

IT'S YOUR GAME... KEEP IT REAL



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Why We Did this Study

- **Teens start having sex early**
 - About **1 in 10 6th graders** have had sex
 - Among **7th graders**
 - 12% ever had vaginal sex
 - 8% ever had oral sex
 - 7% ever had anal sex
 - At risk for dating violence
 - **Half of 7th graders** report emotional or verbal dating violence
 - **1 in 5** report physical dating violence



What We Did

IYG Curriculum

- Healthy friendships
- Healthy dating
- Delaying sex
- Condoms & contraception

12 lessons in 7th & 8th grade

Classroom lessons

- Role plays, group discussion
- Journaling
- Parent-child homework

Computer activities

- Selected activities tailored by gender, sexual experience

Parent newsletters



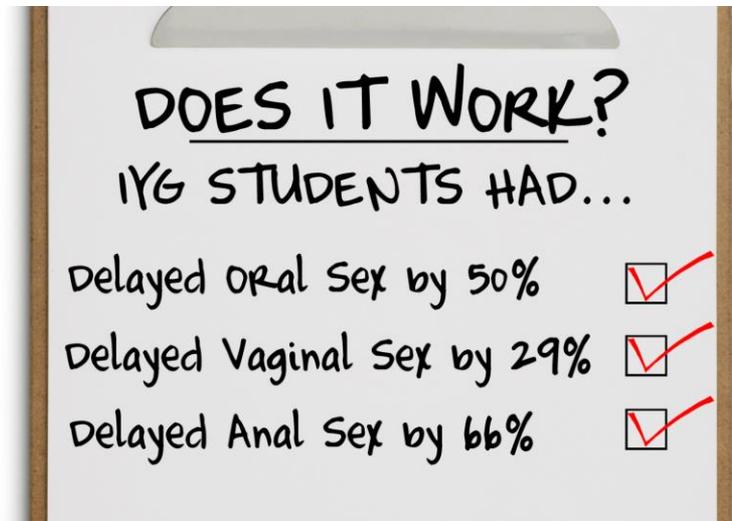
What We Found

- **Two randomized controlled trials**

- 10 middle schools
- 7th grade into 9th grade
 - Sexual behaviors
 - Dating violence
 - Psychosocial factors

- **Results**

- Delayed sexual initiation
- Reduced risky sexual behavior
- Reduced dating violence
- Positively impacted psychosocial factors



What Our Results Mean and Why this Matters

- Importance of effective sex education in **Middle Schools**
 - IYG is a nationally recognized effective program
 - Being implemented in 10 school districts in Harris County, TX
 - Reaching over 40,000 students per year
- IYG in use across the US
- Related studies
 - 6th grade healthy relationships curriculum
 - IYG high school curriculum



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