

How to Implement Effective Sexual Risk Avoidance Education (SRAE) Programming

TIP SHEET | June 7, 2022

A clear understanding of SRAE is foundational to launching a successful SRAE program. SRAE integrates a primary prevention approach based on the public health model of avoidance of risk for optimal health as the core message guiding instruction. SRAE holds that all youth deserve to be empowered with the knowledge and skills that will give them the best opportunity for optimal health outcomes and that they are capable of the healthy decision-making needed to achieve optimal health and well-being.

Additional core elements guiding SRAE instruction:

- A consensus definition of health is recognized as more than the mere absence of disease and includes the physical, mental, emotional, social, and spiritual/ethical aspects of an individual. SRAE employs a holistic approach to adolescent health and well-being.
- The CDC recognizes teen sex as a risk behavior and it is included with other high risk youth behaviors such as alcohol, drug use, and smoking.
- Refraining from sexual activity is the only 100% effective way to avoid pregnancy, sexually transmitted infections (STIs), and other mental, emotional, social, and ethical consequences.
- All information provided to youth must be age-appropriate and medically accurate.
- Parents/guardians should be actively engaged as primary partners in the sex education of their children.
- SRAE is relevant to all students without regard to past or current sexual activity, sexual orientation, or gender identity.

RELATED RESOURCE: [Tip Sheet: Important Facts About SRAE](#)

Steps Toward Implementation

Implementing an SRAE program requires time, resources, and effort. The following guidelines can help you plan your implementation.

1. Assess your organization’s mission/vision statement to determine support of and alignment with SRAE programming goals.

The SRAE approach should complement the organization’s current mission and vision. There must be a willingness to build or grow a culture conducive to the successful implementation of a primary prevention education program. A critical look at the organization’s mission and vision statements, as well as discussion of organizational capacity, will indicate whether SRAE programming is a good fit for your organization.

RELATED RESOURCE: [Tip Sheet: Creating a Healthy Organizational Culture to Support Your SRAE Program](#)

2. Research your target audience/community.

Conduct research about the community targeted for implementation before launching an SRAE program.

- What are the demographics of the community, including age, race, ethnicity, gender, marital status, income education, and employment?
- What curricula are currently used to teach sex education in area schools/programs?
- If applicable, what are the needs of educators in your community regarding delivering the required sex education components mandated by the state?
- What other community organizations or local agencies are partnering with schools to address the avoidance of high-risk behaviors?
- What are the rates of teen unplanned pregnancy and STIs in the community?
- What high-risk behaviors are prevalent among teens in the community?

RELATED RESOURCE: [Tip Sheet: Considerations for Implementing an SRAE Program at the Local Level](#)

3. Secure funding for your program.

If applicable, collaborate with your board to determine how your organization will fund the program. A combination of funding streams may support more effective sustainability. While this is not a complete list, there are a variety of funding streams you may want to consider:

- Federal grants
- State grants
- National foundations
- Local foundations
- Individual donors
- A “fee for service” model

RELATED RESOURCE: [Tip Sheet: Cost Considerations of Implementing an SRAE Program](#)

4. Research medically accurate, age-appropriate, and evidence-based or evidence-informed SRAE curricula for purchase.

- Determine what age group will be targeted for program implementation.
- Identify state standards for sex education that your program can meet or use to supplement existing programming.
- Discuss with your host schools the state standards you are expected to meet through your program.
- Choose curricula that offers programming for multiple age groups and grade levels.
- Choose curricula that is evidence-based or evidence-informed.

RELATED RESOURCE: [Tip Sheet: Choosing an SRAE Curriculum](#)

5. Hire appropriate staff to manage/implement your program.

Implementing an SRAE program has a variety of staffing considerations, including:

- Program administrator

- Presenter/facilitator
- Administrative staff
- Data collector

RELATED RESOURCES:

[Tip Sheet: Sample Job Descriptions for SRAE Administrators and Presenters](#)

[Tip Sheet: Qualities of a Successful SRAE Presenter](#)

[Tip Sheet: Finding Effective SRAE Presenters](#)

[Tip Sheet: Training and Retaining SRAE Presenters](#)

6. Build strong community relationships for success.

Under the direction of the school's administration, it is a teacher's responsibility to implement the educational standards for which the curriculum is being considered; therefore, it is recommended to first collaborate closely with the teacher on the needs of implementation.

- Develop personal relationships with the teachers, principals, and school administrators.
- Reach out to the schools with as many resources as possible to implement the program. Make it as easy as possible for them to host you, and as hard as possible to give excuses as to why they won't.
- Become a trusted community partner by becoming a visible member of community organizations, attending community functions, becoming a board member of other similar non-profit organizations, etc.
- Be familiar with the state standards for health for the state you are serving.

RELATED RESOURCE: [Tip Sheet: Enhancing Your Relationship with the SRAE Program Host](#)

More Sexual Risk Avoidance Education (SRAE) Implementation Tip Sheets:

[Tip Sheet: Important Facts About SRAE](#)

[Tip Sheet: Creating a Healthy Organizational Culture to Support Your SRAE Program](#)

[Tip Sheet: Considerations for Implementing an SRAE Program at the Local Level](#)

[Tip Sheet: Cost Considerations of Implementing an SRAE Program](#)

[Tip Sheet: Choosing an SRAE Curriculum](#)

[Tip Sheet: Sample Job Descriptions for SRAE Administrators and Presenters](#)

[Tip Sheet: How to Interview Candidates for the SRAE Presenter Role](#)

[Tip Sheet: Qualities of a Successful SRAE Presenter](#)

[Tip Sheet: Finding Effective SRAE Presenters](#)

[Tip Sheet: Training and Retaining SRAE Presenters](#)

[Tip Sheet: Enhancing Your Relationship with the SRAE Program Host](#)

[Tip Sheet: Getting Your SRAE Program into Schools](#)

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