

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review
Review Date: November 2004

Sex Smart for Teens: Abstinence (2003)

Format: Video (34 min)

Target Audience: 11-21 (MSERRP recommends 12-17)

Cost: \$199.95

Closed Caption

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

Review Summary:

Sex Smart for Teens features a teen discussion group, interviews with teens, and a variety of vignettes to address issues related to abstinence and decision-making about sex. It presents a clear abstinence message that is consistently reinforced throughout the video. It presents this message in a way that is positive and encourages discussion and skill building. The video addresses specific topics including perceptions of virginity, peer pressure, smart dating, the role of drugs and alcohol in teen sexual decision-making, and communicating with parents and other trusted adults. It highlights the negative consequences of sex – including STIs, pregnancy and negative emotional reactions. The video does not include information on contraception and condoms.

The panel felt that the video would be enhanced by use of the discussion guide that includes activities and discussion questions. Specifically, the guide includes strategies for avoiding peer pressure, saying no, setting limits, and dating in a way that is smart and safe. The panel recommended that the video be shown in segments, to allow time for discussion and activities to reinforce the messages presented. They felt it might be too long to show the entire video in one session.

Some concerns expressed by panel members include that the video gives negative messages about teens who are currently sexually active; sets an unrealistic standard of no sex until marriage; does not include the needs and perspectives of GLBT youth; and does not reflect a racially and ethnically diverse audience. They also stated that the video may be too expensive for some schools and community groups.

The stated target audience is 11-21 year olds. The panel determined that this age-range is too large. They felt it was most appropriate for middle and senior high school students – youth ages 12-17. They felt it was too young for 19-21 year olds and too old for 5th graders.

Overall, the panel **recommends** the use of *Sex Smart for Teens: Abstinence*.

Sex Smart for Teens: Abstinence (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 statistics though this is not the focus of the video. ▪ Defines sexual activity Oral/Vaginal/Anal intercourse.
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.	3.8	<ul style="list-style-type: none"> ▪ Gives clear abstinence message ▪ Focuses on setting limits, positive self-esteem, having healthy relationships.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.1	<ul style="list-style-type: none"> ▪ Consistently delivers abstinence message through individual and group interviews, vignettes, and guided activities. ▪ Presented negative messages about teens who are currently sexually active
Addresses Social Pressures Video demonstrates social pressures that influence sexual behavior. Guide includes activities that address social pressures that influence sexual behavior.	4.1 3.7	<ul style="list-style-type: none"> ▪ Reinforces that not all teens are having sex, shares reasons to wait, and offers dating ideas ▪ Discusses having friends that share choice and values ▪ Addresses alcohol and drug in connection to sex. ▪ Guide offers good follow up activities.
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.	4.1 3.8	<ul style="list-style-type: none"> ▪ Shows strategies for avoiding peer pressure. ▪ Does a good job of addressing refusal skills, both in video and in discussion guide; gives tips on how to say no and offers specific examples and ideas.
Teaching Methods - Engages participants and helps them personalize information	4.0	<ul style="list-style-type: none"> ▪ Teens will be engaged by the way the narrator talks to and questions real teens. ▪ Discussion guide contains good, engaging activities and discussion questions.
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.)	2.7	<ul style="list-style-type: none"> ▪ Target audience should be 12-17 year olds. 11-21 too large of an age range.
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ GLBT relationships not included. ▪ Teens in the video may not be perceived as reflecting a racially, ethnically, and socio-economically diverse population.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	4.0	<ul style="list-style-type: none"> ▪ Guide includes valuable activities and good discussion questions. ▪ Would be more effective if presented in segments with time for discussion, instead of all in one shot.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Requires a leader with moderate content knowledge and group leading skills who is comfortable with the topic.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	4.2	<ul style="list-style-type: none"> ▪ Good use of humor, offers good variety, may be too long.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly – 2 ▪ Recommend – 10 ▪ Reject - 1