

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review

Review Date: May 2007

Nicole's Choice (2003)

DVD/VHS (14 minutes)

Target Audience: Stated Audience: Grades 7-12
Recommended by Panel: Grades 9-12

Cost: \$80.00 plus shipping

Distributor: Select Media, Inc.

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The Minnesota Sexuality Education Resource Review Panel **Recommends** use of this video for the following reasons and with the following reservations:

Review Summary

Nicole's Choice portrays an African-American teen as she finds out that she has contracted a sexually transmitted disease (STD) by having unprotected sex. As the story progresses Nicole struggles to decide whether or not to abstain from sex or use condoms to prevent herself from contracting STDs in the future. In the end, Nicole and her boyfriend choose to abstain from sex, while her best friend makes a choice to always practice safer sex by using condoms. This film is currently used in the *Making Proud Choices!* curriculum.

The panel recommends the video *Nicole's Choice* for the following reasons:

- Provides basic information on sexually transmitted diseases.
- Shares prevention messages including information on abstinence and condoms.
- Addresses positive and negative social pressures for sex, avoiding sex, and using condoms.
- Emphasizes good communication with friends and negotiation with partners.
- Quality of the video was good with current music, fashion, and appealing characters.

The panel expressed the following concerns about the video *Nicole's Choice*:

- There is not a guide to facilitate discussion after the video. Would require a skilled facilitator.
- Although in the end there is a clear focus on individual choice of abstaining from sex or using condoms, the build up to this point is sometimes confusing and unclear.
- All the information in the video is accurate but it is a lot of information to absorb in a short video. Would recommend follow-up discussion to clarify main points.

Overall the panel **recommends** the video *Nicole's Choice*. Panel members conclude that the video provides an excellent portrayal of a "real-life" scenario. The panel recommends the use of this video with guided facilitation and as part of a broader sexual health curriculum for grades 9-12.

Nicole's Choice (2003)

Assessment Criteria	Mean Score	Comments
Accuracy of Information - Provides basic, accurate information about teen sexual health, e.g., risks of teen sexual activity, ways to avoid intercourse or use methods of protection against pregnancy and STDs, human growth and development, relationships, etc.	3.8	<ul style="list-style-type: none"> ▪ Contains accurate but basic information on STD's. ▪ Could include more detailed information (i.e. bacteria, virus, vs. parasite) ▪ There are a few minor misleading statements and exclusion of some information.
Focus - Focuses on ways to promote sexual health e.g., reducing one or more sexual behaviors that lead to unintended pregnancy or HIV/STD infection; understanding healthy physical/emotional development; developing healthy relationships, etc.	3.4	<ul style="list-style-type: none"> ▪ Focus is STD awareness and prevention.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	3.6	<ul style="list-style-type: none"> ▪ Some messages clear, like encouraging condom use. ▪ Video provided many different examples of teens saying that they could choose abstinence or use condoms including the message that "condoms can be fun and sexy."
Addresses Social Pressures – Video demonstrates social pressures that influence sexual behavior. Guide includes activities that address social pressures that influence sexual behavior.	3.8 n/a	<ul style="list-style-type: none"> ▪ Addressed social pressures (pressure to have sex and peer pressure to use condoms). ▪ Needs a guide to reinforce messages. ▪ No mention of pressure from parents, media, etc.
Communication Skills – Video provides examples of being assertive, using negotiation and refusal skills, making decisions, etc. Guide includes activities to practice assertive skills, negotiation and refusal skills, decision-making skills, etc.	3.8 n/a	<ul style="list-style-type: none"> ▪ Provides good modeling of how to talk to friends. Would have liked to see more of the conversations between the partners and inclusion of parent/child communication. ▪ Addressed condom negotiation with partners. ▪ Youth as actors helped reinforce skill building although some scenarios were unrealistic.
Teaching Methods - Engages participants and helps them personalize information	3.7	<ul style="list-style-type: none"> ▪ The video was engaging and use of youth actors in real life scenarios was great. ▪ Study guide would be extremely useful. Because the video would promote lots of discussion and a guided discussion could help students apply the information to their life.
Appropriateness for Audience - Incorporates behavioral goals, teaching methods, and materials that are appropriate to the age, sexual experience, and culture of the students (as stated by publisher.)	2.8	<ul style="list-style-type: none"> ▪ Information might be too advanced for some 7th and 8th grade students. Need to assess younger audiences carefully. ▪ Video is very appropriate for 9th – 12th grade students.
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Great video aimed primarily at heterosexual, urban, youth of color, but could be used in a variety of settings.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	2.1	<ul style="list-style-type: none"> ▪ Needs a guide to be more teacher-friendly. ▪ Teacher would need to watch it ahead of time and prepare to facilitate discussion.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Needs a highly skilled facilitator who can facilitate discussion around sensitive topics. ▪ Needs follow-up discussion to make applicable for students.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	4.5	<ul style="list-style-type: none"> ▪ Current music and fashion. ▪ Realistic and appealing for youth audiences. ▪ "A little frenetic, but appropriate for age group."
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly -0 ▪ Recommend – 16 ▪ Reject – 0