

Texas Sex Education Code Correlation

Relationship Smarts PLUS Sexual Risk Avoidance (RQ+ SRA)

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| <p>1 Present abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age;</p> | <p>Lesson 11 - Pregnancy, STIs and HIV</p> <ul style="list-style-type: none">• Overview- "This lesson will reinforce the wisdom of sexual delay until adulthood and marriage, does not normalize teen sexual activity, and offer teens medically accurate information on these subjects." |
| <p>2 Devote more attention to abstinence from sexual activity than to any other behavior;</p> | <p>The benefits of abstinence and sexual delay are addressed throughout the RQ+ SRA curriculum. Teen sex is not normalized, and skills are taught and developed that allow teens to make wiser and healthier relationship decisions.</p> <p>Introduction</p> <p>- "The decision-making frameworks in RQ+ SRA help youth clarify sexual values and set boundaries and clear intentions about sex and relationships. Teens outline a plan to stay true to those intentions and practice through role-plays how to do so... RQ+ SRA does not normalize teen sexual activity but encourages sexual delay and risk avoidance through stories, film, music and the voices of young adults. Activities guide youth in cultivating a North Star for their love lives rather than merely following the scripts of the popular and media culture. They learn more about the positives of sexual delay and risk avoidance and self-regulation in achieving their personal and life goals."</p> <p>Lesson 3 - Attractions and Infatuation</p> <ul style="list-style-type: none">• 3.3 - Information All Teens Should Know- "More than half of all teens have not had sexual intercourse, and, of the 41% that have, most wish they had waited. Unfortunately, many teens who have not had sex think they are out of it because they believe everybody's doing it. But that is not so." <p>Lesson 7 - Decide, Don't Slide!</p> <ul style="list-style-type: none">• 7.3 - The Success Sequence |

3 Emphasize that abstinence from sexual activity, if used consistently and correctly, is the only method that is 100 percent effective in preventing pregnancy, sexually transmitted diseases, infection with human immunodeficiency virus or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity;

Lesson 10 - Sexual Decision-Making

- 10.3 - Understanding Sexual Regrets

Lesson 11 - Pregnancy, STIs and HIV

- Overview

- "As health information is conveyed in this lesson, it will be communicated clearly that the only form of protection from pregnancy and STDs that is 100% effective for teens is to refrain from sex—any type of sex."

- 11.1 - Test Your Knowledge About Sex, Pregnancy, and STIs/HIV

- "Not having sex is the 100% sure way not to get pregnant."

- "Not having sex is the only 100% effective way to avoid pregnancy and STDs."

- 11.2 - STIs and HIV are for Real

- "The only 100% effective way to eliminate the risk of getting STDs and HIV and pregnancy, is not to have sex—any kind."

- "Leaving sex out gives you the freedom to enjoy and experience your relationships as a teenager without worries, doubts, complications, or regrets. No one regrets waiting."

Lesson 12 - Through The Eyes of A Child

- Overview

- "Young people might be more motivated to avoid pregnancy if they are encouraged to step outside themselves and look more deeply at the consequences for children whose parents are young, not finished with school or employed, nor in a healthy marriage. Examining unplanned pregnancy through the eyes of a child...may provide additional motivation to have a proactive plan to delay sex and to avoid a pregnancy."

4 Direct adolescents to a standard of behavior in which abstinence from sexual activity before marriage is the most effective way to prevent pregnancy, sexually transmitted diseases, and infection with human immunodeficiency virus or acquired immune deficiency syndrome;

Lesson 3 - Attractions and Infatuation

- 3.3 - Information All Teens Should Know

- "More than half of all teens have not had sexual intercourse, and, of the 41% that have, most wish they had waited.

Unfortunately, many teens who have not had sex think they are out of it because they believe everybody's doing it. But that is not so."

Lesson 7 - Decide, Don't Slide!

- 7.3 - The Success Sequence

Lesson 11 - Pregnancy, STIs and HIV

- Overview

- "Role-plays with diverse pressure situations that are inclusive will offer assertiveness and refusal skill practice. The lesson ends with teens designing their own detailed personal plans for their sexual choices. This exercise will ask them to use what they have learned to make a very detailed personal plan for themselves to help them stay true to their intentions."

5 Teach contraception and condom use in terms of human use reality rates instead of theoretical laboratory rates if instruction on contraception and condoms is included in curriculum content.

Lesson 11 - Pregnancy, STIs and HIV

- 11.1 - Test Your Knowledge About Sex, Pregnancy, and STIs/HIV
 - "The male condom is 82% effective with typical use. Female condom is 79% effective."
- 11.2 - STIs and HIV are for Real
 - Factual Information on Condoms

For more information on Relationship Smarts Plus Sexual Risk Avoidance visit <https://www.dibbleinstitute.org/relationship-smarts-plus-sra/>