

The *Get Real* Approach

Successful Get Real educators:

Value, support, and respect adolescents' rights and abilities to make informed choices about their own health and safety.

What this looks like:

- Teaching effective communication and negotiation skills to strengthen decision-making throughout life.
- Guiding students through the exploration of a spectrum of values and beliefs, and allowing and supporting them to make their own judgments.
- Communicating with students about the benefits of abstinence.
- Providing accurate information about safe and effective protection methods that prevent STIs and pregnancy.
- Supporting adolescents' right to:
 - access comprehensive sexuality education;
 - learn about their own bodies and how their bodies function;
 - know that they have the power to keep their bodies, and other people's bodies, healthy;
 - practice the skills they need to engage in healthy relationships throughout their lives; and
 - access honest and accurate answers to their questions.

Engage parents and other caring adults as the primary sexuality educators of their children.

What this looks like:

- Encouraging parents, and other caring adults, to discuss sexuality topics with their children.
- Supporting students in identifying the caring adults in their lives.
- Encouraging students to discuss what they are learning and explore personal values with parents/caring adults.
- Recognizing that educators and parents have the same goal: healthy, happy young people.

Create an inclusive and learner-focused environment.

What this looks like:

- Recognizing that students come from varied cultures, backgrounds and experiences.
- Using language that is respectful and intentional.
- Avoiding assumptions about students' lives and experiences.

An education program of Planned Parenthood® League of Massachusetts

GET | REAL

Comprehensive Sex Education That Works

- Honoring all sexual identities.
- Supporting the rights of all students to access information and to achieve their full human potential.

Recognize that sexuality education is a lifelong process.

What this looks like:

- Understanding, and guiding students to understand, that human sexuality is more than just sexual behavior. It encompasses feelings, beliefs, values, behavior, identity, culture, relationships, body image, communication, decision-making, and more.
- Recognizing that the exploration of one's own sexuality is a lifelong learning process.
- Acknowledging that sex education is not only prevention education, it is life education.

Communicate openly and honestly about sexuality without stigmatizing, shaming, or using fear tactics.

What this looks like:

- Providing factual, medically-accurate, and age-appropriate information.
- Focusing on personal accountability, decision-making, effective communication skills, and healthy relationship building, rather than emphasizing the “dangers” of sex.
- Acknowledging sexual behavior is a normal and natural part of life that, when practiced safely and consensually, should be pleasurable for both partners.
- Presenting information in an honest and accurate way to combat the cultural messages that promote an unhealthy “secrecy” of sexuality.
- Embracing a positive approach to sexuality education!