



# Sexual Health Education Instructional Materials Review

## Curriculum Title: Wholesome Bodies

Year Published: 2013

Publisher: Vermont Network

Website: [vtnetwork.org/wholesome-bodies-curriculum](http://vtnetwork.org/wholesome-bodies-curriculum)

Full or Supplemental: Supplemental

Grade Level: Adults

Student Population: General

Duration/Number of Lessons: 11 activities, 10 hrs of training time

Format and Features: Online, includes facilitator guide, instructions, participant workbook

Evidence-based/informed: Evidence-informed

National Standards Alignment: N/A

Healthy Youth Act Compliance: N/A

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 checked="" type="checkbox"/> Other (Healthy sexuality, personal safety, social and emotional skills) |
| <input type="checkbox"/> Contraception                    |   |
| <input checked="" type="checkbox"/> Healthy relationships |   |
| <input type="checkbox"/> HIV Prevention                   |   |

## Reviewer Comments:

### Reviewer 107

This is a product aimed at engaging adults in facing their own biases and conditioning in order to help them raise and educate children and youth throughout their childhood and adolescence. It is not meant for kiddos to use directly. This product covers a lot and is very inclusive and encourages engaging and teaching of empathy, bystander intervention, bodily autonomy and healthy relationships and sexuality.

The only thing I would like to see more of would be direct actions that adults less confident can take, and how groups should be run. However, there are great examples and this product is sensitive and engaging for adults, as well as thought provoking. I would recommend this for any educator running a parent or teacher group.

### Reviewer 108

Not appropriate for elementary age. This trains adults more than focusing on children.