

**Karen Rayne, PhD**

**Executive Director, UN|HUSHED**

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## **Education**

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PhD, University of Texas at Austin, Educational Psychology, May 2007

MA, University of Texas at Austin, Educational Psychology, August 2004

BA, St. Edward's University, English and Secondary Education, December 2000

## **Certifications**

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Certified Sexuality Educator, American Association of Sexuality Educators, Counselors, and Therapists, 2018

Certificate in Nonprofit Leadership and Management, Austin Community College, 2018

## **Websites**

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[www.unhushed.org](http://www.unhushed.org)

2013 – current

UN|HUSHED is a nonprofit organization dedicated to breaking through the social silence and stigma surrounding sexuality and invites people of all ages to engage in self-reflection, conversation, and dialogue. Dr. Rayne is the founder and current Executive Director.

[www.KarenRayne.com](http://www.KarenRayne.com)

2007 – current

What started out as a blog for parents on how to talk with their kids about sex is currently evolving into a website to highlight Dr. Rayne's speaking and writing skills. Currently under construction!

## **Social Media**

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[www.facebook.com/karen.rayne](http://www.facebook.com/karen.rayne)

[www.linkedin.com/in/karenrayne/](http://www.linkedin.com/in/karenrayne/)

## **Sexuality Curriculum Writing Experience**

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*Author of Our Talks*

In Press

A comprehensive sexuality curriculum designed as a combination and further development of two curricula: one that was fully comprehensive and one that was a shorter program with three specific age groups (10 – 13 year-olds, 14 – 16 year-olds, and 17 – 19 year-olds). Published by UNESCO for the southern and eastern Africa region.

*Editor of UN|HUSHED: The Early Childhood Curriculum*

In Press

An innovative, up-to-date, comprehensive sexuality curriculum designed to be sold online to schools, homeschool groups, churches, parents, parenting groups, therapists, etc. who want to provide comprehensive education about their bodies to babies, toddlers, and young children from birth through age 5.

*Editor of UN|HUSHED: The Elementary School Curriculum*

In Press

An innovative, up-to-date, comprehensive sexuality curriculum designed to be sold online to schools, homeschool groups, churches, parents, parenting groups, therapists,

etc. who want to provide comprehensive education to children from Kindergarten through 5<sup>th</sup> graders.

Co-editor of *Orientation: Teaching about Identity, Attraction, and Behavior* In Press

A collection of lesson plans from experienced and lauded sexuality educators from around the United States that come together to create a comprehensive manual on teaching about sexual orientation and sexual identity for a modern and evolving landscape of students.

Co-author of *UN|HUSHED: The High School Curriculum* 2018

An innovative, up-to-date, comprehensive 36-hour sexuality curriculum designed to be sold online to schools, homeschool groups, churches, etc. who want to provide comprehensive curriculum to 14- through 19-year-olds. The curriculum is uses a social justice model as the foundation for the content.

Co-author of *An Introduction to Sexuality Education* 2018

A manual for therapists, counselors, and other mental health clinicians to provide an introduction on the topics related to sexuality education, frameworks for integrating sexuality education with clients, and handouts and user guides for clinical use.

Co-author of *UN|HUSHED: The Middle School Curriculum* 2017

An innovative, up-to-date, comprehensive 38-hour curriculum designed to be sold online to schools, homeschool groups, churches, etc. who want to provide comprehensive curriculum to 12- through 14-year-olds.

Editor of *Streetwise to Sex-wise, 3<sup>rd</sup> Edition* 2017

A much-lauded sexuality education curriculum for at risk youth from The Center for Sex Education. The new edition draws in more current thinking on sexual orientation, media, and more.

Author of *Sex Ed in a Bag Activities* 2014 – 2016

These are fun, innovative activities for sexuality educators to reach their students on hard topics. Each bag includes one activity and suggests modifications so that it can be used with a range of participant ages. More information can be found here: [KarenRayne.com/sex-ed-in-a-bag-activities/](http://KarenRayne.com/sex-ed-in-a-bag-activities/)

Author of *Great Mentoring* 2016

With the subtitle *Positive Conversations with Young People about Sexual Decisions*, this manual is designed to support individuals and paraprofessionals as they engage youth around the topic of sex and sexuality.

