

## Reducing the Risk with the Understanding Self-Identity Supplement

Reducing the Risk is an evidence-based, 16-session curriculum designed to help high school students delay the initiation of sex or increase the use of protection against pregnancies and sexually transmitted infections (STI) if they choose to have sex. The major focus is developing attitudes and skills that will help teens prevent pregnancy and the transmission of STIs, including HIV. This research-proven approach addresses skills, such as risk assessment, communication, decision making, planning, refusal strategies, and delay tactics.

The greatest emphasis of Reducing the Risk is on teaching students the interpersonal or social skills they can use to abstain or protect themselves. Abstinence is presented as the safest, most effective, and most common choice for high school students. Reducing the Risk also recognizes that some students are sexually active. For this reason, students are given clear guidelines and rationales for using protection during sex. Young people do not find these messages contradictory, and lessons reviewing protection do not increase the likelihood that students will become sexually active. Students learn they must consult with their parents/guardians and think through their own values to decide what to do.

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

### Reference

ETR. (2020). *Reducing the Risk*. Retrieved from <https://www.etr.org/ebi/programs/reducing-the-risk>.

### 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>.