

## Get Real

Get Real is a middle and high school curriculum that emphasizes social and emotional skills as a key component of healthy relationships and responsible decision making. It promotes abstinence from sex as a safe and healthy choice for adolescents; provides a comprehensive understanding of sexual health, sexuality, and protection methods; and supports parents and other caring adults as the primary sexuality educators of their children through family activities that encourage dialogue between students and the caring adults in their lives about sexual health topics.

Get Real is framed with the concept of social and emotional learning (SEL). According to the Collaborative for Academic, Social, and Emotional Learning (CASEL):

SEL is a process for helping children and even adults develop the fundamental skills for life effectiveness. SEL teaches the skills we all need to handle ourselves, our relationships, and our work effectively and ethically. These skills include recognizing and managing our emotions, developing caring and concern for others, establishing positive relationships, making responsible decisions, and handling challenging situations constructively and ethically.

Get Real incorporates five SEL skills of self-awareness, self-management, social awareness, relationship skills, and responsible decision making as key elements in learning how to negotiate relationships. If young people can negotiate relationships, they can better negotiate sexual relationships. These skills are integrated into the content of the lessons through activities and process questions.

*The general description of the curriculum was adapted from information provided on the publisher's website.*

### Reference

ETR. (2021). *Get real*. Retrieved from <https://www.etr.org/ebi/programs/get-real>.

### Opt-Out Process

For information about sexual health education and the opt-out process, visit <https://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/sexed>.

For information about controversial issues and the opt-out process, visit <https://www.hawaiipublicschools.org/ConnectWithUs/FAQ/Pages/Parent-opt-out-for-child.aspx>.