

SRAE 2024 Grant Writing Boot Camp Webinar Q&A

Q. How do you show alignment to A-F topics for the Middle School REAL Essentials curriculum?

A. A-F from a policy standpoint is sexual behavior driven; rooted in teaching toward outcomes and objectives that delay sexual experience and behavior and encourage that sex happens in a married partnership and family structure. Discussing sexual health can be a barrier getting into schools. This particular proposal shows the target population can be ages 10-19; consider the cost of what targeting that younger audience might mean for getting access to and approval from decision makers and students. Bottom line, with this proposal, you will need to reference required topics A-F and ensure that your program is addressing each one. If you're serving middle school students, consider choosing the REAL Essentials Advance alignment and bring relevant content down/into the younger groups. Make sure to use the alignment tools and include strong documentation of purpose, intent, and documented school and parent consent. If you choose to base your program on REAL Essentials Starting Point, please reference the [REAL Essentials Starting Point A-F Alignment](#). Please note that you will need to supplement your program with lessons from REAL Essentials Advance to meet topic B. This option requires ownership of both REAL Essentials Starting Point and REAL Essentials Advance.

Q. Could you say more about how A-F changed from the previous Notice of Funding Opportunity (NOFO) to this one?

A. Great question. A-F policy didn't change; however, its emphasis was not a standard of measurement for the previous NOFO. The main differentiator between this round and a previous round of funding is that this funding aims to measure sexual health outcomes. The former grant was written with focus on acceptance of dating violence, coercion, leadership, forward thinking, goal setting, and boundaries. What we're seeing in the current round of funding is that there is a high value and desire and to see the sexual behavior outcome. If you are shying away from the units that talk about sexual health, consider partnering in the MOU phase with agencies ready and willing to engage their students with this content.

Q. Another big change from last year to this year: greater emphasis on Diversity Equity and Inclusion (DEI)

A. Equity is paramount, and all means all. Because you chose REAL Essentials as your curricula, we have equity, inclusion and trauma-informed narrative in all the curriculum updates and how we teach. We've also added resources for LNAS (learners needing additional support) and have learned best practices by partnering with agencies who specialize in supporting people who are often "othered".

Q. Can you share the names of the two organizations that trained your staff on DEI?

A. We encourage everyone to look for and partner with trusted, experienced, and local agencies that appreciate, understand, and support your mission and desired outcomes. This strategy will positively impact the demographic(s) that you serve. The two groups that The Center for Relationship Education (CRE) learned from are:

- Catherine OHala, LLC catherineojala.com
- Umbrella Collective umbrellacollective.org/

Reminder: most likely, agencies who are available and willing to assist your group with professional development will require/expect compensation, so please make sure to include the cost/investment in your budget narrative.

Q. How would you recommend that applicants address “objectives”? The NOFO seems unclear and inconsistent about what these are, sometimes describing them as basically overarching things like goals, and other times describing them as something closer to activities.

A. CRE has populated its grant writing resource page with a pre-populated logic model template. Observe the last column for some sample language about objectives. Look at attitudes, behaviors, assumptions about protective factors of sexual behavior and look at the logic model template for SRAE themes then figure out what is measurable, and then create targeted goals. Example: “students understand the health benefits of a committed marriage partnership before engaging in sexual behavior.” Your evaluation team can create/craft language around. When you’re building your scope and sequence and reference the alignment document that we provided, you can use REAL Essentials’ lessons like “Marriage, It’s Good Stuff”, “Icing on the Cake”, or “Foundations of a Healthy Relationship” - these lessons have objectives that all point to the outcome of quantifying and qualifying marriage as a protective factor when engaging in sexual behaviors.

Here are some sample outcomes to consider:

1. The ability to set and keep boundaries
2. Knowledge and attitudes about marriage
3. Limiting sexual partners

Q. Can you provide a fidelity checklist for scope and sequence for our program?

A. A sample fidelity checklist is on the resource page. myrelationshipcenter.org/getmedia/558ca0f8-32a3-491a-92b5-07620c5e0b84/Curriculum-Fidelity-Checklist-Items.pdf.aspx
Scope and sequence best practices:

1. If you are not certified in REAL Essentials, register for the training and certification that is scheduled for June 10-11, 2024. Here is the link to register myrelationshipcenter.org/crejunerefact This training will give you the opportunity to learn the curriculum, connect and network with other groups who serve similar demographics, and to dive into live/in person scope and sequencing and implementation.
2. Review the A-F document and work with your team to determine which REAL Essentials curricula is relevant for your demographic
3. Confirm time commitment for dosage and programming
4. Email info@myrelationshipcenter.org to schedule a complimentary 30-minute coaching call to workshop your desired scope and sequence. *Please do not schedule a call until you have considered and/or completed steps 1-3*