Author of *Informed Together, 2<sup>nd</sup> Edition* 2016

A re-creation and up-date of Girls Inc's comprehensive sexuality education curriculum for 9- through 11-year-old girls and their parents that was originally written in the 1990's. Priorities included creating a curriculum that was diverse, took into account current and emerging issues like digital media, and provided for an up-to-date understanding of gender and sexual orientation.

Author of *Let's Erase Bullying* 2016

A collection of lesson plans and activities designed to educate participants about bullying as it relates to sex and sexuality. This manual is also the inspiration for both keynotes and trainings.

Co-Author of *Taking Care of Business, 2<sup>nd</sup> Edition* 2016

A re-creation and up-date of Girls Inc's comprehensive sexuality education curriculum for 15- through 18-year-old girls that was originally written in the 1990's. Priorities included creating a curriculum that was diverse, took into account current and emerging issues like digital media, and provided for an up-to-date understanding of gender and sexual orientation and social justice.

Co-Author of *Informed and In Charge*, 2<sup>nd</sup> Edition 2015

A re-creation and up-date of Girls Inc's comprehensive sexuality education curriculum for 12- through 14-year-old girls that was originally written in the 1990's. Priorities included creating a curriculum that was diverse, took into account current and emerging issues like digital media, and provided for an up-to-date understanding of gender and sexual orientation.

Author of *Let's Chat!* 2015

A nation-wide parent-child communications curriculum in Zimbabwe that covers sexual and reproductive health and rights. Project collaborators included with the United Nations Population Fund, the Zimbabwe Ministry of Health, and a local consultant on the creation of the curriculum. Project outputs also included the facilitator training manual and a trainer-of-trainer manual.

Author of *Parents as Sexuality Educators* Curriculum 2015

A ten-workshop curriculum for parents on how to talk with their middle school age children about sex and sexuality published through the Unitarian Universalist Association to serve as a supplement for their comprehensive sexuality curricula.

## **Published Books**

Co-author of *TRANS: Love, Sex, Romance, and Being You* In Press

Designed for older, trans-identified teens, this book includes a wide range of information to support young people who do not identify as cisgender as they are also grappling with their sexual maturity. Including such wide-ranging conversations as reproductive options, managing school bureaucracies, and when and why to tell romantic interests about their identities, *TRANS* is a new and innovative kind of book. To be published by Magination Press, an imprint of the American Psychological Association in 2019.

Co-author of *Help Your Kid with Adolescence* 2017

Designed for parents and teenagers to read together, this book provides a wide range of information and support on navigating the adolescent years. Dr. Rayne reviewed the content for the entire book and provided content contributions on sexuality and identity. Published by DK Publishers.

Author of *GIRL: Love, Sex, Romance, and Being You* 2017

Designed for older, girl-identified teens, this book includes a wide range of information to support healthy relationships and decision-making. It includes less-often seen content like how to break up with someone and information about pornography and kink, all discussed from both a professional perspective and youth voices. Published by Magination Press, an imprint of the American Psychological Association.

Author of *Breaking the Hush Factor* 2015

*Breaking the Hush Factor: Ten rules for talking with teenagers about sex* is a new kind of parenting book. It isn't only for parents, it doesn't make assumptions about gender or sexual orientation, and it won't scare you. Instead, you'll find ten concrete steps to strengthen your relationship with your teenager so that you can start to talk about sex. Because most people have sex and everyone needs to talk about sex. Teenagers have adults in their lives who can help them. *Breaking the Hush Factor* will teach those adults how. Published by Impetus Books.

Co-Editor of *How I Got Into Sex...Ed* 2014

*How I Got Into Sex...Ed* brings over 60 sexuality educators together as authors of short personal essays on their journey towards their shared career path. The editorial process included working at every stage of the creation process from author communication to copy editing to hardcopy and ebook publication. Published by The Center for Sex Education.

## **Teaching/Training Experience**

Assistant Professor of Instruction, University of Texas 2019 – current

Teach classes in the Educational Psychology Department such as Human Sexuality, Adolescent Development, and Human Development. Create, innovate, and provide service in the global dialogue around human sexuality and lifespan sexuality education.

Executive Director, UN|HUSHED 2018 – current

Serve as the primary internal and external trainer and keynote speaker on topics ranging from our own curricula to elements of comprehensive sexuality curricula to family dialogue and more.

Sexuality Educator and Trainer 2007 – current

Support sexuality educators and other professionals who provide guidance to young people and adults on a wide range of sexuality-related topics. Common training, workshop, and speaking topics include: comprehensive sexuality education, sexuality and the media, the adolescent brain, and more. Past clients include the New York Department of Education Health and Mental Health Division, the Center for Sex Education, and the UNFPA.

