

Big Decisions SHAC Presentation

Judson ISD

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Advancing informed sexual health decisions

Our Mission & Vision



The mission of Healthy Futures of Texas is to improve the well-being of young Texans through equitable access to sexual health education, contraception, and resources.

We have a vision that every woman and young Texan has access to the information and resources needed to make well-informed sexual health decisions.

Talk About It Texas

A statewide effort, powered by Healthy Futures of Texas, that gives young people safe spaces to talk frankly and honestly about sexual and reproductive health with their friends, parents, and educators.



Where we work

HFTX works statewide across Texas with a staff currently located in:

- San Antonio
- Dallas
- Austin
- Houston
- Rio Grande Valley.



What we do

**Research and
Data**

Advocacy

Awareness

**Training &
Technical
Assistance**

**Health
Education**

Fundraising / Development

Finance

Operations – HR / IT / Administration

Board Development & Governance

Teen Pregnancy Prevention Programs

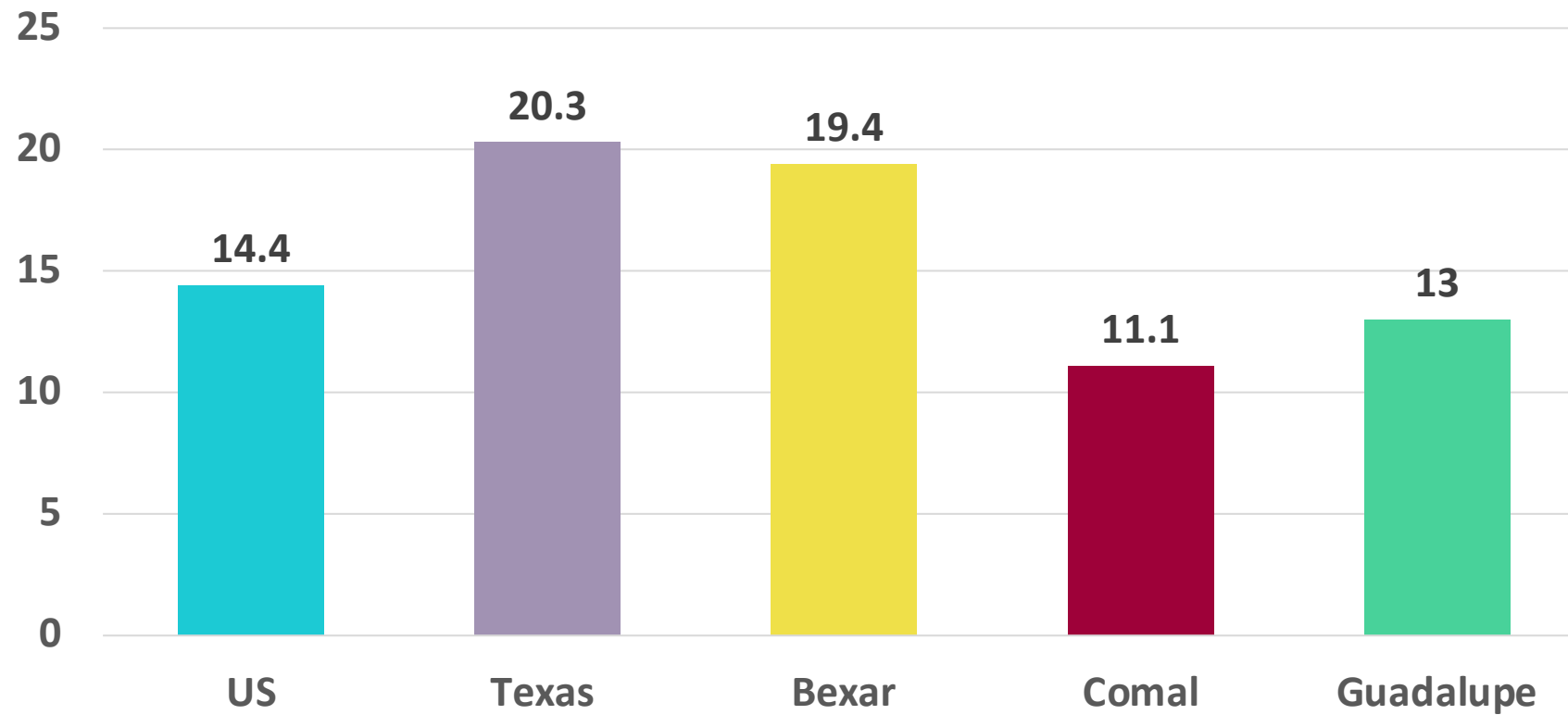
Evidence suggests programs can...

