

Comprehensive Sexual Health Education Instructional Materials Review

Athletes as Leaders

Year Published/Revised: 2017

Publisher: Harborview Abuse and Trauma Center

Website: www.athletesasleaders.org

Full or Supplemental: Supplemental

Grade Level: High School (9-12)

Student Population: High School Athletes on Girls' Sports Teams

Duration/Number of Lessons: 10 Lessons

Format and Features: Lessons and videos

Evidence-based/informed: Evidence-informed

National Standards Alignment: No information

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: Yes

Bias-Free Materials: Yes



Primary Subject Areas and Topics Required by Law:

- 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 107

The Pre-Survey of Athletes as Leaders dives right into the content of the curriculum, asking whether certain types of behaviors are abusive, bystander intervention, gender stereotypes, toxic masculinity, healthy friendships, body standards, slut shaming, and victim blaming. The introduction to the program explicitly states that the goal is to “promote a culture that is more supportive of women and girls and one that is equitable to all genders.” I appreciated that the curriculum includes creating group agreements and expectations due to the sensitive subject nature. The introduction video showcases a diverse range of young women and people. The lesson plan outlines are easy to follow and give excellent ideas for discussion questions, even giving tips on “how to prepare ahead of time.” The videos used are current and diverse, often professionally made campaigns or educational tools not directly connected to Athletes as Leaders. The lesson on Privilege and Oppression is an excellent introduction to these concepts. The activity chosen is simple, interactive, and fun, and the video associated is made by popular Black activists, performers, and writers. The Self Image and Beauty Standards video addresses race, ethnicity, and concepts of beauty through poetry. The teen dating violence video incorporates (current) use of youth technology to showcase how online stalking, harassment, and being isolated from friends and family. It also discusses the “lesser known” warning signs of



an unhealthy relationship. The lesson on Promoting Positivity could have gone deeper into why horizontal hostility exists, instead of just stating “girls often hate each other out of jealousy” but the Nike video they use to demonstrate positive female role models is cute and energetic. While it is exciting to see a curriculum targeting young women athletes, these topics would be beneficial for all genders to learn about, particularly men. Unfortunately, this curriculum does not address the nuts and bolts of sexual health - there is no discussion about STI’s, pregnancy prevention, sexual desire/orientation, or anatomy. However, it is very well thought out and presented on the topics it does address - topics like horizontal hostility, beauty standards, and bullying, which are left out of most other curricula, Athletes as Leaders would easily pair with another curriculum that incorporates the basics.

Reviewer 110

I think this is great material to use with a female sports team. It is not for a regular classroom, but it would be very useful in an all-girls setting.

Reviewer 120

No mention of trans/gender non-binary that I saw/heard. The videos were engaging but the activities did not seem too engaging. Seemed like good material for a coach to use as team bonding activities in place of a practice.

Accuracy Analysis Reviewer 124

No medical inaccuracies.

