



Rights, Respect, Responsibility (3Rs) Grades 9-12

Overview

Program Components:

- Comprehensive science-based sexual health education curriculum designed to help youth develop healthier relationships and prevent pregnancy, STDs, and sexual violence
- Designed for use in school classrooms as part of a health unit
- Inclusive curriculum, including examples and activities designed to resonate with youth from a variety of geographical regions, racial identities, sexual orientations, and gender identities
- 28 lessons separated by grade level. Example: Grade 9 has 11 lessons

For Use With:

- Grades 9-12

Evaluation findings:

3Rs adheres to the Characteristics of Effective Sex and STD/HIV Education Programs and is aligned to both the CDC's National Health Education Standards for Sexual Health and the National Sexuality Education Standards, authored by the Future of Sex Education. 3Rs is evidence-informed and draws on research from multiple disciplines including public health, sociology, biology, psychology and education. The curriculum and its lessons reflect best practices in teaching and provide young people with the information and skills they need at each age and developmental level.

National Health Education Standards

Aligned with the National Sexuality Education Standards

Reviewed by OSPI for alignment with WA State Healthy Youth Act and Health & PE Standards and received favorable scores, but would require some supplementation

Adult Preparation Subjects

Healthy Relationships:

- Lessons on Healthy Relationships, Coercion and Consent, and Communication and Decision Making

Parent-Child Communication:

- Encourages family discussion about lesson topics

Healthy Life Skills:

- Lessons on Finding Accurate Sex Ed Information Online, Using Technology Safely and Undoing Gender Stereotypes

Lesson Selection Guidance

- WA PREP requires lessons about abstinence and all FDA-approved methods to prevent pregnancy and HIV/STDs. It also requires topics to help prepare youth for adulthood, such as healthy relationships, life skills, and adolescent development.
- There are six main topics from the WA Health and PE Standards that we ask districts to cover when implementing with WA PREP (listed below left).
- WA PREP strongly recommends the following seven lessons to cover these topics.
- Districts can choose more than seven lessons from 3Rs as they see fit.

Suggested Order	Topics from WA Health & PE Standards	WA PREP Strongly Recommends
1	Healthy Relationships	Grade 10 Lesson 1: Rights, Respect, Responsibility – Don't Have Sex Without Them (Consent)
2	Prevention (of Pregnancy and STD/HIV)	Grade 10 Lesson 2: Know Your Options – Information on Contraception
3	WA State Laws and Rights of Young People	Grade 10 Lesson 3: We All Have Rights
4	Self-Identity	Grade 9 Lesson 4: Sexual Orientation, Behavior, and Identity: How I Feel, What I Do and Who I Am.
5	Puberty and Development	Grade 9 Lesson 7: Sexual Decision Making
6	Anatomy, Reproduction, and Pregnancy	Grade 9, Lesson 9: What If...? OR Talk with a WA PREP Trainer about other options
7	Prevention (of Pregnancy and STD/HIV)	Grade 9 Lesson 11: Creating Condom Confidence
	Districts are encouraged to review all lessons (listed below) to choose any additional lessons they plan to include	

All Lessons – 3Rs High School

Curriculum Overview	Grade 9	Grade 10	Grade 11	Grade 12
	Lesson 1: They Love Me, They Love Me Not	Lesson 1: Rights, Respect, Responsibility – Don't Have Sex Without Them	Lesson 1: How Do You See Me?	Lesson 1: What Are My Reproductive Rights?
	Lesson 2: How Well Do I Communicate with Others?	Lesson 2: Know Your Options – Information on Contraception	Lesson 2: My Boundaries	Lesson 2: My Life, My Decisions
	Lesson 3: It Wasn't My Fault. Rape and Sexual Assault	Lesson 3: We All Have Rights	Lesson 3: Is it Abuse If...?	Lesson 3: Sexual Rights: Who Decides?
	Lesson 4: Sexual Orientation, Behavior and Identity	Lesson 4: Let Me Tell You: Communicating about sexual health and STDs	Lesson 4: Wanted: Qualified Parent	Lesson 4: Getting Savvy About STD Testing
	Lesson 5: Understanding Gender	Lesson 5: Using Technology Respectfully and Responsibly	Lesson 5: Gender and Sexual Orientation: Understanding the Difference	Lesson 5: Fantasy or Reality? How Sexually Explicit Media Affects How We See Relationships
	Lesson 6: Decisions, Decisions	Lesson 6: Our Space, Safe Space: Safety for LGBTQ students		
	Lesson 7: Sexual Decision Making	Lesson 7: Trust It or Trash It: Finding Accurate Sex Ed Info		
	Lesson 8: Planning and Protection: Avoiding or Managing STDs			
	Lesson 9: What If? Information on Pregnancy			
	Lesson 10: STD Smarts			
Lesson 11: Creating Condom Confidence				