- ❖ Delay sexual initiation (abstinence)
- ❖ Reduce recent sexual activity
- ❖ Reduce number of sexual partners
- ❖ Improve contraceptive use
- ❖ Decrease STIs and HIV
- ❖ Prevent pregnancy



2021 Teen Birth Data

Births per 1,000 females age 15-19





Let's explore the curriculum...

talk about  Texas presents

big decisionsTM

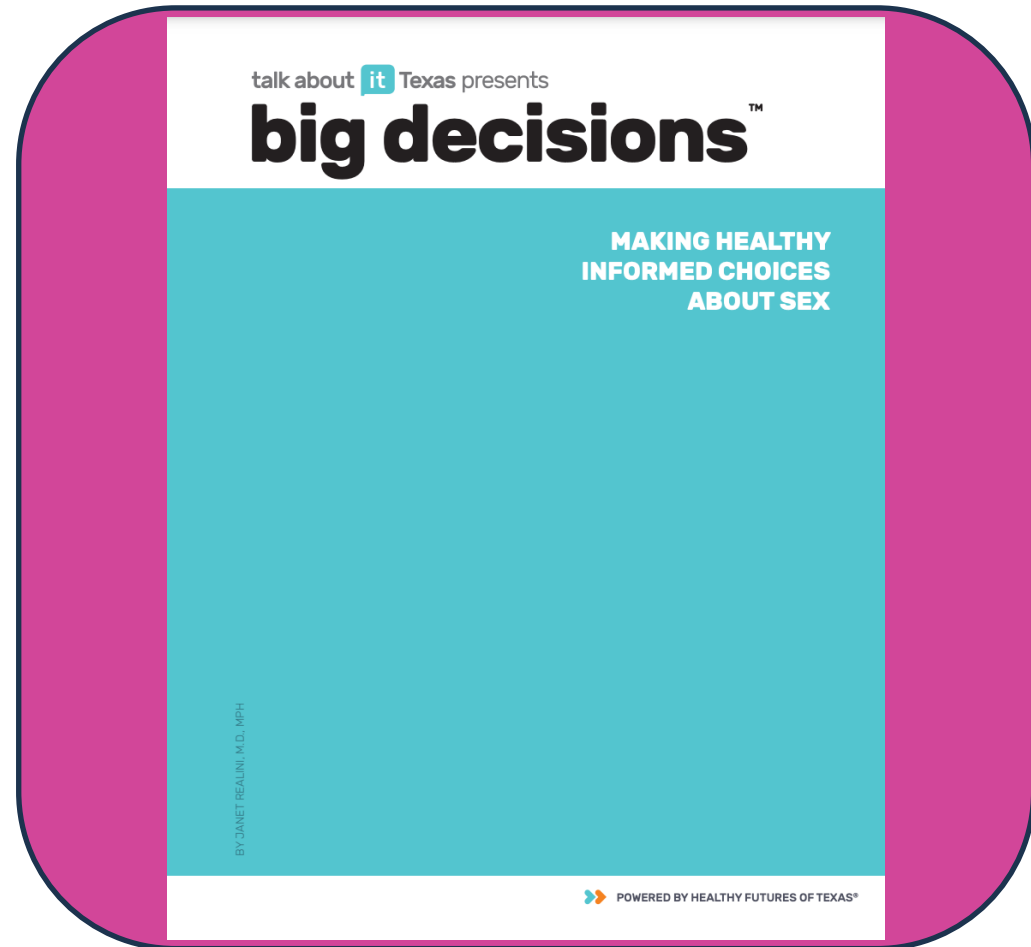


Big Decisions General Overview

- ❖ Abstinence-plus sex education designed for 8-12 grade students
 - ❖ Can be adapted for 7th grade
- ❖ Compatible with Texas Law §28.004
 - ❖ Aligned with Health TEKS for 7-12 grades
- ❖ Used in over 40 Texas school districts
- ❖ Based on Social Learning Theory
 - ❖ “Promising”/evidence-informed
 - ❖ Federally evaluated

The Curriculum

- ❖ Instruction Time
 - ❖ 10 Lessons
 - ❖ 45 min./lesson
- ❖ Reviewed for:
 - ❖ Medical Accuracy
 - ❖ Trauma-Informed Approach
 - ❖ Inclusivity
 - ❖ Age-Appropriateness



01

Rules of the game: Forming a respectful group

02

Goals and dreams: My future

03

Relationships and romance: What is healthy?

