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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