Q. Are there lessons in your curriculum that focus on SRAE/or contraception?

A. The A-F topics do not reference and/or use the word contraception. The purpose of the Sexual Risk Avoidance Education (SRAE) Program is to fund projects to implement sexual risk avoidance education that teaches participants how to voluntarily refrain from non-marital sexual activity. SRAE Programs also teach the benefits associated with:

- self-regulation
- success sequencing for poverty prevention
- healthy relationships
- goal setting
- resisting sexual coercion
- avoiding dating violence
- resisting youth risk behaviors

Relationships skills training is the foundation for life success. If you're choosing to present and teach contraception, you'll need a supplement to support the topic. REAL Essentials lesson titled "The Crowded Bed" does have a track record of success of creating and supporting student led Q&A and discussion around preventative factors and how students lower the risk using healthy choices and contraception.

Q. Is it still considered age-appropriate to take REAL Essentials Advance down to middle school?

A. It is appropriate to use REAL Essentials Advance in middle school if you have consent from the school and parents.

Q. What type of ongoing technical support can The Center for Relationship Education provide?

A. REAL Essentials training and certification includes:

- Learning from and training with a certified REAL Essentials Master Trainer
- REAL Essentials certification handbook and curriculum binder providing access to all lessons in your learning communities. Find the curriculum that's right for you myrelationshipcenter.org/curriculum
- Live scope and sequence and implementation training with your peers
- Rich networking opportunities with REAL Essentials users across the US
- 24/7 access to online resources like how to build a scope and sequence, evaluation and survey templates, power point slides, digital deliverables that can be downloaded and used, supplemental videos, recorded webinars, articles, magazines, custom workbooks, annual curriculum updates
- 1:1 support is available upon request and by appointment only. To request an appointment, please call 720.488.8888 or email info@myrelationshipcenter.org

Q. What is the minimum curriculum dosage you recommend?

- A.** Minimum = 8 hours of content
Maximum = 12 hours of content

Regarding program dosage, CRE pulls from the research in this paper called “Best Practices in Relationship Education Focused on Intimate Relationships”

onlinelibrary.wiley.com/doi/10.1111/fare.12419

The entire paper is great, but the particular section referencing dosage can be found below:

Format and Dose

Decisions regarding format and dose need to be made in light of who is being served, viability of methods in a specific setting, and resources. Unfortunately, there is not definitive evidence about the dose–response association in relationship education because few studies have randomized to dose to get around the confounds of participant motivation. One study randomizing to dose suggested it did not matter much (Zemp et al., 2017), whereas another suggested it made a difference (Roddy, Nowlan, & Doss, 2017). On the basis of meta-analyses, Hawkins, Stanley, Blanchard, and Albright (2012) suggested that 8 hours of services provided some consistent effects but that 12 to 18 hours provided more (see also Stanley, Amato, Johnson, & Markman, 2006a). But that may seem like a lot of time in some settings, and some argue that even brief interventions can not only be effective but cost-efficient from a public health perspective (e.g., Halford et al., 2008). Some participants may benefit most from even larger doses.

Q. Are you able to provide a template for a Parent Consent Form that contains language that SRAE will be taught to students?

- A.** All CRE customers who are certified in REAL Essentials have access to supportive documents like consent forms (student and parent) and pre and post workshop surveys. Learn more about REAL Essentials training and certification myrelationshipcenter.org/real-essentials-certification

Q. Schools want more info about sexual health. Will you be able to give us a memorandum of understanding (MOU) outlining that we can use REAL Essentials Advance for our middle schoolers as the Advance curriculum does not exactly align with A-F topics?

- A.** The SRAE funding opportunity doesn't require or imply that a letter from the curriculum developer is helpful or expected.
- The document would either fall into the “Third-party agreement” or “Letter of support” category.
- Past grants have required a letter of support from the curriculum developer and many applicants may feel it strengthens their application still.
- The Center for Relationship Education is available and willing to support grantees and provide an MOU or Letter of Support. Please submit your request via email to lynn@myrelationshipcenter.org

Q. Have you considered translating the Real Essentials Curricula into other languages (specifically Spanish) to be more inclusive and to better reach students in regions where English is not their first or strongest language?

A. Currently, the REAL Essentials Motherhood curriculum is available in Spanish. myrelationshipcenter.org/curriculum/real-essentials-liderazgo-para-mamas

The Center for Relationship is acutely aware that translation of the REAL Essentials curricula is a high priority; however, our organization is in the research phase of supporting a full translation but has not yet translated other curricula.

Q. Do you provide any support for institutional review board (IRB) approval?

A. Yes. Please have your research organization reach out to us 720.488.8888 or lynn@myrelationshipcenter.org

