



Sexual Health Education Instructional Materials Review

Curriculum Title: Healthy Relationships (Arc of King County)

Year Published: 2016

Publisher: Arc of King County

Website: <https://arcofkingcounty.org/services/healthy-relationships.html>

Full or Supplemental: Full

Grade Level: Ages 18-21

Student Population: students and young adults with developmental disabilities

Duration/Number of Lessons: 10 one-hour lessons

Format and Features: Curriculum outline plus student workbooks

Evidence-based/informed: Not evident

National Standards Alignment: Not evident

Healthy Youth Act Compliance: Yes

AIDS Omnibus Act Compliance: N/A

Bias Free Materials: Yes

Primary Topical Areas (Check all that apply)

- | | |
|---|---|
| <input type="checkbox"/> Abortion | <input type="checkbox"/> Identity/Orientation |
| <input type="checkbox"/> Abstinence | <input type="checkbox"/> Online Safety |
| <input type="checkbox"/> Access to Services | <input type="checkbox"/> Pregnancy & Reproduction |
| <input type="checkbox"/> Anatomy and Physiology | <input type="checkbox"/> Puberty/Adolescent Development |
| <input type="checkbox"/> Communication/Decision-making | <input type="checkbox"/> Refusal Skills |
| <input type="checkbox"/> Condom Use | <input type="checkbox"/> STD Prevention |
| <input checked="" type="checkbox"/> Consent | <input type="checkbox"/> Other |
| <input type="checkbox"/> Contraception | |
| <input checked="" type="checkbox"/> Healthy relationships | |
| <input type="checkbox"/> HIV Prevention | |

Reviewer Comments:

Reviewer 203

This curriculum is produced by the ARC of King County and appears to be designed for young adults with developmental disabilities. It has a range of comprehensive topics and including healthy and unhealthy relationships, healthy sexuality and sexual assault, and online safety. There are 9 sessions and students have a workbook that makes it easy to follow along, engaging, and individualized. It uses 3 main characters throughout various story lines, who represent diverse identities. The language used is accessible for most people including people with low literacy levels and English Language learners while still using medically accurate terms. The curriculum is inclusive of gender diversity; i.e. one character uses “they” as their pronoun, and they have other statements such as “most women have vulvas and vaginas, but not all women.” They include a vocabulary list which makes it even easier to understand and clarify while teaching. Was pleased to see there are real life examples of asking/giving consent, asserting a personal boundary, AND asking for consent while respecting others’ boundaries, and respectfully accepting when someone says no.

I was only provided the students’ workbook, curriculum outline, and vocabulary list. I was not provided a facilitator guide (if one exists) so I could not assess things such as whether there are other resources such as social norms campaign, parent involvement, teacher training. I did not see learning objectives explicitly stated, but one can infer the learning objectives from the “curriculum outline” so I based the assessment on those. I found that the implied learning objectives address important concepts and skills that support healthy behavioral outcomes. The content is consistent with the best practices and current research in sexual assault prevention.

Reviewer 101

Strong material written from an inclusive perspective. Great teaching tool for high school aged students with and without disabilities. Very accessible and easily broken into small, digestible segments for a range of cognitive abilities.

Reviewer 202

The Healthy Relationships Curriculum is culturally specific to youth with disabilities, but I can see it being beneficial to any young person. It is written in a very clear, understandable manner, with lots of hands-on activities to support learning. The teacher outline is incredibly helpful, detailing every unit and the key concepts learned in the span of just two pages.

The addition of a student workbook enables the student to not only hear the information and participate in class but have a permanent reminder of the information that they have learned.

Overall this curriculum is a wonderful way to explain the most important topics of a healthy relationship to youth with disabilities, and to any other young people as well.