

Nationwide Children's Hospital Teen Reproductive Health Program Scope of Services

\$250,000 for 2023 -2024 School Year

For one calendar year, NCH will hire, train, and deploy multiple Reproductive Health Education Coordinators who will expand Sexual Health Education in Columbus and Franklin County. Though not exclusive to the Get Real Curriculum (as other program will be employed this coordinator) the coordinator will expand the Get Real curriculum.

Get Real emphasizes social and emotional skills as a key component of healthy relationships and responsible decision making. It promotes abstinence from sex as a safe and healthy choice for adolescents; provides a comprehensive understanding of sexual health, sexuality and protection methods; and supports parents and other caring adults as the primary sexuality educators of their children through family activities that encourage dialogue between students and the caring adults in their lives about sexual health topics. The middle school curriculum now comes with access to the *Get Real* for Parents mobile website so families can complete the activities directly on a phone, laptop or tablet. It is a school-based program evaluated in a largely urban setting with a diverse student population.

Get Real is framed with the concept of social and emotional learning, or SEL, and teaches five SEL skills of self-awareness, self-management, social awareness, relationship skills and responsible decision making as key elements in learning how to negotiate relationships. These skills are integrated into the content of the lessons through activities and process questions.

The following four premises are built into the curriculum:

- Sexual health is an integral part of health education.
- Parents and other caring adults are students' primary sexuality educators.
- Relationship skills are a key element of a comprehensive sexuality education curriculum.
- While abstinence from sex is the most effective way to avoid sexually transmitted infections and unintended pregnancy, adolescents require a comprehensive understanding of sexual health, sexuality and protection methods, which they will need when they become sexually active.

The *Get Real* program recognizes parents as the primary sexuality educators of their children and encourages students to talk with a parent or other caring adult about the material covered in class. Every lesson includes take-home Family Activities that encourage this dialogue between students and their parents and other caring adults. Parents are supported through:

- Online activities, resources, FAQs and conversation starters on the *Get Real* for Parents mobile website

- Informational letters that explain material covered in class and the corresponding Family Activity
- Strategies and tips for talking with their children about topics covered in class
- Additional education resources

As a result of participating in the *Get Real* program, students will be able to:

- Connect self-awareness, self-management, social awareness, and relationship skills to responsible decision making.
- Name reasons abstinence is a healthy and safe choice for youth their age.
- Describe consequences of sexual activity and ways to reduce the risk of negative consequences.
- Apply a decision-making model to real-life situations.
- Demonstrate assertive communication and refusal skills for delaying sexual intercourse and avoiding unprotected sexual activity.
- Increase their opportunities for conversations with their parents and other caring adults about personal, family and community beliefs about sexual health. The program is delivered through class discussion, role plays, worksheets, practice of skills and assessment activities.

Funding for this program year will include:

- Salary/Fringe
- Get Real Training
- Curriculum (550/edu)
- Workbooks (\$5/student)
- Mileage
- Laptops
- General office supplies
- Additional training/PD as needed

A formal written quarterly report including Quantitative and Qualitative data must be submitted within 30 days post each quarter. The fourth and final report being a cumulative report of progress made during that year. The final cumulative report will be due no later than 60 days after the conclusion of the year.