

## Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review

Review Date: May 2006

### *SEX ED 101: A Collection of Sex Education Lessons* (2006)

Format: Manual

Target Audience: Teens

Cost: \$25.00

Distributor: The Center for Family Life Education

Planned Parenthood of Greater Northern New Jersey

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

#### Review Summary:

*Sex Ed 101* is a 10-lesson comprehensive sexuality education manual. Lessons address topics including abstinence, contraception, STIs, safer sex, love, relationships and decision-making skills. *Sex Ed 101* is not a curriculum, but rather a compilation of activities from multiple sources. These sources include:

- *Making Sense of Abstinence: Lessons for Comprehensive Sex Education* (recommended by MSERRP, 2005)
- *The New Teaching Safe Sex*
- *Positive Images: Teaching Abstinence, Contraception, and Sexual Health* (recommended by MSERRP, 2002)
- *Streetwise to Sex-Wise: Sexuality Education for High-Risk Youth* (recommended by MSERRP, 2003)
- *Unequal Partners: Teaching about Power and Consent in Adult-Teen and Other Relationships* (recommended by MSERRP, 2003)

The manual has up-to-date, accurate and thorough information. It includes a wide variety of teaching methods, with a good balance of discussion and interactive activities. The lessons leave room for teachers to adapt them to fit their intended audiences. *Sex Ed 101* provides good resources and background information; the teacher's toolbox is particularly useful. The manual would be very appropriate for teachers who do not have a lot of prep or teaching time available. Prep time is needed, but directions are clear and simple. There are 10 full lessons, however, teachers may select which lessons they want to use.

*Sex Ed 101* is recommended for junior high and high school youth. It is adaptable to a variety of audiences with a wide range of learning styles. GLBT issues are included throughout. Though some of the handouts may be too complicated for a younger audience (i.e. the STI handout), they can be easily adapted by the leader.

The panel unanimously **highly recommends** *Sex Ed 101: A Collection of Sex Education Lessons* as a comprehensive collection of sexuality education activities.

**SEX ED 101: A Collection of Sex Education Lessons (2006)**

<b>Assessment Criteria</b>	<b>Mean Score</b>	<b>Comments</b>
<b>Accuracy of Information</b> - 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.	5.0	<ul style="list-style-type: none"> <li>▪ Good information, up-to-date, accurate and thorough – good information on condom effectiveness, STIs.</li> <li>▪ Provides statistics and facts (with citations) to support the inclusion of the activities.</li> </ul>
<b>Focus</b> - 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.	4.9	<ul style="list-style-type: none"> <li>▪ Concise but extensive information.</li> <li>▪ Comprehensive- includes facts along with more subjective topics such as relationships and decision-making skills.</li> </ul>
<b>Messages</b> - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.9	<ul style="list-style-type: none"> <li>▪ Very positive; follows guidelines for effective sexuality education well.</li> <li>▪ Outlines principles for sex education that are explicit, inclusive and useful.</li> </ul>
<b>Addresses Social Pressures</b> - Includes activities that address social pressures that influence sexual behavior.	4.2	<ul style="list-style-type: none"> <li>▪ Specifically asks students to ponder the “what ifs” of sexual decision-making.</li> <li>▪ The activities themselves do not address social pressures as much as they could have; however, the teacher’s toolbox could be used to provide this context.</li> </ul>
<b>Communication Skills</b> - Provides examples of and practice with being assertive, using negotiation and refusal skills, making decisions, etc.	4.3	<ul style="list-style-type: none"> <li>▪ Great incorporation if communication skills with health information.</li> </ul>
<b>Teaching Methods</b> - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	4.9	<ul style="list-style-type: none"> <li>▪ Includes a variety of teaching methods that could reach many student learners.</li> <li>▪ Hands on, easy to do, easy to prepare for lessons.</li> <li>▪ Good balance of discussion and interactive activities.</li> </ul>
<b>Appropriateness for Audience</b> - Incorporates behavioral goals, teaching methods, and materials that are appropriate to the age, sexual experience, and culture of the students (as stated by publisher.)	4.3	<ul style="list-style-type: none"> <li>▪ Leaves to teachers to adapt for their intended audiences.</li> <li>▪ Recommend for 14 years old and up – junior high and high school.</li> <li>▪ High level of literacy needed, may need to be adapted to lower levels.</li> </ul>
<b>Multicultural Perspective</b> – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> <li>▪ Very adaptive to different audiences – easily applied to any population.</li> <li>▪ GLBT issues included throughout.</li> </ul>
<b>Teacher-Friendly</b> - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	4.6	<ul style="list-style-type: none"> <li>▪ Great resources provided as background information for teachers.</li> <li>▪ Very easy to pick up and use. Very well organized, condensed. Great activities, hands-on.</li> <li>▪ Each activity does take prep work, but directions are clear.</li> <li>▪ Could be particularly effective with teachers who are strapped for time</li> </ul>
<b>Facilitation Skills Required</b> - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> <li>▪ Requires leader with moderate content knowledge and group leading skills.</li> <li>▪ Facilitation level can be determined by the content choices the teacher makes.</li> </ul>
<b>Presentation Quality</b> – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?	3.9	<ul style="list-style-type: none"> <li>▪ Clear, easy to follow.</li> <li>▪ Some of the handouts could be presented in a more youth-friendly way, e.g., STI handout</li> </ul>
<b>Overall Recommendation</b>		<ul style="list-style-type: none"> <li>▪ <b>Recommend Highly - 10</b></li> <li>▪ <b>Recommend - 0</b></li> <li>▪ <b>Reject – 0</b></li> </ul>