

Get Real-CSE

Insufficient Evidence of Effectiveness

GET REAL	Abstinence-based version: 6 th grade only	CSE version: 7 th and 8 th grade
Study conducted by independent evaluator?	YES	YES
Follow-up measures at least 12 months after the program to show duration of effect?	YES	NO , measures were only taken < 9 months post-program
OUTCOMES:	Abstinence-based ¹	CSE ²
Pregnancy	Not measured	Not measured
STDs	Not measured	Not measured
Sexual Initiation	Reduced by 30%, 12 months post-program	Reduced by 16%, < 9 months post-program
Consistent Condom Use	Not measured	Not measured
Condom Use Frequency/At Last Sex	Not measured	Not measured
Unprotected Sex	Not measured	Not measured
Number of Sex Partners	Not measured	Not measured
Recent Sex	Not measured	Not measured
Dual Effect: Condom Use & Abstinence	Not measured	Not measured

Key Findings

As indicated by published program descriptions,^{1,2,3} in 7th and 8th grade the *Get Real* curriculum is a comprehensive sex education (CSE) program (i.e., it teaches the use of condoms and contraception and may also teach abstinence) and in the 6th grade it is typically a type of abstinence education program (i.e., it emphasizes abstinence and does not teach about condoms/contraception). Both versions of the program are listed on the U.S. federal Teen Pregnancy Prevention program’s website as having shown “evidence of effectiveness.”

However, according to a published research review by *The Institute for Research & Evaluation*,⁴ ***Get Real-CSE has not produced sufficient evidence to be labeled an effective or evidence-based program.*** The program has not demonstrated long-term effects and has shown only one modest short-term effect—reducing sexual initiation by 16% for less than 9 months after the program. This minor impact was produced after students participated in the *Get Real-CSE* program for two consecutive years. No measures were taken of other key outcomes—condom use, pregnancy, or STDs—so the program’s effect on these targeted outcomes is unknown. (*Get Real* is marketed by ETR, an offshoot of Planned Parenthood.)

Summary. Contrary to the U.S. Teen Pregnancy Prevention website,⁵ *Get Real-CSE* has shown little evidence of effectiveness—a small short-term reduction in sexual initiation, and no demonstrated impact on teen condom use, pregnancy, or STDs.

1. Erkut S, Grossman JM, Frye AA, Ceder I, Charmaraman L, & Tracy AJ. (2013). Can sex education delay early sexual debut? *Journal of Early Adolescence*, 33(4), 482–497.
2. Grossman JM, Tracy AJ, Charmaraman L, Ceder I, & Erkut, S. (2014). Protective Effects of Middle School Comprehensive Sex Education with Family Involvement. *Journal of School Health*, 84(11), 739–747.
3. <https://tppevidencereview.youth.gov/document.aspx?rid=3&sid=274&mid=2>
4. Ericksen IH, Weed SE. (2019). "Re-Examining the Evidence for School-based Comprehensive Sex Education: A Global Research Review." *Issues in Law and Medicine*, 34(2):161-182.
5. See: <https://tppevidencereview.youth.gov/EvidencePrograms.aspx>