

SCHOOL PROGRAMS



Smart Programs
Smart about Healthy Relationships

Providing research-based education that places students on a path toward optimal health

Smart Programs offers no-cost, research-based relationship education for youth and schools in the Puget Sound area.

Since 1999, we have educated over 229,000 students on sexual health, how to build healthy relationships, sex trafficking and much more!

All our curriculum is both scientifically and medically accurate and consistent with current Washington state health and physical education K-12 learning standards.

Our presenters are passionate about investing in and encouraging teens to make healthy life choices. Each presenter goes through extensive training to equip them to engage young people. Feel free to reach out to one of our team members any time by emailing smartprograms@carenetps.org.



Smart is a program of Care Net of Puget Sound, a non-profit providing compassionate practical care to women since 1982.

Lesson 1: Sex | Everyone's Talking About It

Lesson 2: Sexually Transmitted Diseases

Lesson 3: Teen Pregnancy

Lesson 4: Reducing the Risk of Pregnancy: Birth Control and Contraception

Lesson 5: Avoiding Unhealthy Relationships, Legal Consequences

Lesson 6: Boundaries and Healthy Relationships

Lesson 7: Smart Trafficking Awareness

Visit our website: realsmarts.org or email us at smartprograms@carenetps.org.

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