

Rights.
Respect.
Responsibility.



Frequently Asked Questions about **Rights, Respect, Responsibility:** A K-12 Sexuality Education Curriculum

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

The three authors of 3Rs are Elizabeth Schroeder, Ed.D., MSW, Eva Goldfarb, Ph.D., and Nora Gelperin, M.Ed. Each of these authors was also involved in the creation of both the National Sexuality Education Standards: Core Content and Skills K-12 (2012) and the National Teacher Preparation Standards in Sexuality Education (2014).

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3. 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.

4. How many lessons are there?

There are 80 lesson plans in the 3Rs curriculum: 18 at the K-5 level with three supplemental lessons, 28 at the middle school level from Grades 6-8, and 29 at the high school level from Grades 9-12. 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.

5. 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.

6. Did you use all of the indicators from the National Sexuality Education Standards?

Yes, all of the indicators from each of the seven strands in the National Sexuality Education Standards are reflected in the 80 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.

7. Is training required?

No, training is not required in order to download or implement any portion of the 3Rs curriculum.

8. Is training available?

Yes, a one-day training for people implementing the lessons is available as is a Training of Trainers to help prepare local trainers to facilitate the teacher training. Please contact Nora Gelperin, Advocates for Youth's Director of Sexuality Education & Training at nora@advocatesforyouth.org for more information.

9. 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.

10. Can I adapt a lesson plan?

Yes, we recommend that teachers read each lesson plan with an eye towards fit in your schools and communities. 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 those educators at the local level to adapt as appropriate.

11. 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.

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

The 3Rs Curriculum is evidence-informed and draws on research finding 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.

13. 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.

14. What about students with special needs?

Advocates for Youth got permission to reprint a teacher supplement about how to adapt lesson plans for students with special needs from the Our Whole Lives curriculum. It is available at 3rs.org. We hope to seek additional funding to adapt the curriculum to better meet the needs of students with special needs. In the interim there are great resources from ETR, specifically *Sexuality Education for People with Developmental Disabilities* and free lessons available from <https://teachingsexualhealth.ca/teachers/grade/differing-abilities/>

15. Do you have 3Rs in other languages?

Yes, Advocates received generous funding to be able to translate all of 3Rs into Spanish and all of the lessons are now available on our website.

16. 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.



17. Are there resources for parents/caregivers?

Yes, one of the key features of the 3Rs curriculum is the family homework activities 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. These activities are focused in Grades K-9. There is also a sample parent/caregivers workshop reprinted with permission from *It's That Easy* so that schools can offer workshops for families.

18. 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.

19. Do you need to buy any videos/DVDs to use the lesson plans?

No, the lessons that include a video clip pull from open source websites that allow viewing the videos without any need to purchase additional videos or DVDs.

20. How will you provide updates to the curriculum?

In order to download lesson plans, a person needs to enter their name, zip code and email address. We ask for that information so that we can share updates to the content of lessons via email. If, for example, there were updated guidelines concerning STD testing or treatment for HIV, that information would be shared with people who have downloaded lesson plans via the email address they shared initially. Additionally we put "last revised" dates on lesson plans once they have been updated.

21. 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 has posted the results of that analysis on our website.

22. Are printed copies available?

Yes, we have a partnership with an on-demand printer who can print copies of the 3Rs curriculum and ship them directly to people who are interested in purchasing. The link for printing is on our 3Rs website.

23. 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.



24. 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.

25. 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.

26. How do I know which lessons to select if I don't have time to use all of them?

Advocates for Youth has released guidance on which lessons to select at various grade levels knowing that it's unusual for districts to have sufficient time to cover them all. That guidance is available on the Advocates for Youth 3Rs website.

27. Does 3Rs fulfill the requirements of Erin's Law, which my state just passed?

Yes, the lesson plans within 3Rs can be used to meet the K-12 requirements of Erin's Law starting with lessons on bodily autonomy, correct names for body parts and knowing who to seek out for help and then continuing into healthy vs. unhealthy relationships, boundaries and consent in the upper grades.

28. I see that 3Rs is "inclusive" around LGBTQ issues 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.

29. Does it address consent, sex trafficking and accessing sexual health care services?

Yes, the 3Rs curriculum addresses consent and accessing sexual health care information and services in both the middle and high school grade levels, the topic of sex trafficking is not currently in the National Sexuality Education Standards and therefore is not reflected in the curriculum. Professionals who want to cover that topic are welcome to supplement with lessons and content about that critical issue.



30. 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 or gender expansive student 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.

31. 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.

32. Does 3Rs address controversial topics such as abortion, homosexuality and masturbation?

Yes, since each of these topics is included in the National Sexuality Education Standards, the 3Rs Curriculum has lesson plans to reflect those indicators around abortion as one of three pregnancy options. There are also lesson plans to help students understand sexual orientation and gender identity and information about masturbation is also included.

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

Please contact Nora Gelperin, Director of Sexuality Education & Training at Advocates for Youth via email at nora@advocatesforyouth.org or phone 202-419-3420.