

Comprehensive Sexual Health Education Instructional Materials Review 2023

A Girl's Guide to Growing Up

Year Published/Revised: 2005

Publisher: Marsh Media

Website: <https://marshmedia.com/products/a-girls-guide-to-growing-up>

Full or Supplemental: Supplemental

Grade Level: Middle School and High School (Grades 5-12)

Student Population: Students with Intellectual/Developmental Disabilities

Duration/Number of Lessons: DVD: 16:43, Teaching Guide (36 pages), Student booklet (32 pages)

Format and Features: DVD, Teacher/Student booklets

Available in Multiple Languages: English, Spanish

Evidence-based/informed: No

National Standards Alignment: No

Consistent with WA Health Education Standards? Yes

Consistent with Comprehensive Sexual Health Education Law? Yes

Consistent with AIDS Omnibus Act? N/A

Inclusive Materials/Strategies: With modification

Bias-Free Materials: Yes



Primary Subject Areas Covered:

- Anatomy and Physiology, Reproduction, and Pregnancy (Pregnancy for Grade 6+)
- Growth and Development/Puberty
- Self-Identity (gender stereotypes, gender identity, sexual orientation, etc.)
- Prevention (general)
 - HIV/AIDS Prevention
 - Pregnancy Prevention
 - STD Prevention
 - Health Care and Prevention Resources
- Healthy Relationships (general)
 - Affirmative Consent
 - Bystander Training
 - Intrapersonal and Interpersonal Communication Skills for Healthy Relationships
- The development of meaningful relationships and avoidance of exploitative relationships
- Understanding the influences of family, peers, community, and the media throughout life on healthy sexual relationships

Reviewer Comments:

Reviewer 304

This material is specifically developed for students with intellectual or developmental disabilities. You can see this in certain directions that allow for differences in ability, like “the goal for students who are verbal...” and “for lower-ability students...”. Puberty and bodily changes are presented in a positive, shame-free light, and a teachers note reminds teachers that various families have differing levels of openness around body/puberty language.

Unfortunately, to make concepts accessible for a wide range of abilities, it oversimplifies ideas and ignores some important ideas. Puberty is completely decontextualized from reproduction or sexual activity, thus indirectly de-sexualizing individuals with I/DD, and thus underpreparing them for any sexual feelings, urges, or actions that they may experience. The materials seem easy to teach (worksheets and specific lesson plans are included); however, the materials do not look particularly engaging. The video and booklet don't feature any examples of characters making decisions; instead, it's just a narrator stating good ideas. The gender binary is also not very inclusive (see the title).



Reviewer 305

As previously stated with the We're Growing Up curriculum, although the production quality isn't poor, it is not representative or reflective of youth from this generation (feels dated a few decades). I believe with modern updates and a more trauma informed approach, it could be updated to be successful as puberty education, but not comprehensive sexual health education. If it is meant for students with IDD, there may be a need for more tailored content to match folks with disabilities, or a broader spectrum of understanding and experiences (i.e., a 3rd grader and an 8th grader will need different information). The Teacher Guide is very clear and would be helpful to me as a facilitator.

Reviewer 307

This resource is designed for students with mild to moderate disabilities (developmental disabilities or delays, Down syndrome, Autism spectrum disorder, learning disabilities, behavioral disabilities, and communicative disorders). Topics covered are external anatomy, physical and emotional changes of puberty, health and hygiene, and privacy/safety. This is a needed resource for certain students. I work with our Transition Class students, and this resource makes a lot of sense to have available for them. There is a lot of basic information delivered simply. For the intended population, it is a quality resource.

Reviewer 308

While the information itself is thorough and clear, the video feels very dated. It also moves quite slowly. It is broken up into sections, which could be watched and discussed individually to make it more engaging for students. It was unclear if there were accompanying materials, which may have been helpful as well.

Reviewer 309

The materials do not recognize gender diversity despite the prevalence of gender diverse identities among students with disabilities. Biological females are assumed to be girls.

OSPI Comments

This video is lacking in diversity. It is not inclusive of all students (e.g., students who identify as LGBTQ+ or students with disabilities), as required by law.





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