Sexuality Education Specialist, Center for Sex Education 2015 –2018

Author curricula and lesson plans for publication through The Center for Sex Education, train sexuality educators and other professionals around the country on Center for Sex Education curricula and manuals, provide leadership and guidance regarding the National Sex Ed Conference.

Performance Educator, S.E.X. 2014 –2017

Provide an education, flirtatious, and fun evening of sexuality education for adults through performance venues. More information can be found at [www.HaveYouSeenSEX.com](http://www.HaveYouSeenSEX.com).

Adjunct Professor, University of Maryland University College 2010 –2014

Teach Human Sexuality via an Internet based classroom experience to overseas military members and their families. This includes designing curriculum, activities, papers, and

tests that will present well in the online environment and implementing them in the classroom.

Adjunct Professor, Austin Community College 2008 –2014

Teach Human Sexuality, Child Development, and Human Development to Community College students. This includes choosing the textbooks, designing the curriculum, activities, papers, and tests, and implementing these in the classroom.

Adjunct Professor, University of Texas at Austin 2007 –2008

Teach undergraduate and graduate students who are current and future STEM middle and high school teachers the theories and pedagogies associated with the process of learning.

## **Committee and Volunteer Work**

Member, Board of Directors, YTH 2017 – 2019

Support the YTH Executive Director by providing fiscal and pedagogical oversight of the YTH programming, including conferences and work both domestically and abroad.

International Partner, Eagles Youth Development Group, Uganda 2011 – 2018

Provide support in an advisory role, including social media expertise, outreach approaches, and curriculum and educational work.

Associate Editor for the American Journal of Sexuality Education 2014 –2017

Accept and assess journal submissions, disseminate journal submissions to the Peer Review Board, assess quality of submissions, and provide final input on which articles are ultimately published.

Co-chair/Chair, National Sex Ed Conference 2013 –2015

Organize the National Sex Ed Conference, the largest conference focused on sexuality education in the United States. Contributions include everything from inviting and supporting leaders in the field to keynote to evaluating workshop proposals in order to create a conference environment devoted to supporting innovation and exploration in the field of sexuality education. Additional tasks include tending to emails lists, budgetary concerns, and other business needs of the conference.

Adjunct Department Representative, ACC 2010—2014

Provide an adjunct perspective to the Social Sciences Department at Austin Community College, including participating in the Professional Development Committee to prepare and present best practices approaches to psychology and sociology education in the higher education context.

Healthy Youth Partnerships Provider Conference Planning Committee 2012 – 2013

Serve on the planning committee for a free conference designed to support providers who work intimately with youth. General duties include speaker recruitment, theme brainstorming and implementation, and management of conference details.

Digital Project Development Team, Human Sexuality 2012 – 2013

Create online product by writing questions covering textbook content covering a wide range of information. Assess, edit, and revise questions created by other team members. Update previous product so that it addresses the new edition.

Expert on Adolescents, Kiwi Commons 2010 – 2012

Write blog posts, sit on panels, and answer specific and general questions about adolescent development and how adolescents interact specifically around sexuality and social media and the Internet.

iChoose Sponsor, Austin, Texas

2009 – 2011

Support the planning, implementation, and evaluation of a free, day-long sexuality education program for teenagers in Austin, TX. Communicate with representatives from a variety of youth-focused organizations, both non-profit and governmental, to develop a program that is comprehensive and appealing to youth.

Parent Support, Family Connections

2004—2006

Call new parents at three days, three weeks, and three months postpartum to provide parenting and breastfeeding support. Support staff members by consulting on using program data for research and by offering ideas for improving program materials.

## **Other Publications**

Smarr J., Rayne K. (2018) Sex Education in Schools. In: Shackelford T., Weekes-Shackelford V. (eds) *Encyclopedia of Evolutionary Psychological Science*. Springer, Cham

Rayne, Karen. "Language, Sexuality, and Adolescents." In Whelehan, P. and Bolin, A. (Eds.), *Encyclopedia of Human Sexuality*. (2015). Wiley-Blackwell.

Rayne, Karen. *Instructor's Manual for Taking Sides: Clashing Views in Human Sexuality*. (2013). Taverner, W. and McKee, R. (Eds). McGraw-Hill.