

# HiTOPS

## ABCS: AFFIRMING OUR YOUTH, BUILDING A FOUNDATION, COMMUNITIES WORKING TOGETHER

**ABCS is the signature HiTOPS sexual health education program. Using a systemic approach, we offer comprehensive sex education classes for grades 2-12 and trainings for educators, administrators, and parents and guardians.**

### ABCS is

- **Systemic** by working with will **ALL** stakeholders – administrators, faculty/staff, parents/guardians, and students
- **Data-rich** – by collecting pre- and post-intervention data to inform goals and instruction
- **Grounded** in best practices in sex education
- **Multi-Year** – implemented within a school district for multiple years to build the infrastructure necessary to continue independently
- **Developmentally appropriate** – by designing evidence-based curriculum
- **Responsive** to school's ongoing needs

### Educational Content

- Intro to SOGIE (Sexual Orientation, Gender Identity, Gender Expression)
- Anatomy & Reproduction
- LGBTQ+ History
- Intersectionality
- All-Gender Puberty
- SOGIE Reflections: Gender Roles & Stereotypes
- Boundaries & Consent
- Healthy Relationships
- Sexual Assault Awareness & Prevention
- Safer Sex: STI & Pregnancy Prevention

### Sample Year 1 Timeline

#### Summer

Administrator's Planning Meeting

#### Fall

Data Collection

Parent Information Session

Professional Development & Student Workshops

#### Winter

Professional Development & Student Workshops

#### Spring

Parent Town Hall

Professional Development & Student Workshops

Data collection & analysis

Administrator's Planning Meeting



**Empowering. Affirming. Community-Building.**

[www.hitops.org](http://www.hitops.org) 609-453-2555 [info@hitops.org](mailto:info@hitops.org)