04

Anatomy and reproduction: How it works

05

Abstinence: Decisions to wait

06

A CLEAR “No”: Respecting and defending limits

07

Sexually transmitted infections: Including HIV/AIDs

08

Contraception: Pregnancy at a good time for you

09

Staying healthy and on track: My safety and my limits

10

My decisions: Ready for challenges

Lessons

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It's not *just* about information

- ❖ Developing healthy social norms
- ❖ Small group activities
- ❖ Role-playing
- ❖ Skill-building
- ❖ “Homework” activities with parent or trusted adult



Frequently Asked Questions

- ❖ Who should teach/ implement this curriculum?
 - ❖ Teachers, school staff, and agency/community organization staff
 - ❖ Considerations in selecting facilitators:
 - ❖ Teachers, health educators, promotoras, social workers
 - ❖ Administrators/Principals know staff best
 - ❖ Collaboration vs appointment
 - ❖ Experience with sex ed; comfort level



Should all the lessons be taught?

- ❖ For fidelity, all the lessons should be included as written and in the order it was designed
- ❖ At least two lessons per week is recommended
- ❖ Healthy Futures of Texas is a resource for training and implementation

How should we get parent/guardian consent?

- ❖ Opt-In (active parental consent)
- ❖ Sample parent letter and consent form is provided in curriculum
 - ❖ Healthy Futures can assist in creating your letter, if needed
 - ❖ Suggest including a *Big Decisions* Curriculum Outline w/ consent forms
 - ❖ Suggest informing parents of program in the beginning-of-school-year packet
 - ❖ Consent forms will need to be released, at minimum, 2 to implementation



Other tips regarding parents/guardians

- ❖ Plan for time to collect consent forms from parents
- ❖ Consider offering a Parent Information Session
- ❖ Consider offering the BD companion program, *Key Conversations*, for parents/guardians



What courses can *Big Decisions* be taught in?

- ❖ This is up to the district to decide
- ❖ Districts have used:
 - ❖ Health
 - ❖ Biology
 - ❖ English
 - ❖ Geography
 - ❖ Physical Education

What courses can *Big Decisions* be taught in?

- ❖ Can be implemented over 2 weeks, 10 days back to back.
- ❖ Can be taught over 5 weeks, 2 lessons a week.
- ❖ Preferably over 2-6 weeks.
- ❖ Healthy Futures can help course department plan timeline if needed

Alignment with Health TEKS

CHAMPSS: CHoosing And Maintaining
Effective Programs for Sex Education in



Select >>>>

Alignment of TEKS Objectives
Big Decisions

TEKS Objectives

- Coverage of the Texas Education Agency's Texas Essential Knowledge and Skills, Reproductive and Sexual Health objectives is provided in the following pages. Table 1 (above) indicates the lessons and activities of the Big Decisions program. Table 2 (below) indicates the percentage of TEKS coverage across all lessons for Middle school (7th-8th grade), Health I, and Health II, respectively.
- Definitions:
 - "Full TEKS coverage" indicates that the entire student expectation (SE) is explicitly covered, as written, in the curriculum.
 - "Partial TEKS coverage" indicates that at least one aspect of the SE is not covered or not explicitly covered in the curriculum.
- TEKS coverage was determined by consensus from two reviewers with relevant subject-matter knowledge. The full review protocol and a detailed review document for each curriculum is available upon [request](#).

Table 2. Health TEKS Objectives, Reproductive & Sexual Health Strand
Full or Partial Coverage – All Lessons

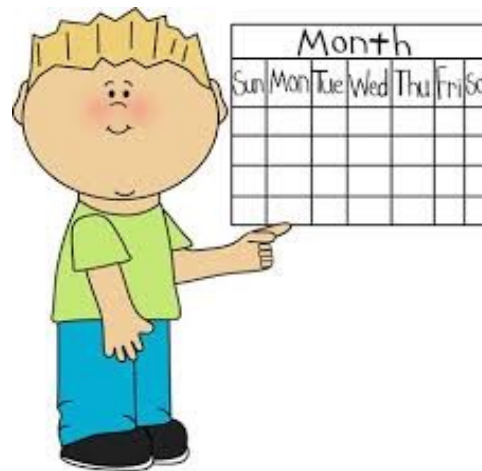
Middle School (7 th – 8 th Grade)	70%
Level I Health (9 th – 12 th Grade)	77%
Level II Health (9 th – 12 th Grade)	85%

Training

- ❖ 2-Day Training for Facilitators
 - ❖ Interactive training
 - ❖ Creating a safe learning environment
 - ❖ Review of 10 Lessons
 - ❖ Practice answering challenging questions
 - ❖ Facilitation practice

General Pricing for 2023

- ❖ \$250/curriculum
 - ❖ + shipping (if needed)
- ❖ \$650/person for 2-day Training
 - ❖ Travel fees for training not included



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What questions
do you have?



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