

Minnesota Sexuality Education Resource Review Panel
Summary of Panel Review

Abstinence First: Teen Birth Control Decisions – Version B (2003)

Video (29 minutes)

Target Audience: Teens

Cost: \$ 139.95

ETR Associates

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The Minnesota Sexuality Education Resource Review Panel **Does Not Recommend** the use of this for the following reasons:

Review Summary:

As its name implies, “Abstinence First: Teen Birth Control Decisions addresses both abstinence and contraception. It promotes abstinence as the best and safest choice for teens. It goes on to describe a variety of birth control methods – what they are, how they work, what side effects are associated with them, whether or not they prevent sexually transmitted infections, and how to obtain them. Though the film contains strong messages about abstinence – neither “abstinence” nor “sexual activity” are clearly defined.

There are two versions of the film. Version B (the one reviewed by MSERRP) is intended for comprehensive sexuality education programs. Though similar in most of the content, Version A gives an “abstinence only until marriage” message. The comments and rating that follow refer to Version B.

Panel members found the video and study guide to contain much useful information, however, they were concerned about the amount of inaccurate information contained in both. They felt the facilitator would need to know up-to-date information on contraception to be able to clear up the inaccuracies and omissions. The video lacks a clear definition of sexual intercourse and does not specifically mention vaginal, anal or oral sex.

The video does not directly address social pressures and communication skills around sexuality or contraception. Though the discussion guide contains some activities that address these issues, the panel found them insufficient.

The video is not clear about its audience. Though targeted to “teens”, the panel indicated that the video was not appropriate for students in 7-8th grades due to the language, technical information and presentation format. They felt the information was too advanced for younger audiences and that many would be bored by the presentation style. The video contains teens of different races and ethnicities, but makes no mention of sexual orientation and its impact on sexual decision-making or risk-taking. The video discusses contraceptive methods that panel members felt teens would not use.

Given the inaccurate information in the video and discussion guide, if the video is to be used, it requires a strong leader with up-to-date knowledge about contraception and ways to prevent HIV/AIDS. Overall, the panel does not recommend “*Abstinence First: Teen Birth Control Decisions*” as part of a comprehensive sexuality education curriculum.

Abstinence First: Teen Birth Control Decisions – Version B
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Assessment Criteria	Mean Score	Comments
Accuracy of Information - Provides basic, accurate information about the risks of teen sexual activity and about ways to avoid intercourse or use methods of protection against pregnancy and STDs.	2.2	<ul style="list-style-type: none"> ▪ Information on birth control is not complete. Does not include birth control patch or ring. Contains inaccurate information regarding emergency contraception, IUDs and Norplant. ▪ Does not define sexual intercourse or discuss oral/anal sex and their possible consequences.
Focus - Focuses on reducing one or more sexual behaviors that lead to unintended pregnancy or HIV/STD infection.	3.3	<ul style="list-style-type: none"> ▪ Does not define abstinence or sexual intercourse (anal, vaginal, oral).
Messages - Delivers and consistently reinforces a clear message about abstaining from sexual activity and/or using condoms or other forms of contraception.	3.4	<ul style="list-style-type: none"> ▪ Strong abstinence message. The focus of film, however, is contraception.
Addresses Social Pressures - Includes activities that address social pressures that influence sexual behavior.	2.0	<ul style="list-style-type: none"> ▪ There is no discussion in the video about how to negotiate birth control use. ▪ There are some activities in workbook that help teens reinforce positive ways to deal with pressures, identify their values, and practice communication skills.
Communication Skills - Provides examples of and practice with communication, negotiation and refusal skills	1.9	<ul style="list-style-type: none"> ▪ Video does not demonstrate effective communication. ▪ Workbook contains some examples of positive communication.
Teaching Methods - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	3.0	<ul style="list-style-type: none"> ▪ Discussion guide includes some useful activities ▪ Video must be used with study guide ▪ Variety of activities for youths
Appropriateness for Audience - Incorporates behavioral goals, teaching methods, and materials that are appropriate to the age, sexual experience, and culture of the students.	2.5	<ul style="list-style-type: none"> ▪ Too advanced for younger teens (7-8th grade.) More appropriate for high school students. ▪ Includes methods that teens would not use and omits others that would be appropriate. ▪ Would not engage the audience.
Multicultural Perspective – Does this resource address the needs of communities of color; and/or issues of sexual orientation, gender, and disability?		<ul style="list-style-type: none"> ▪ Panel was mixed on whether this resource was multicultural/inclusive. ▪ Video includes people of different races but does not address sexual orientation.
Addresses needs of diverse learners.		<ul style="list-style-type: none"> ▪ Closed-captioned.
Teacher-Friendly – Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	3.0	<ul style="list-style-type: none"> ▪ Many good activities in discussion guide for teachers to use, but requires time to read and prepare. ▪ Inaccurate information needs to be corrected.
Facilitation Skills Required – How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Requires leader with strong content knowledge. Must be able to correct inaccurate information.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	2.2	<ul style="list-style-type: none"> ▪ Too much talking. Would be particularly boring for younger audiences. ▪ Graphics are distracting.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly – 0 ▪ Recommend – 1 ▪ Reject ~ 11