

Comprehensive Sexual Health Education Instructional Materials Review 2024

Live Well – Reproductive and Sexual Health

Year Published/Revised: 2023

Publisher: Human Kinetics

Website: Live Well: Reproductive and Sexual Health – Human Kinetics

Full or Supplemental: Full

Grade Level: 7 - 12

Student Population: General

Duration/Number of Lessons: 15 lessons total

Format and Features: lesson planner, lesson plans, PowerPoints, quizzes, answer key, rubrics to assess skill development, student worksheets

Materials Provide Support for online or in-person learning: Yes

Available in Multiple Languages: English and Spanish.

Evidence-based/informed: Not indicated

National Standards Alignment: Not indicated

Consistent with WA Health Education Standards? Yes

Consistent with Comprehensive Sexual Health Education Law? Yes

Consistent with AIDS Omnibus Act? Yes

Inclusive Materials/Strategies: Yes

Bias-Free Materials: Yes



Primary Subject Areas and Topics 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 357

Live Well Sexual Health curriculum is a web text-based option that is structured into two levels of content, foundational and comprehensive, to which this review focuses on the former. The flexibility of this curriculum to switch between different depths of content may be seen as advantageous in addition to educators' freedom to assign lessons in a sequence that suits their classroom needs. The content overall promotes personal choice in a healthy lifestyle without shaming or being inaccurate. Some potentially controversial topics are presented more simply, and more nuances could be beneficial. The curriculum itself is non-biased using neutral terminology throughout and contains a full chapter on identity exploration. It may be wise to check the latest research on emerging sexual health topics as it is not clear if this curriculum will be updated regularly.

Educators may also find the overall student materials to be engaging and attractive in design, particularly the content chapters with interactive note-taking guides. Educators wanting an open-and-go PowerPoint presentation may be disappointed to find a lack of graphics and visual variety included. This curriculum does have many open-and-go options for ease of the instructor including teacher guide with detailed lessons plans, printable worksheets (including ELL options), assessment options with rubrics, and discussion questions. The content chapters follow a very predictable sequence and style

of material which could warrant some supplementation to avoid being overly repetitive. Notably absent from this curriculum are robust learning options such as project-based learning, games, skits, and kinesthetic options.

Reviewer 360

These materials are very well done; engaging, current, inclusive and easy to implement. Much of the materials are geared towards a High School audience. For Middle School age some of the units could potentially be "too much, too soon." There is an abundance of both medical and psych/social information that might be more appropriate for the maturity level of the High School age audience.

Some of the Live Well units that may potentially be used for a Middle School audience are as follows:

- Adolescence and Puberty
- Conception and Pregnancy
- Relationships and Communication Skills
- Dating Relationships

Note that there are also 'Live Well' Units available under their "Foundational Lesson Topics" content list that may be a helpful resource for use in more conservative school districts.

Reviewer 363

This curriculum is designed to be current and relevant to the experiences of today's young people, offering a variety of activities for skill-building practice. Comprehensive and adaptable ancillary materials are provided, offering differentiated instruction options.

Included in this curriculum is information on abstinence, as well as the full spectrum of contraceptive options, detailing the advantages and disadvantages of each. Additionally, it provides up-to-date information on HIV prevention, transmission, and treatment.

Students are guided in accessing credible information online and learn how to protect themselves in the digital realm. Throughout the curriculum, there are activities and information promoting appropriate, safe, and responsible use of technology. Emphasis is placed on fostering healthy communication with both peers and trusted adults, and encouraging health-seeking behavior through various skill-building activities. Legal consequences of certain behaviors, as well as the legal rights of young people, are also covered.

The language used in this curriculum is inclusive and non-shaming. Scenarios and visuals depict diverse relationships and family structures.

Two notes:

1. This includes a section on breast self-examination, which is not in line with current recommendations
2. While affirmative consent, refusal skills, communication, healthy relationships, and healthy break-ups are thoroughly covered, access to resources for survivors of sexual offenses are lacking

Reviewer 364

These materials cover a wide variety of topics all presented in a similar, easy-to-follow format. For the most part, the information is accurate if not a little bit outdated (ex. recommendation for breast self-exam). The lesson plan and "teacher lesson planner" are incredibly helpful and easy to follow and include outlines, hyperlinks, resources, etc. I am particularly impressed with the alternative worksheets/resources for ELL students and the note taking guides/graphic note taking worksheets provided.

The main challenge I find with this curriculum is that aside from the lesson explicitly about "exploring identity," it is limited in its inclusivity. There aren't many examples provided of different kinds of relationships, sexuality is not spoken about as being a spectrum (and is instead broken into 3 categories: heterosexual, homosexual, and bisexual), and trans and intersex bodies are almost completely excluded from very relevant/important lessons (or are at most referenced, with little guidance on how teachers can navigate curiosity or questions that go deeper). I think this curriculum is a "safe" entry point to some of these conversations for some apprehensive communities, but in terms of representation/inclusivity it feels very basic for many high school classrooms.

Med/Sci Reviewer 368

Although a little heavier on abstinence than I prefer - medically accurate. I like how the instruction includes all forms of contraceptive barriers (dental dams, internal condoms, finger sleeves etc.). I also like how it consistently refers to people or "students with ovaries", and people or "students with testicles", rather than gender assignment. Interesting that with diagram of images for external/internal condom visuals, there is only penis/vaginal (not anal diagram).

Med/Sci Reviewer 369

Overall, great! A few places where terminology could be cleaned up: fetus and baby are interchanged. Also, current guidelines are ambivalent about self-breast and self-testicular exams. Great to teach them, but would not say they "should be done."