Be SMART Update

Safe, Mature, Abstinent, Responsible Teens

June 2025

www.effinghamschools.com

State Board Policy IDB: Sex Education

(1)(d) Sex education/AIDS education – a planned program that shall include instruction relating to the handling of peer pressure, promotion of high self-esteem, local community values, and abstinence from sexual activity as an effective method of preventing acquired immune deficiency syndrome and the only sure method of preventing pregnancy and sexually transmitted diseases. This instruction shall emphasize abstinence from sexual activity until marriage and fidelity in marriage as important personal goals.

(2)(d) Each school containing any grade K-12 shall provide alcohol, tobacco, vapor products, and other drug use education on an annual basis at each grade level.

State Board Policy IDB: Sex Education (cont'd)

(e) Each local board of education shall develop procedures to allow parents and legal guardians to exercise the option of excluding their child from sex education and AIDS prevention instructional programs.

1. Sex education and AIDS education shall be a part of a comprehensive health program.

2. Sex education shall also include annual age-appropriate sexual abuse and assault awareness and prevention education in kindergarten through grade 9.

3. Prior to the parent or legal guardian making a choice to allow his or her child or ward to take the specified unit of instruction, he or she shall be told what instruction is to be provided and have the opportunity to review all instructional materials to be used, print and nonprint. Any parent or legal guardian of a child to whom a course of study in sex education is to be taught shall have the right to elect, in writing, that such child not receive such course of study.

State Board Policy IDB: Sex Education (cont'd)

(f) Each local board of education shall establish a committee to review periodically sex/AIDS education instructional materials and make recommendations concerning age/grade level use.

Recommendations made by the committee shall be approved by the local board of education before implementation.

The committee shall be composed primarily of non teaching parents who have children enrolled in the local public schools and who represent the diversity of the student body augmented by others such as educators, health professionals and other community representatives. The committee shall also include a male and female student currently attending the 11th or 12th grade in the public schools.

Review Process

Meeting Dates

- April 1, 2025 (Middle and High School Subcommittees)
- June 9, 2025 (Elementary, Middle, and High School Subcommittees)

Meeting Responsibilities:

- Review health standards to ensure all standards related to Be SMART (Safe, Mature, Abstinent, Responsible Teens) are identified

- Review Be SMART instructional resources that teachers and counselors request to be considered for approval
  - Age-Level Appropriateness
  - Effingham County's Community Values

- Make recommendations of standards and resources for approval by the Board.

Review Committee

Members Include:

- Non-Teaching Parents Who Have Children Enrolled in Our Public Schools
- Educators
- Health Professionals
- Community Representatives
- High School Students

Their Charge is to Ensure Resources Reflect:

- Age-Level Appropriateness
- Effingham County's Community Values

Elementary School Be SMART

The State Board of Education's Comprehensive Health and Physical Education Program Rule (160-4-2-12) and Georgia's State-Adopted Health Standards require schools to include family living, growth and development, and personal health and safety in the health curriculum taught in elementary school.

Focus:

Kindergarten - 4th Grades:

- Personal Safety
- Puberty for 4th Grade Girls in Spring Semester

5th Grade:

- Family Living
- Growth and Development
- Personal Health
- Puberty for 5th Grade Boys in Spring Semester

Middle & High School Be SMART

The State Board of Education's Comprehensive Health and Physical Education Program Rule (160-4-2-12) and Georgia's State-Adopted Health Standards require schools to include family life education, disease prevention, handling peer pressure, and promoting self-esteem in the health curriculum taught at the middle and high schools. Effingham County's curriculum is titled Be SMART (Safe, Mature, Abstinent, Responsible Teens). At the middle and high school levels, abstinence from sexual activity until marriage is emphasized during instruction.

Focus:

6th - 12th Grades:

- Family Life Education
- Disease Prevention
- Handling Peer Pressure
- Promoting Self-Esteem
- Abstinence from Sexual Activity Until Marriage

Middle School: Taught in Science Classes
High School: Taught in Health Class

Be SMART also covers…

The Following State Law Training Requirements:

- Sexual Abuse & Assault Awareness Prevention (Erin's Law)
- Human Trafficking
- Bullying Prevention
- Sex Education & AIDS Prevention
- Alcohol, Tobacco, Vapor Products, and Other Drug Use

As well as pieces of…

- Online Safety Program
  - Navigating Healthy Online Relationships
  - Online Human Trafficking Risks
  - Respecting Yourself & Others Online

Elementary Resources & Recommendations

1. Continued approval for K-2 term as “child abuse” and grades 3-12 term as “sexual abuse” when teaching students for age appropriateness.
2. Continued approval for separation of boys and girls for puberty lessons.
3. Continued approval for puberty lessons to occur at the end of 4th grade for girls; at the end of 5th grade for boys.
4. Continued approval for use of MBF Prevention Education K-5 comprehensive curriculum (www.mbfpreventioneducation.org)
5. Continued use of Quick-Think-A-Thon game for 2nd grade. Committee requests the approval of updated game questions and for only the game contestants and their families to attend the county-wide game, not the entire 2nd grade as before.

