

# *Comprehensive Sexual Health Education Instructional Materials Review*

## Puberty and You

**Year Published/Revised:** 2020

**Publisher:** Seattle Public Schools TV

**Website:** <https://www.youtube.com/watch?v=eHGhCoquwY0>

**Full or Supplemental:** Supplemental

**Grade Level:** Elementary School (4-6)

**Student Population:** General

**Duration/Number of Lessons:** 1 video: 13 minutes

**Format and Features:** Online video

**Evidence-based/informed:** Not indicated

**National Standards Alignment:** Not indicated

**Consistent with WA Health Education Standards?** Yes

**Consistent with Comprehensive Sexual Health Education Act?** 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 111*

This is a long video (13 min) but, has a ton of accurate information. It discusses the physical, social, and emotional changes that occur during puberty. It is extremely inclusive in its language such as saying, "assigned female at birth" when showing the female reproductive system. It also shows a circumcised and uncircumcised penis. There are not any resources or lessons to go with it. I would still use this in my classroom and pair it with an activity such as a worksheet listing changes made for female, male and both bodies.

### *Reviewer 112*

This curriculum offers a direct educational approach to initiating discussion and knowledge about puberty. I appreciate the invitation throughout the video to offer reflection and acknowledgement of the potential array of feelings/emotions that may arise from the subject matter. This supplemental source offers current medical information, awareness to the sensitivity of the subject, and is inclusive of all varieties of sexual orientation, racial identification, and cultural residency.



*Reviewer 122*

This is the most inclusive puberty video I have seen. While no instructional supports are provided, most educators will be using this to supplement an existing lesson plan. As with most videos, there is not an opportunity for skill development, but the video does provide an opportunity to address Standard 2, related to analyzing influences of peers and others. Great examples of social and emotional intelligence and skills in action as a way to deal with possible challenges of puberty.

*Reviewer 120*

Good informational video. Did not come with any activities for teachers to use.

*Accuracy Analysis Reviewer 124*

No medical inaccuracies noted!

