



Rights, Respect, Responsibility (3Rs) Grades 6-8

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
- Strong family involvement component
- Inclusive curriculum, including examples and activities designed to resonate with youth from a variety of geographical regions, racial identities, sexual orientations, and gender identities
- 29 lessons separated by grade level. Example: Grade 6 has eight lessons.

For Use With:

- Grades 6-8

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 & State 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, Communication and Decision Making

Parent-Child Communication:

- Family homework assignments
- Strong family involvement component

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, 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 we ask districts to cover when implementing with WA PREP (listed below left).
- WA PREP strongly recommends specific lessons for some of these topics (listed below). *The best lesson choices for each district, however, will depend on the grade levels taught.*
- Districts can choose more than six lessons from 3Rs as they see fit.

WA Health & PE Standards	WA PREP Recommends
Anatomy, Reproduction, and Pregnancy	Grade 6 Lesson 1 & 2: Everybody’s Got Body Parts – Part One and Two Or... Grade 6 Lesson 6: Liking and Loving- Now and When I’m Older
Puberty and Development	Grade 6 Lesson 1: Change is good!
Self-Identity	Grade 6 Lesson 2: Gender Roles, Gender Expectations Or Grade 7 Lesson 6: I Am Who I Am
Prevention	Grade 7 Lesson 9: Let’s Talk About Sex
Healthy Relationships	Grade 6 Lesson 3: Understanding Boundaries
WA State Laws	Grade 7 Lesson 11: Being Smart, Staying Safe Online Or... Talk to a WA PREP Trainer about other options
<p style="text-align: center;">Districts are encouraged to review all lessons to choose any additional lessons they plan to include</p>	

All Lessons – 3Rs Middle School

Curriculum Overview	Grade 6	Grade 7	Grade 8
	Lesson 1: Change is good!	Lesson 1: Everybody’s Got Body Parts – Part One	Lesson 1: Creating a Safe School: Celebrating All
	Lesson 2: Gender Roles, Gender Expectations	Lesson 2: Everybody’s Got Body Parts – Part Two	Lesson 2: The World Around Me
	Lesson 3: Understanding Boundaries	Lesson 3: Reproduction Basics	Lesson 3: Healthy or Unhealthy Relationships?
	Lesson 4: Communicating About a Sensitive Topic	Lesson 4: Great Expectations: Signs and Symptoms of Pregnancy	Lesson 4: Choose Your Words Carefully
	Lesson 5: More Than Friends: Understanding Romantic Relationships	Lesson 5: Protecting Your Health: Understanding and Preventing STDs	Lesson 5: We Need to Talk
	Lesson 6: Liking and Loving- Now and When I’m Older	Lesson 6: I Am Who I Am	Lesson 6: Talking Without Speaking: The Role of texting in Relationships
	Lesson 7: Being a Sex Ed Sleuth	Lesson 7: Blue is for Boys, Pink is for Girls...Or Are They?	Lesson 7: Warning Signs: Understanding Sexual Abuse and Assault
		Lesson 8: Making SMART Choices	Lesson 8: Birth Control Basics
		Lesson 9: Let’s Talk About Sex	Lesson 9: Using Condoms Effectively
		Lesson 10: Being the Change you Want to See in the World	Lesson 10: STD Basics: Reducing Your Risks
	Lesson 11: Being Smart, Staying Safe Online		