

Best Practices When Teaching Sex Ed Online

Ideas Collected from the [Working to Institutionalize Sex Education \(WISE\) Grantees](#)

I. Rationale for Continuing Sex Education During Remote Instruction

- A. Young people need and deserve high quality sex education that is medically accurate, LGBTQ affirming and helps them learn the knowledge and skills they need to make healthy decisions now and into the future
- B. Youth increased time spent online, so increased need for information about online safety
- C. More unstructured time without attending school and activities, so more opportunity to be in situations that present possible risks
- D. Importance of social-emotional learning and how sex education can help achieve those goals

II. Explore the Architecture Options With Sex Ed In Mind

- A. Consider the various platforms your district has available with issues around student privacy when submitting comments/questions
- B. Youth spend increased time online...consider the options to provide asynchronous and synchronous assignments for students who need flexibility to attain privacy and time to focus
- C. Consider the privacy needs of teachers who might not be comfortable providing remote instruction due to their lack of training in learning management systems (Google Classroom, Canvas, etc.) or sex education or both. [For example, students might be encouraged to use earbuds so that siblings do not overhear their instruction. Teachers can also create a free avatar of themselves to use as the visible instructor in zoom via loomilive.com]

III. Ensure Sex Education is Engaging to Foster Critical Thinking Skills & Have Fun

- A. Sex education is effective if both content and skills are taught, so it's important to use engaging strategies to allow skills to be taught as well as information. Consider using the breakout rooms and white board features in [Zoom](#), [Mentimeter](#), and [Interactive Google Slides](#) to allow students to engage in role-plays, small group discussions and values voting activities.
- B. Foster a sense of fun and play, when appropriate, as this can help engage learners with the content. Use programs like Kahoot or Snap Video filters and others like it.
- C. Other great interactive options include [BingoBaker](#), [Pear Deck](#), [Gimkit](#), [Flippity.net](#), [Jamboard](#), [Nearpod](#), [Textme](#), and [Flipgrid](#).

IV. Answering Sensitive Questions & Resources

- A. It is critical for students to continue to be able to ask sensitive questions of their teachers. Explore various formats that allow students to submit these questions without having any identifying information associated with their questions.. This can be achieved through using an anonymous google form, [Mentimeter](#), [Poll Everywhere](#) or [Sli.do](#).
- B. Students also might be experiencing sexual health care needs during a time of remote instruction so it is critical for teachers to continually provide youth-friendly sexual health care resources that are operational during COVID that students can access. These can be pinned in an online classroom, a list distributed to all students and/or teachers posting these resources in their e-mail signatures.

Additional Resources:

[Oregon Department of Education Key Tips for Instruction During Distance Learning](#)
[Adapting Sexual Health Education for a Virtual Environment from ETR](#)