

SMART PROGRAM

SMART stands for Sexually, Mature, Aware, Responsible, Teens which is our main program, and has been serving Greater Lansing youth for over 25 years! SMART delivers a message of hope to youth by Educating, Equipping, and Empowering them to make positive choices leading to healthy relationships!

<https://newsexedstandards.org>

INTRODUCTION | No Judgment Zone, It's a Personal Choice

NS 1B.5, NS 2E.3, NS 2D.10

Our message is for everyone, regardless of orientation or whether you have been sexually active or not. We provide medically accurate information that will equip students to make their own healthy decisions. Our program emphasizes the value of avoiding risk behaviors like early sex, drug and alcohol use, and others identified by the CDC YRBSS (latest update 2020). SMART aids teens in understanding what impacts their decisions and how to avoid potential risks. We share an emphasis on sexual delay. According to the CDC, the most effective way to avoid unplanned pregnancy and sexually transmitted infections/diseases is sexual delay/abstinence until in a long-term monogamous commitment.

MESSAGE 1: What Impacts Our Choices - Why/Why Not

NS 1A.1, NS 1A.10, NS 1B.1-10, NS 2A.3

This section will show students:

- What connections and influences around us impact our decisions to become sexually active;
- How external and internal influences can impact our decisions to not engage in sexual activities;

MESSAGE 2: Relationship Characteristics

NS 1C.1-8, NS 1D.3, NS 1D.7, NS 2C.2, NS 2C.4, NS 2C.10

Students will be able to:

- Identify Relationship Characteristics
- Understand the differences between Healthy vs Unhealthy Relationships

- Create and/or strengthen goals by utilizing the tools and strategies that help them achieve that goal.

MESSAGE 3: Handful of Ideas

NS 1C.5, NS 1C.8, NS 2B.2, NS 2C.5, NS 2C.6

Students will learn tips to avoid risks:

- Learn a handful of ideas to help teens avoid potential risks and keep goals that they set for themselves
 - Have a plan
 - Go in groups
 - Hands off clothes on
 - Stay vertical
 - Avoid drugs and alcohol

MESSAGE 4: Alcohol and Sex

NS 1B.8

Students will learn:

- Alcohol consumption can negatively impact decision making;
- The risk of unplanned sexual encounters increases when under the influence of alcohol;
- Adverse outcomes i.e. unplanned pregnancies and STI/STD transmission can happen when under the influence of drugs and/or alcohol;
- Date rape, forced sex, sexual assault happen at a high rate when individuals are under the influence of alcohol.

MESSAGE 5: Know Your Limits

NS 1B.2, NS 1B.4, NS 1C.2, NS 1C.4, NS 1C.7, NS 1D.1, NS 1D.2, NS 1D.5, NS 1D.7, NS 2A.4, NS 2B.3, NS 2B.4, NS 2C.3, NS 2C.4, NS 2C.9, NS 2D.7

Students will:

- Learn the progression of sexual feeling with increased physical intimacy;
- Know how to set boundaries and communicate them

- Understand the potential effects of introducing sexual activity into relationships;
- How to “set their line” prior to the point of arousal.

MESSAGE 6: Love Languages

NS 1A.2, NS 1A.3, NS 1B.7, NS 2B.3, NS 2C.4, NS 2C.7-9

Students will distinguish:

- How attitude, stimulation, and needs are understood in relationships;
- Common differences between individuals and the way they interpret and receive love.

MESSAGE 7: Safety First

NS 1D.5

Students will have the opportunity to:

- Define safety;
- Discuss the process of assessing risk;
- Use what they have learned to confidently avoid risky situations

MESSAGE 8: Contraception effective rates (Risk reduction versus Risk avoidance)

NS 1B.2, NS 1B.4, NS 1D.1

This section will show:

- Condom use is one practice to lessen pregnancy, but it will not reduce all risks;
- Common reasons that decrease the effectiveness of condoms;
- Overview of contraception effective rates (where approved or at the request of students);
- Emphasis on sexual delay/abstinence as the only 100% effective “safe sex” method.

MESSAGE 9: Pregnancy Statistics

NS 1A.9, NS 1B.6, NS 1C.4, NS 1C.8, NS 2D.9, NS 2D.10

Students will learn:

- The failure rate of condoms with typical usage (18%);
- Nearly 455,000 teenagers become pregnant each year;
- The multifaceted impacts of teenage pregnancy and parenting on teen mothers and fathers;
- Share local resources for pregnant and parenting teens.

MESSAGE 10: Know the Warning Signs

NS 1A.10, NS 1B.1, NS 1B.8, NS 1C.7, NS 1D.2, NS 1D.5-7, NS 2C.7, NS 2C.10, NS 2C.11, NS 2E.3

Students will:

- Identify common signs of potential predators;
- Warning signs and behaviors.

MESSAGE 11: Potential Predator

NS 1A.7, NS 1B.5, NS 1D.1, NS 1D.2, NS 1D.5, NS 1D.7, NS 2C.7, NS 2C.11, NS 2E.3

Students will understand:

- Definitive signs of a potential predator;
- The grooming process of a predator.

MESSAGE 12: Statistics on Sexual Abuse

NS 1D.2, NS 1D.5, NS 1D.7, NS 2A.4, NS 2A.7, NS 2A.8, NS 2C.7, NS 2C.10, NS 2E.3

This section will provide:

- Statistical data of the sexual abuse of boys and girls.

MESSAGE 13: Cyber Safety

NS 1A.10, NS 1B.1, NS 1B.9, NS 1D.5, NS 1D.7, NS 2A.5, NS 2B.4, NS 2C.7, NS 2C.10, NS 2C.12, NS 2E.3

Students will be aware of:

- The dangers of potential predators online seeking out details from minors;
- Strategies to keep their identity and profile information safe.

MESSAGE 14: Consent

NS 1A.5, NS 1D.1, NS 1D.2, NS 2B.2, NS 2B.3, NS 2B.6, NS 2C.2, NS 2C.6, NS 2C.9, NS 2C.10

Students will know:

- What Affirmative Consent means;
- Consent is not a contract;
- Boundaries over your own body;
- The age of consent.

MESSAGE 15: STI/STD

NS 1A.3, NS 1A.4, NS 1A.9, NS 1B.6, NS 1C.2, NS 1C.7, NS 1D.1, NS 1D.3, NS 1D.5, NS 2C.4, NS 2D.6, NS 2D.7

Parasites, Bacterial, Viral, Modes of Transmission

This section will show:

- The risks of sexually transmitted infections and diseases and the negative effects it has on infected parties;
- Most common bacterial, viral, parasitic diseases affecting youth;
- The ways that STIs/STDs are transferred;
- How the reduction of sexual activity can limit the number of sexual exposures.