

Skills-First Sex Ed

Rachael E. Gibson, PhD, MPH, MS, MEd
SHAPE America 2025

Agenda

the WHY

Activity

Theory Time

Q & A

WHAT HAPPENS WHEN WE DON'T HAVE TIME....





Knowledge + Attitudes + Skills = Behaviors

What do we KNOW?



How do we FEEL?



What can we DO?



YOU NEED:



CELL PHONE



PARTNER



1:00

INSTRUCTIONS:

Take turns asking for consent with your partner's phone.

Feel free to add questions or not ask some questions.

This is NOT make-believe...if they say yes-**ACTUALLY DO IT!**

Remember, your partner can say yes or no, or change their mind to any question.

- Can I hold your phone?
- Can I take the case off?
- Will you tell me the password? Or Will you open it for me?
- Can I look at your music?
- Can I take a selfie?
- Can I read your text messages?
- Can I look through your pictures/videos?
- Can I post to your TikTok/IG/FB, etc.?
- Can I put my number in your phone?
- Can I call/text your partner/mom/etc?

10:00

CHILL
COUNTDOWN

TIMERS



Let's chat!

PROCESSING

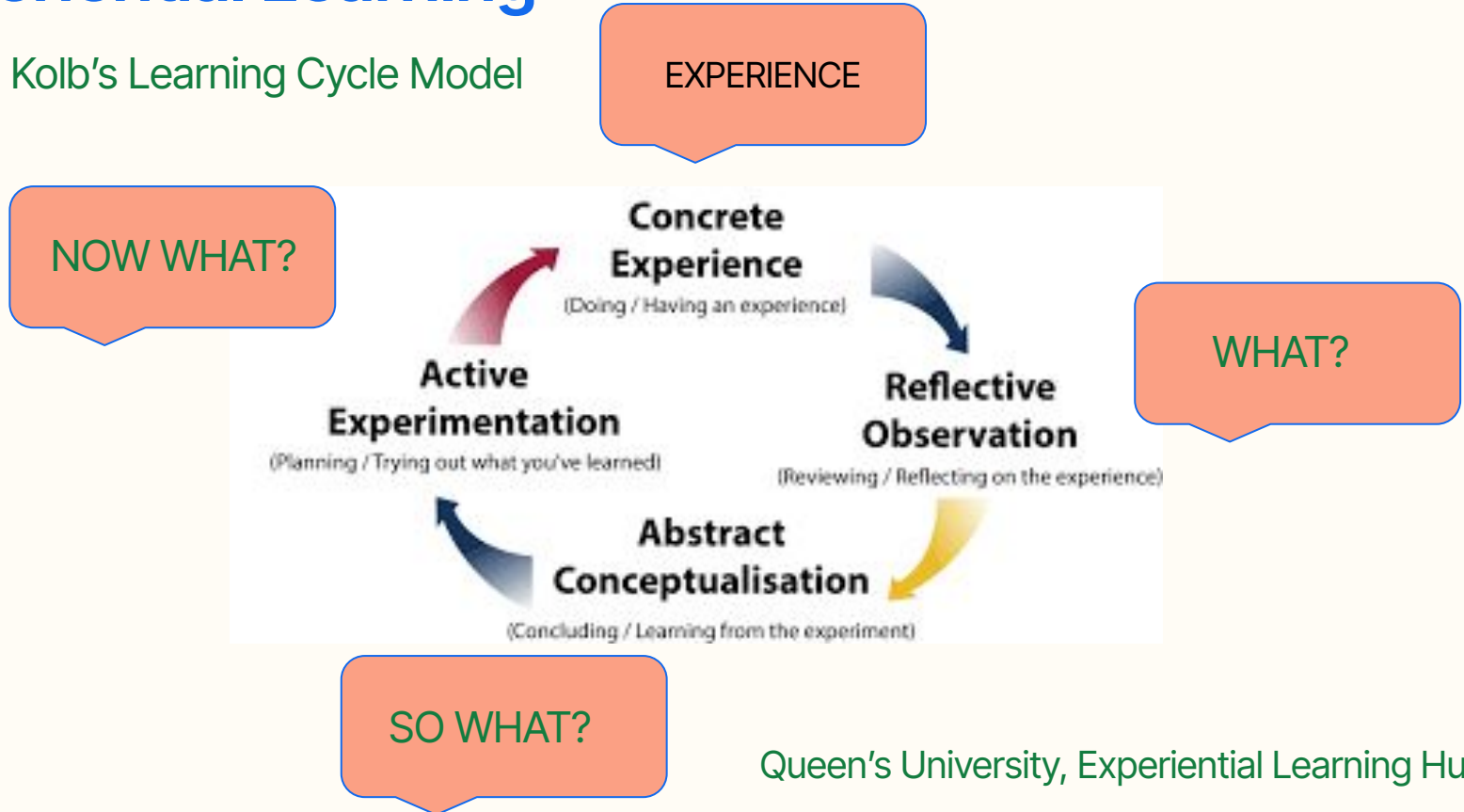
WHAT did you learn about consent?

SO, WHAT did you learn about yourself?

NOW, WHAT does this mean for you in the
future?

Experiential Learning

Daniel Kolb's Learning Cycle Model



Standards (9-12)

NHES 4: Communication

4.12.4 Use communication skills related to communicating boundaries, expressing consent, and removing consent in a variety of situations.

NHES 7: Practices & Behaviors

7.12.4 Demonstrate a variety of practices and behaviors supporting individual and collective health and well-being.

NHES 2: Analyze Influences

2.12.1 Evaluate the interrelationships and impacts of various influences and health behaviors on health and well-being.

NSES: Consent & Healthy Relationships

Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior CHR.10.SM.1

My Inspiration:


2 Minutes that will Change the
WAY you think about consent



Questions?

KEEP IN TOUCH!

dr.g@abg-global.org

 [@dr.rachaelgibson](https://www.instagram.com/dr.rachaelgibson)
[@abglobal_dr.g](https://www.instagram.com/abglobal_dr.g)

www.ABG-Global.org

Substack: [@TheSpotwithDrG](https://www.substack.com/@TheSpotwithDrG)

*FREE CELL PHONE LESSON:

<https://www.abg-global.org/resources>

