

# 10 Ways to Get Involved

Pulitzer Prize-winning author Maya Angelou once declared, “Hate, it has caused a lot of problems in this world, but it has not solved one yet.” How do we, those who support and believe in the power and progress of sex education, respond to the endless onslaught of revolting, misguided, and dangerous rhetoric directed at sex ed, you ask?

We counter hateful rhetoric with actions! Here are ways we can all cause *good trouble* in support of sex education:

## 1. Follow Partner Organizations & SIECUS: Sex Ed for Social Change



Many organizations are working to improve sex education. Our partner organizations include:

- [EducateUS: SIECUS in Action](#)
- [Advocates for Youth](#)
- [Planned Parenthood](#)
- [GLSEN](#)
- [The National Coalition for Sexual Health](#)
- [URGE](#)
- [Power to Decide](#)

Follow SIECUS: Sex Ed for Social Change on [Instagram](#), [Facebook](#), [Twitter](#), & [LinkedIn](#) to learn more about sex education in the United States, how to get involved, ongoing policies, and more.

## 2. Write a letter to your Senator/Congressman



On Monday, May 22nd, 2023, Representatives Barbara Lee (CA-12), Pramila Jayapal (WA-07), and Alma Adams (NC-12), alongside Senators Mazie Hirono (D-HI) and Cory Booker (D-NJ), reintroduced the Real Education and Access for Healthy Youth Act or REAHYA (HR 3583 and S 1697). SIECUS needs you to keep up the momentum of this movement by contacting your legislators and asking them to co-sponsor REAHYA.

REAHYA seeks to end the federal government's investments in harmful Title V abstinence-only programs, redirecting funds towards programs that research has demonstrated are effective over and over again and supporting the sexual health and agency of young people.

Click [here](#) for a pre-drafted letter you can seamlessly send to make your voice heard.

## 3. Become a Sex Ed Futurist



Sex Ed Futurism imagines a future where sex is normalized as healthy, natural, and pleasure-based. By becoming a Sex Ed Futurist, you will receive information on how to take action in your local community, be a part of our nationwide movement, and attend future events hosted by SIECUS, [Wisp](#), and [It All Media](#).

Join the movement [here](#).

#### 4. Share Your Sex Ed Story



Join us in the fight against the regressive attacks on sex education by participating in the #MySexEdStory campaign. Our voices must be heard and our stories shared. Let's unite and build community through our experiences, highlighting the vital importance of access to affirming inclusive sex education. We want to hear it all, the good, the bad, and the awkward!

Create a video about your personal experience of (receiving or not receiving) sex ed. Share your response on social media and tag @SIECUS using the hashtags #MySexEdStory #SexEdinAction.

Find more information about #MySexEdStory [here](#).

#### 5. Start a Facebook Affinity Group



Organizing in your own community with people you already have something in common with is one of the best ways to power up our movement for universal sex and relationship education. Check out EducateUS's Facebook Affinity Group Toolkit, including all the resources you'll need to grow a community that will fight for the future of sex education.

Find the toolkit [here](#).

## 6. Join the SIECUS Newsletter



Keep up to date with all things sex education. Register for our newsletter to get more information on events, blog posts, new reports, policy updates, and more.

Sign up [here](#).



## 7. Join SEPAC: The Sex Education Policy Action Council

The Sex Education Policy Action Council (SEPAC), is a membership-based council made up of sex education advocacy organizations nationwide. At the center of SEPAC is the opportunity for our state-based partners to connect and learn from other state organizations and experts via the facilitation of SIECUS staff to help shape a common narrative to advance sex education at all levels. From engaging in monthly calls to receiving customized technical assistance to support your vision of advancing sex education in your state and community, SEPAC offers the opportunity for all advocates to partake in this engaging collective.

Join SEPAC [here](#).



## 8. Go to School Board Meetings & Vote



Most decisions about sex education are made at the local level and involve the school board. Among other things, the school board sets district policy and approves curricula, textbooks, pamphlets, and videos. Typically, school board members are elected, so it is important to pay close attention to local elections. While some school board members have strong educational backgrounds, others are often concerned community members with little experience in education and school administration.

Find more information about getting involved with school boards on page 25 of our [Community Action Toolkit](#).

## 9. Vote in Elections



If there is one thing we have learned from the past few years, every election matters. We need elected officials who recognize the importance of sex education. We need people in office who prioritize sexual and reproductive health and rights along with racial equity, free exercise of religion, economic equality, and fully funded public schools.

Check your registration to vote with Vote Save America [here](#).

## 10. Volunteer



Volunteer at a local organization that works to improve sex education. Taking small steps in your own community can have a great impact on youth.

To find a local organization you can volunteer at, click [here](#).

Combatting hateful rhetoric requires both individual and collective effort, and by committing ourselves to one, all, or any of these ten actions, we can deconstruct and debunk false narratives and move one step closer to an age where sex education is embraced as a vital part of our mental and physical well-being.

**Help us promote the benefits of sexuality education by getting involved today.**