEXAS SCHOOL DISTRICTS

• “PROMISING”/EVIDENCE-INFORMED

• BASED OFF OF SOCIAL LEARNING THEORY

• CURRENTLY BEING FEDERALLY EVALUATED
THE CURRICULUM ITSELF

• INSTRUCTION TIME
  • 10 LESSONS AT 45MIN./LESSON

• REVIEWED FOR:
  • MEDICAL ACCURACY
  • TRAUMA-INFORMED APPROACHES
  • INCLUSIVITY
  • AGE-APPROPRIATENESS

• LESSON TOPICS:
  • GOALS & DREAMS, RELATIONSHIPS, REPRODUCTIVE ANATOMY, ABSTINENCE, PRACTICING REFUSAL SKILLS, CONTRACEPTION & STIS
THE CURRICULUM ITSELF

• LESSON COMPONENTS
  • SMALL GROUP ACTIVITIES
  • ROLE-PLAYING
  • SKILL BUILDING
  • HOMEWORK ACTIVITIES W/ TRUSTED ADULT
Key Messages

...to help you stay HEALTHY and reach your GOALS and DREAMS

- Having sex with someone is a BIG DECISION

- ABSTINENCE is the most effective way to avoid both pregnancy & STIs

- Teens who have sex need to:
  - Use latex* CONDOMS, correctly, every time, to reduce the risk of HIV and other STIs; and
  - Use effective CONTRACEPTION to prevent pregnancy

*or polyurethane or polyisoprene, if allergic to latex
FREQUENTLY ASKED QUESTIONS

• WHO SHOULD TEACH/IMPLEMENT THIS CURRICULUM?
  • ANYONE CAN… BUT MAYBE NOT EVERYONE SHOULD
  • CONSIDER WHO HAS “BUY-IN” FOR THE PROGRAM; WHO IS PASSIONATE ABOUT STUDENTS RECEIVING THIS INFO

• CAN THE CURRICULUM BE USED AS A RESOURCE OR SHOULD EVERYTHING BE COVERED?
  • FOR FIDELITY PURPOSES, EVERYTHING SHOULD BE COVERED AS WRITTEN AND IN THE ORDER IT WAS DESIGNED
FREQUENTLY ASKED QUESTIONS

• PARENT CONSENT?
  • OPT IN/OPT OUT
  • DRAFT LETTER PROVIDED IN CURRICULUM, BUT WE CAN ASSIST IN CREATING IF NEEDED
  • PLAN TIME TO COLLECT CONSENT FORMS
  • INCLUDE BIG DECISIONS OUTLINE W/ CONSENT
  • CONSIDER A PARENT SESSION (BOTH FOR INFORMING & KEY CONVERSATIONS)

• WHAT CLASS SHOULD THIS BE USED IN?
## Big Decisions and 7th - 8th Grade TEKS, cont.

### Chapter 115. Texas Essential Knowledge and Skills for Health Education

**Big Decisions Sexual Health Curriculum, 4th Edition**

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8 Health behaviors: The student engages in behaviors that reduce health risks throughout the life span. The student is expected to:

(A) analyze and demonstrate strategies for preventing and responding to deliberate and accidental injuries

(B) analyze the dangers associated with a variety of weapons

(C) identify strategies for prevention and intervention of emotional, physical, and sexual abuse

(D) identify information relating to abstinence

(E) analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationships to all sexual activity for unmarried persons of school age

(F) discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, sexually transmitted diseases, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity

9 The student analyzes health information and applies decision-making skills to promote the development and practice of safe behaviors. The student is expected to:

(A) analyze the relationship between the use of refusal skills and the incidence of unsafe situations such as sexual abstinence

(B) analyze the importance of abstinence in relationships to all sexual activity for unmarried persons of school age

(C) evaluate the effectiveness and ineffectiveness of barrier protection and other contraceptive methods including the prevention of Sexually Transmitted Diseases (STDs), keeping in mind the effectiveness of remaining abstinent until marriage

(D) evaluate the importance of healthy strategies that prevent physical, sexual, and emotional abuse such as date rape

10 Physical behavior: The student engages in behaviors that improve and protect physical and mental health. The student is expected to:

(A) hypothesize effective communication skills that demonstrate consideration and respect for self, family, friends, and others

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## Big Decisions and 9th - 10th Grade TEKS, cont.

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TRAINING OPTIONS

• 2-DAY TRAINING FOR FACILITATORS
  • INTERACTIVE TRAINING
  • CREATING A SAFE LEARNING ENVIRONMENT
  • REVIEW OF 10 LESSONS
  • PRACTICE ANSWERING SENSITIVE QUESTIONS
  • PRACTICE: TEACH BACKS

• 3 HR. TRAINING FOR DISTRICT/AGENCY STAFF
Big Decisions Has Been Approved and Used in:

- Alief ISD
- Brackett ISD
- Carrizo Springs ISD
- Comfort ISD
- Austin ISD
- Donna ISD
- Dripping Springs ISD
- Eagle Pass ISD
- ELCACHOCH ELSA HIGH SCHOOL
- El Paso ISD
- Hays Consolidated ISD
- Irving ISD
- Karnes City ISD
- Kenedy ISD
- Lackland ISD
- Lake Travis ISD
- Laredo ISD
- Lufkin ISD
- Northeast ISD (San Antonio)
- Pasadena ISD
- Pearsall ISD
- San Antonio ISD
- San Felipe Del Rio Consolidated ISD
- San Marcos Consolidated ISD
- Many Community Agencies in Texas
KEY CONVERSATIONS OVERVIEW

• DESIGNED TO BE USED IN CONJUNCTION WITH BIG DECISIONS OR AS A STAND ALONE PARENT EDUCATION COMPONENT

• 2 SESSIONS IN LENGTH
  • EACH SESSION IS 1.5 HOURS

• INTERACTIVE

• ROLEPLAY & HOMEWORK PRACTICE

• EACH PARENT RECEIVES A BOOKLET
IS TRAINING NEEDED?

• 1-DAY TRAINING IS RECOMMENDED FOR SOMEONE TO IMPLEMENT KEY CONVERSATIONS

• WHO SHOULD BE TRAINED?
  • A PERSON WHO IS COMFORTABLE WORKING WITH PARENTS
  • DOES NOT HAVE TO BE DISTRICT PERSONNEL – IF USED IN A SCHOOL

• IDEAL TRAINING SIZE WOULD BE ABOUT 8-10 PEOPLE
WHAT OTHER QUESTIONS DO WE HAVE?
BETHANY EVANS, MPH, CHES
BEVANS@HF-TX.ORG
210-223-4589   WWW.HF-TX.ORG