



Important Facts about Sexual Risk Avoidance Education (SRAE)

TIP SHEET | June 7, 2022

SRAE is an approach to sex education based on the public health model of primary prevention. SRAE promotes the elimination of risk as the pedagogical framework for optimal sexual health outcomes for teens.

Sexual Risk Avoidance Education is:

Effective

There are currently 25 peer-reviewed studies showing that students in SRAE programs are: a) more likely to delay sexual initiation, and b) if sexually active, more likely to discontinue or decrease sexual activity and no less likely to use a condom.¹

Informed by research-based standards

K-12 Standards for Optimal Sexual Development inform instruction toward positive youth development outcomes.²

Holistic

SRAE uses a holistic approach that focuses on the whole person by addressing the mental, emotional, social, spiritual/ethical, and physical aspects of sexual decision-making.

Aligned with the behavior of the majority of teens

According to the U.S. Centers for Disease Control and Prevention (CDC) Youth Risk Behavior Surveillance data, the majority of teens aged 15–17 are not sexually active.³

Inclusive

All teens deserve to learn the skills to avoid high-risk behaviors without regard to current or past sexual activity, sexual orientation, or gender identity.

Relevant to sexually active teens

Employing the *Sexual Risk Cessation* model, SRAE works to move teens incrementally away from a high-risk to a no-risk status.⁴

Funded through federal grants

A variety of grant funding streams exist to support SRAE implementation. SRAE grant criteria requires coverage of the following topics:

- The holistic individual and societal benefits associated with personal responsibility, self-regulation, goal setting, healthy decision-making, and a focus on the future.
- The advantage of refraining from non-marital sexual activity to improve prospects and the physical and emotional health of youth.
- The increased likelihood of avoiding poverty when youth attain self-sufficiency and emotional maturity before engaging in sexual activity.
- The foundational components of healthy relationships and their impact on the formation of healthy marriages and safe and stable families.
- How other youth risk behaviors, such as drug and alcohol usage, increase the risk for teen sex.
- How to resist and avoid, and receive help regarding sexual coercion and dating violence, recognizing that even with consent, teen sex remains a youth risk behavior.⁵

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

[Tip Sheet: How to Implement Effective SRAE Programming](#)

[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](#)

References

¹ Ascend (2016) SRA Works. Washington, DC

² "K-12 Standards for Optimal Sexual Development, First Edition 2021." New K-12 Standards for Optimal Sexual Development, Medical Institute for Sexual Health, 18 Aug. 2021, newsexedstandards.org/.

³ Centers for Disease Control and Prevention. 2009–2019. Youth Risk Behavior Survey Data Summary & Trends Report. Available at: www.cdc.gov/yrbs. Accessed on September 15, 2021.

⁴ Crowley, Jacqueline, Betsy Keating, and Heather Zaveri. (2020). "A Program Model for Encouraging Sexually Experienced Youth to Cease Sexual Activity." OPRE Report Number 2020-149. Washington, DC: Office of Planning, Research, and Evaluation, Administration for Children and Families, U.S. Department of Health and Human Services.

⁵ Family and Youth Services Bureau. (2020, January 30). Adolescent Pregnancy Prevention. HHS.Gov. <https://www.acf.hhs.gov/fysb/adolescent-pregnancy-prevention>

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