Elementary Resources & Recommendations

6. Approval of additional resources to be used by counselors as needed:
   - "The Professor" Video
   - “A Little Spot of Safety” Book Written & Illustrated by Diane Abler

7. Continued use of:
   - "Always Changing & Growing Up" Girls Video
   - "Always Changing & Growing Up" Boys Video

8. Removal of “About You” Puberty Kits as they are no longer available.

Middle Resources & Recommendations

1. Approve Removal Of:
    - Braveheart Presentation
    - “Choosing the Best Way” Book
    - “Choosing the Best Path” Book
    - “Choosing the Best Life” Book
    - Web links that are no longer active
    - “The Dangers of Sexting”
    - “Dangers of Sexting: What Teens Need to Know”

Middle Resources & Recommendations (cont'd)

2. Approve Addition of:
   - Recommended Be SMART Vector Modules
   - "Toxic Influence: Mothers and Daughters Confront Toxic Social Media" to be used as needed for 6, 7, & 8th grades.
   - "The Science of Body Image" to be used as needed for 7th & 8th grades.
   - "Self Esteem Tips: Dealing with Body Image Issues" to be used as needed for 7th & 8th grades.
   - "Sexting Dangers" to be used as needed for 7th & 8th grades.
   - "What is Human Trafficking" to be used as needed for 6, 7, & 8th grades.

Middle Resources & Recommendations (cont'd)

- Approve Addition of (continued):
  - Community Conversations: Teens & Tobacco Video Series
    - Tobacco Products
    - Tobacco Advertising
    - Peer Pressure
    - Tobacco Refusal Skills
    - Helping Others
    - Expert Voice
  - "Insight Into the Teenage Brain: Adriana Galvan at TEDxYouth@Caltech" Video
  - Female Reproductive System Diagrams
  - Male Reproductive System Diagrams

Middle Resources & Recommendations (cont'd)

- Approve Addition of (continued):
  - "Accessing Trustworthy Information - Health 1 for Teens" Video
  - "How to Access Valid Information"
  - "Sex Education for Middle School Video 1 - Body Basics"
  - "Sex Education for Middle School Video 2 - Puberty"
  - "Sex Education for Middle School Video 3 - Sex, Contraception and STIs"

  - Abstinence:
    - "What is Abstinence" Video
    - "Choosing Abstinence" Video

Middle Resources & Recommendations (cont'd)

- Approve Addition of (continued):
  - Abstinence Videos to be used in 6th, 7th, & 8th Grades:
    - "What is Abstinence" Video (Watch 1st)
    - "Choosing Abstinence" Video (Watch 2nd)

Note:
The committee will revisit the use of these videos in the Spring of the 25/26 school year.

The committee would like the Board to consider making our own video to portray ECSD views on abstinence and highlight maintaining abstinence until marriage. We recommend that video be ready for use for 26/27 school year.

High Resources & Recommendations

1. Approve Removal Of:
   - Braveheart Presentation
   - Web links that are no longer active
   - “Contraception Option” PowerPoint (resource cannot be found)
   - Standard HS H.S. 1l from the Be Smart standards:
     “Summarize ways to reduce injuries.”
   - Videos in VHS format in favor of a digital resource that is more accessible and easier for parents to view in advance
     - “Thinking About Abstinence” Video
     - “Human Reproduction and Childbirth” Video
     - “Straight Talk About Sexting and Messaging” Video
     - “Biggest Myths about STIs” Video
     - “Am I Ready? Making Healthy Sexual Decisions” Video

High Resources & Recommendations (cont'd)

2. Approve Addition of:
   - Recommended Be SMART Vector Modules
   - "Tools That Teach: What is Human Trafficking?"
   - "Be Vape Free Virtual Field Trip"
   - "High School Internet Safety"
   - "Human Reproduction & Childbirth" Video
   - "How to Know If You Are In a Healthy Relationship" (without quiz)
   - "Teen Sex Trafficking Awareness PSA"
   - "Insight Into the Teenage Brain: Adriana Galvan at TEDxYouth@Caltech" Video

High Resources & Recommendations (cont'd)

3. Approve Addition of (continued):
    - Tharros Place Flier for the Teen Maze Experience (QR Code must be removed)
    - Community Conversations: Teens & Tobacco Video Series
        - Tobacco Products
        - Tobacco Advertising
        - Peer Pressure
        - Tobacco Refusal Skills
        - Helping Others
        - Expert Voice

High Resources & Recommendations (cont'd)

4. Approve Addition of (continued):
    - Human Anatomy Course Resources
        - "Activity 1: Anatomy of the Reproductive System" Handout
        - "Reproductive System Labeling" (male & female) Handout
        - "The Male and Female Reproductive System" Handout
        - "Hole's Human Anatomy and Physiology 16th Edition" Textbook
            - "Reproductive Systems" Chapter
            - "Pregnancy, Growth, and Development" Chapter

High Resources & Recommendations (cont'd)

- Approve Addition of (continued):
  - Abstinence Video to be used in all grade levels:
    - "Choosing Abstinence" Video

Note:
The committee will revisit the use of this video in the Spring of the 25/26 school year.

The committee would like the Board to consider making our own video to portray ECSD views on abstinence and highlight maintaining abstinence until marriage. We recommend that video be ready for use for 26/27 school year.

NEW Pre-Planning Procedures

In an effort to ensure that ECSD Be SMART is fully implemented, Ms. Keith will:

- Meet with all Instructional Supervisors at Elementary, Middle, and High School levels every year to train them in ECSD expectations, requirements (local and state), processes, and District approved resources for Be SMART.
- Instructional Supervisors will sign off every year stating that they have been trained in Be Smart and expected to re-deliver the training to the professionals in their building.

NEW Pre-Planning Procedures (cont'd)

- Expectations Include:
  - A timeline for schools to "roll out" modules by topic
  - Teachers provide students with school specific resources after they watch videos or cover topics
  - Teachers will notify Counselors in advance that Be SMART material will be covered in class so that they can be on standby to provide support to students in need.
  - Teachers will be required to deliver all Be SMART material in a "teacher led" format. They are not to push out videos/material for students to view independently on their own time.

Next Steps

- Review handouts and Be SMART Review Committee Recommendations

- Approval will be requested at the next Board Meeting (July 17, 2025)

Questions?