

Comprehensive Sexual Health Education Instructional Materials Review 2023

Door 3

Year Published/Edition: 2022

Publisher: One Love

Website: <https://www.joinonelove.org/act/one-love-workshops/>

Full or Supplemental: Supplemental

Grade Level: High School (9-12)

Student Population: General

Duration/Number of Lessons: Video and workshop (45 minutes)

Format and Features: Video; Discussion guide; LGBTQ+ Inclusive Facilitation Toolkit, Support Planning Worksheet

Available in Multiple Languages: No

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: Yes

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 303

The scenario and concepts portrayed feel relevant, realistic, and accessible for high school students to explore what relationship behaviors and dynamics are healthy or unhealthy. English and Spanish subtitles are available, enhancing accessibility for students who may need them. The material is considerate of possible emotional responses students may have, including content warnings and providing teacher guidance for preparing students and helping them navigate these emotions. Information and experiences specific to LGBTQ+ people and relationships are included, as well as portrayals of LGBTQ+ characters.

There are multiple options for adapting the lesson plans and activities to meet group needs/interests and time available. However, most of the activities provided are discussion or individual journaling, so it would've been nice to have options for more hands-on or game-like activities. Specific learning objectives are not included in the teacher guide.

Reviewer 308

The preface is good to let students know that the material might impact folks differently, and what they can do if it hits too close to home for them. All the material is intentionally very inclusive. The video alone could be confusing but used with all the accompanying material (especially the discussion guide), this is a great look at characteristics of healthy vs. unhealthy



relationships, how to identify those characteristics, and how to navigate the ups and downs of relationships.

Reviewer 321

I thought the video and instructional materials were excellent. I appreciated the examples in the video that showed technology abuse as a form of teen dating violence, since that is a relatively new concept and not always discussed or recognized as abuse. I also thought the instructional support materials had great resources for pronouns and LGBTQ+ specific examples to show how relationship abuse can occur in every relationship. The only item I would add to this lesson plan is a discussion on consent and contraception (i.e., talking about how partners cannot decide contraception methods for you, cannot pressure you into sex, etc.).

Reviewer 325

Door Three does an excellent job accurately representing a friendship that many students may find themselves in. The curriculum is inclusive and engaging and is easy to follow. The discussion guide is very useful in guiding the facilitation of this curriculum.

