



SRAETTA

Sexual Risk Avoidance Education
Training and Technical Assistance

Grantee Panel: Innovative Ways to Operationalize Topic A and B Concepts

Moderator: Scott Roby, *Public Strategies*

Presenter: Mary Anne Mosack, *Ascend*

Panelists:

Deborah Landis – *Operation Keepsake*, Twinsburg, OH

Barbara Jean – *Be Strong International*, Miami, FL

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ADMINISTRATION FOR
CHILDREN & FAMILIES **FYSB** Family & Youth
Services Bureau



Mary Anne Mosack

President
Ascend



Deborah Landis

Program Developer
& Client Liaison
Operation Keepsake



Barbara Jean

Client Services Manager
Be Strong International

Understanding Legislative Guidance

Sex is always about more than sex.



Understanding an Optimal Health Approach

“Optimal health is a dynamic **balance of physical, emotional, social, spiritual, and intellectual health**.... Lifestyle change can be facilitated through a combination of learning experiences that **enhance awareness, increase motivation, and build skills** and, most important, through the creation of opportunities that open access to environments that **make positive health practices the easiest choice.**”

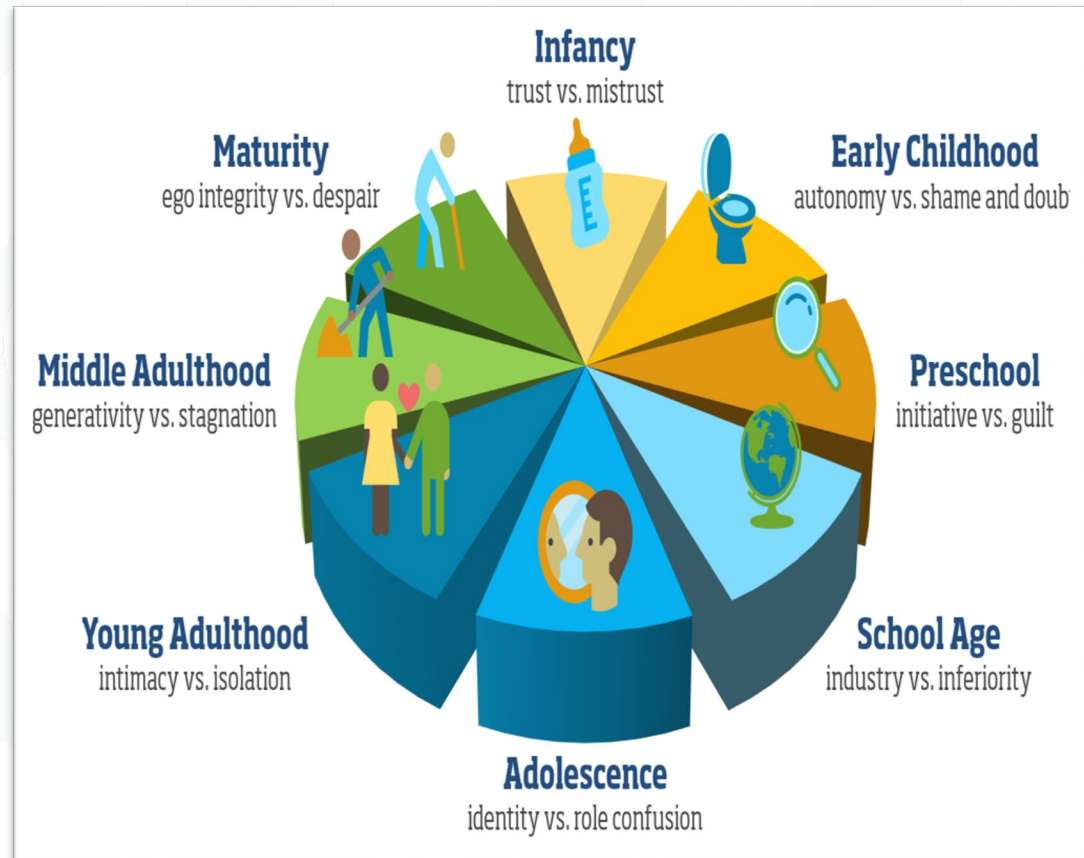
- M. P. Donnell

OPTIMAL HEALTH MODEL



SRAE Required Topics: A-F

Topics are designed to address areas of adolescent development that will empower youth with personal agency and thriving to successfully move toward adulthood.



REQUIRED SRAE COMPONENTS

Education on SRA shall:

- “ensure that the unambiguous and primary emphasis and context for each topic is a message to youth that normalizes the optimal health behavior of avoiding non-marital sexual activity;
- be medically accurate and complete;
- be age-appropriate;
- be based on adolescent learning and developmental theories for the age group receiving the education; and
- be culturally appropriate, recognizing the experiences of youth from diverse communities, backgrounds, and experiences.”



Required SRAE Topics (A)

- A. The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.
- The importance of personal responsibility for goal achievement:
 - Holistic defined
 - Life impact of sexual choices
 - Importance of goal setting



Required SRAE Topics (B)

- B. The advantage of refraining from non-marital sexual activity in order to improve the future prospects and physical and emotional health of youth.
- The importance of risk avoidance for goal achievement:
 - Non-marital sexual activity
 - Multiple partners
 - Teen parenting



Deborah Landis

Program Developer & Client Liaison, Operation Keepsake

Operationalizing Topic A and B Strategies

- Students work on community product or service—*The Big Idea*
 - ✓ Create a business plan
 - ✓ Identify pathways for product or service to thrive
 - ✓ Review steps for goal setting, self-regulation (working together), personal responsibility, healthy decision-making and future focus
- *The Big Idea* creates a launching pad to share the advantages of making healthy decisions about sex relative to students' physical and emotional health and future well-being.



Barbara Jean

Client Services Manager, Be Strong International

Implementation of Topic A and B Strategies

- Students complete journal
 - ✓ Personalize benefits associated with personal responsibility, self-regulation, goal setting, healthy decision making, and focus on the future
 - ✓ Identify negative patterns from family history or individual choices and develop new patterns of thinking and behaving
 - ✓ Record inspirational quotes, integral explanations, recurrent questions, and challenges
- Guest speakers share stories of emotional resiliency
- Program graduates act as mentors



QUESTIONS?



Contact Information

Mary Anne Mosack

Ascend

mmosack@weascend.org

Debra Landis

Operation Keepsake

dlandis@operationkeepsake.com

Barbara Jean

Be Strong, International

barbara@bestrongintl.org



THANK YOU!
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