



# GET | REAL

Comprehensive Sex Education That Works



Welcome to **Get Real for Parents!**

Your child is or will be participating in the *Get Real* sex education curriculum in their health class, and we are here to support you as your child's primary sexuality educator. *Get Real: Comprehensive Sex Education That Works* is a unique curriculum designed for middle school students and their families. The curriculum emphasizes social and emotional learning skills as a key component of healthy relationships and responsible decision making. Information provided is medically accurate, age-appropriate and is shown to:

- Delay sex among middle school students who received *Get Real*.
- Empower parents to be the primary sexuality educators of their children and help their kids delay sex.
- Reinforce family communication and improve communication skills for healthy relationships.

Research shows that children want to talk to their parents and other caring adults about relationships, sex and sexuality. We also know that these conversations might be challenging for some! This is why each lesson of the curriculum contains family activities that you and your child can do together at home via the **Get Real for Parents** mobile website. No matter if you're feeling excited to jump in or feeling a little nervous, **Get Real for Parents** offers you information about the topics as your child learns about them in school. The website also offers additional resources for answering their questions, and yours, as well as tips for starting these conversations. It is meant to help you as a parent support your child's education.

You should have received an email or flyer with a **4-digit class code**. (You may want to check your spam and junk filters... or even your child's backpack!) **You will need this code when you log in.**

**Steps to sign up:**

1. Go to [parent.getrealeducation.org](http://parent.getrealeducation.org).
2. Click on "Sign Up" in the top right corner.
3. Type in your 4-digit class code: **XXXX**.
4. Put in your email and be on your way!

We are excited for you to get started, and hope to provide you with helpful information and resources to support you and your child through this exciting time of growth and learning together. We hope you enjoy it!