



REAL ED (RELATIONSHIP EDUCATION) PROGRAM 2018-19

GENERAL OVERVIEW, EVALUATION STATISTICS FROM THE 2017-18 SCHOOL YEAR AND FREQUENTLY ASKED QUESTIONS

Pennsylvania law requires that schools provide STD and HIV/AIDS education. Schools must use materials that have been determined by local school districts to be age-appropriate and stress abstinence from sex.

The RealEd program is completely secular, factual, and provides the relationship education component of an overall sex education curriculum. RealEd's presentation seeks to add to the curriculum because it focuses on forming and maintaining *healthy* relationships, not just sex. Many programs teach about birth control and contraception. However, few programs focus on the skills and choices that are essential for healthy relationships.

The RealEd presentation is a relationship education program.

THE REAL ED PRESENTATION

RealEd is a dynamic presentation that both educates and encourages students to respond with their own thoughts and values regarding the topic of sex and healthy relationships. This program is a response to a culture that conceptualizes sex as casual and without consequence and connects sexual activity to a person's value and worth. *RealEd desires to educate young people with a message that says your value and confidence should not come from your sexual résumé but rather from whom you are as a person.*

An outline of RealEd's presentation includes:

1. Sex is Powerful
2. Thinking Ahead (Feel-Think-Act)
3. Decision Making/Foundation
4. Emotions/Emotional Baggage
5. Boundaries
6. Arousal
7. Intimacy
8. Personal Stories

RealEd's purpose is to provide a framework that empowers students to think through their own values and make healthy decisions about life and their own relationships. It is important to delay the onset of sexual activity in teens in order to form healthy relationships, prevent teen pregnancies and sexually transmitted diseases and encourage the likelihood of high school graduation.

IMPACT

The RealEd team offers compelling, candid and engaging presentations to students in middle and high schools, and has consistently received positive feedback through student and teacher surveys. Student evaluations from the 2017-2018 school year, representing 100% of response to the RealEd Presentation:

- 77% of students reported that the RealEd presentation is **relevant**
- 55% of students reported that the RealEd presentation inspired them to **change their behavior**
- 71% of students reported that the RealEd presentation helped them to **think through their values about life and healthy relationships**

Additional student comments are also available by contacting the RealEd office, 610.622.9957 | www.Real-Ed.org

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FREQUENTLY ASKED QUESTIONS ABOUT REALED

1. What is the benefit of relationship education?

Research in the sex education field show that teenagers respond positively to a psycho-educational perspective: a program that speaks to relational issues, rather than just biological issues. Experts note that youth are "hungry" to learn about the emotional aspects of sexuality, successful friendships and healthy romantic relationships. Teens consider peer pressure, body image, boundaries and communication struggles. All of these issues are addressed in the candid RealEd presentation. This presentation serves as a supplemental support to an already existing sex education program in the schools.

2. How does Amnion charge for the RealEd presentation? What funding does RealEd receive from the State/Federal government?

All of Amnion's services, including RealEd, are provided at no charge, offered as a free service to the community. We receive no funding from the State or Federal Government.

3. Who is part of the RealEd team?

The RealEd team is a group of diverse and talented young adults. Research has shown that there is a high demand from teens to hear about such topics from people who are close to their age because it makes them feel more understood about the pressures that come to their age group. The RealEd team brings diversity and relevancy to the classroom in order to effectively communicate information regarding sex and healthy relationships.

4. Can faith-based organizations provide relationship education programs in the schools?

Amnion is a faith-based organization but the RealEd program is *completely secular*. The relationship education program is based on a recognized public health model of sexual risk avoidance (SRA). SRA is the optimal health model used in addressing risk behaviors and is commonly known as *primary prevention*. Because the CDC has identified teen sex as a risk behavior, the optimal health approach seeks to eliminate the risk rather than simply the reduction of risk. All teens, regardless of past or current sexual activity, deserve the skills, knowledge and encouragement to achieve a risk-free status based on this established health approach.

5. Does RealEd provide faith-based information in the presentation?

The presentation is completely secular and free of any faith-based information. RealEd presenters strictly follow all laws pertaining to public school presentations. All presented materials are nonsectarian. RealEd only provides factual, health-based information to students.

6. Does RealEd hand out Bibles or faith-based literature?

No. RealEd never distributes Bibles or faith-based literature in any public school presentations in the classroom or on school property. All presenters complete a comprehensive training program and sign a policy regarding prohibition of expression of religious beliefs in public schools.

7. How are sensitive topics about sexual activity handled in the presentation?

One of the most significant concepts presented in RealEd is that we all have value and that value is not based on our sexual résumé. Presenters are trained to sensitively focus on the intrinsic value of each individual and never shame or place blame on anyone for their past. Rather, we discuss the opportunity to set new personal goals and boundaries despite past experiences and based upon careful self-reflection.

8. What about the LGBTQ community? Is your presentation inclusive of all people?

The RealEd presentation is focused on relationship education, and can be related to all people and all relationships. Everyone can benefit from lessons about the components of healthy relationships, goal-setting, thinking before acting, understanding emotions and emotional baggage, etc. RealEd does not discuss gender issues, but the presentation can be applied to all relationships.

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