EMPOWERING YOUNG PEOPLE, STRENGTHENING FAMILIES

HEALTHY FUTURES OF TEXAS
"This publication was supported by Award No. 5 TP2AH000044-05-00 from the Office of Population Affairs (OPA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of OPA or HHS."
Exploring Big Decisions, an abstinence-plus sex education curriculum
Healthy Futures’ Programs:
We provide and promote what works

⭐ Education Programs

• For Middle School and High School Students
• For college students and young adults: BAE-B-SAFE
• Parents
• Big Decisions Study

⭐ Advocacy

• Texas Women’s Healthcare Coalition (statewide)
• Youth Advocacy Council (San Antonio)
Teen Pregnancy Prevention Programs

🌟Evidence suggests programs can...

- Delay sexual initiation (abstinence)
- Reduce recent sexual activity
- Reduce number of sexual partners
- Improve contraceptive use
- Decrease STIs and HIV
- Prevent pregnancy
2016 Teen Birth Data
Births per 1,000 females age 15-19

<table>
<thead>
<tr>
<th></th>
<th>US</th>
<th>Texas</th>
<th>Cameron</th>
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**Big Decisions**

**General Overview**

- Abstinence- plus sex education designed for 8-12 grade students
  - Can be adapted for 7\(^{th}\) grade
- Compatible with Texas Law §28.004
  - Aligned with Health TEKS for 7-12 grades
- Used in over 20 Texas school districts
- Based on Social Learning Theory

- “Promising”/evidence-informed
- Currently being federally evaluated
THE CURRICULUM

🌟 Instruction Time
  • 10 Lessons
  • 45 min./lesson

🌟 Reviewed for:
  • Medical Accuracy
  • Trauma-Informed Approach
  • Inclusivity
  • Age-Appropriateness
Lessons

1. RULES OF THE GAME: Forming a Respectful Group
2. GOALS AND DREAMS: My Future
3. RELATIONSHIPS AND ROMANCE: What is Healthy?
4. ANATOMY AND REPRODUCTION: How it Works
5. ABSTINENCE: Decisions to Wait
6. A CLEAR “NO”: MY LIMITS
7. CONTRACEPTION: Pregnancy at a Good Time for You
8. SEXUALLY TRANSMITTED INFECTIONS, Including HIV/AIDS
9. STAYING HEALTHY AND ON TRACK: Defending My Limits
10. OVERCOMING CHALLENGES: Big Decisions
IT’S NOT JUST ABOUT INFORMATION

- Developing healthy social norms
- Small group activities
- Role-playing
- Skill-building
- “Homework” activities w/ parent or 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?

- Teachers, school staff, and agency/community organization staff
- Considerations in selecting facilitators:
  - Teachers, health educators, promotoras, social workers
  - Administrators/Principals know staff best
  - Collaboration vs appointment
  - Experience with sex ed; comfort level
Should all the lessons be taught?

- For fidelity, all the lessons should be included as written and in the order it was designed.
- At least two lessons per week is recommended.
- Healthy Futures of Texas is a resource for training and implementation.
- The author, Dr. Janet Realini, is also a resource for curriculum and implementation questions.
How Should We Get Parent/Guardian Consent?

- Can be Opt-In (active parental consent) or Opt-Out (passive parental consent)
- Sample parent letter and consent form is provided in curriculum
  - Healthy Futures can assist in creating your letter, if needed
  - Suggest including a *Big Decisions* Curriculum Outline w/ consent forms
  - Suggest including consent forms in the beginning-of-school-year packet
- *(Actually, Texas law requires only notification of parents & ability for them to review materials)*
Other Tips Regarding Parents/ Guardians

- Plan for time to collect consent forms from parents
- Consider offering a Parent Information Session
- Consider offering the BD companion program, *Key Conversations*, for parents
What Courses Can *Big Decisions* Be Taught In?

📍This is up to the district to decide

📍Districts have used:
  - Health
  - Biology
  - English
  - Geography
  - Physical Education
  - Others
What Is The Process For Approval For Using Big Decisions In a School?

First, build support:

• Identify, develop, or become a champion for Big Decisions
• Consider scheduling a Healthy Futures webinar about Big Decisions for key school leaders
• Schedule a presentation for the SHAC

Approval by School Health Advisory Council (SHAC)

Approval by School Board
## ALIGNMENT W/ TEXAS TEKS

### Big Decisions and 7th - 8th Grade TEKS, cont.

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Charts available at BigDecisions.org
2-Day Training for Facilitators

• Interactive training
• Creating a safe learning environment
• Review of 10 Lessons
• Practice answering challenging questions
• Facilitation practice
• Best done in two consecutive days
Big Decisions has been approved and used in:

- Alief ISD
- Brackett ISD
- Carrizo Springs ISD
- Comfort ISD
- Austin ISD
- Dripping Springs ISD
- Eagle Pass ISD
- Santa Rosa ISD
- Sabinal ISD
- El Paso ISD
- Hays Consolidated ISD
- Irving ISD
- Karnes City ISD
- Kenedy ISD
- Lackland ISD
- Lake Travis ISD
- Pflugerville ISD
- Waco ISD
- Point Isabel ISD
- Lufkin ISD
- Northeast ISD (San Antonio)
- Pasadena ISD
- Pearsall ISD
- San Antonio ISD
- San Felipe Del Rio Consolidated ISD
- San Marcos Consolidated ISD
- Various community non-profits in San Antonio
Key Conversations
Conversaciones claves
Key Conversations Overview

- Can be used in conjunction with *Big Decisions* or as a stand alone parent education program
- The program goal is to provide guidance and practice for parents in talking with their teens about sex and relationships
- 2 sessions that can be provided in English or Spanish:
  - Each session is 1.5 hours
- Interactive
- Roleplay & homework practice
- Each parent receives a booklet
Key Conversations Training

★ 1-day training is recommended to implement Key Conversations

★ Who should facilitate this program?
  • Someone who is comfortable working with parents
  • Parent liaisons, nurses, teachers, social workers

★ Ideally, multiple persons would be trained per district (or per non-profit), including bilingual persons
Our Perspective on Key Conversations
What Other Questions Do You Have?
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