

Comprehensive Sexual Health Education Instructional Materials Review 2024

Sex Ed Lesson Plan Bundle

Year Published/Revised: 2020

Publisher: Project School Wellness

Website: Health Education Website and Blog - Project School Wellness

Full or Supplemental: Full

Grade Level: 9 – 12

Student Population: General

Duration/Number of Lessons: 25 lessons total

Format and Features: Physical and digital copies available, using Google and Google Classroom; video teaching guide for instructors.

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

Available in Multiple Languages: No

Evidence-based/informed: Not indicated

National Standards Alignment: Yes

Consistent with WA Health Education Standards? Yes

Consistent with Comprehensive Sexual Health Education Law? With modification

Consistent with AIDS Omnibus Act? No

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 351

This curriculum includes a guide for how to convert to online teaching. Teacher guides are informative and good at reminding to be conscious of various student backgrounds and identities.

The emphasis is less on anatomy/STIs, and more on decision-making and respecting yourself and others for healthy relationships. Seems mildly sex-positive. Overall, the information is good, but the tasks for students seem unengaging and very teacher-driven. I would use this curriculum only as a starting place; I would personally want to supplement it with more student-centered tasks.

Reviewer 353

Overall, I thought the curriculum was comprehensive and informative. It covered a variety of important topics that were age-appropriate. And each lesson plan had instructions for the teacher, in addition to resources and worksheets for students. In terms of improvements or shortcomings, there could be more assessments or knowledge checks for students with the individual lesson plans. The learning objectives were very clear, and just adding some knowledge checks would be helpful. Since each lesson plan is a separate concept or teaching, a quick recap of the previous lesson plan at the beginning of the next one may be helpful as well. While some

materials are PowerPoints and documents that could be edited, a decent amount of materials are PDFs that would be difficult to incorporate updates as needed. I didn't see activities where it was active peer-to-peer engagement (most of the worksheets seemed like it would be solo work).

Reviewer 358

Overall, this curriculum takes a very analytical, abstract, and academic approach to sexuality education. This is unlikely to be accessible or developmentally appropriate for some high schoolers, and definitely is not accessible or appropriate for teens with intellectual disabilities or for English language learners. There are no adaptations offered for ELL students or students with disabilities, so it will not be inclusive of all students.

While this curriculum does have some strong content, it does not meet a variety of state standards and doesn't consistently give enough information for students to know how to practice certain health promoting behaviors. For example, it mentions condoms only briefly and there is no discussion of how to use a condom properly or how to self-advocate for condom use. The curriculum also does not mention HIV / AIDS at all, which means it does not align with state standards. Further, the lesson designed to define sex, gender and sexual orientation repeatedly conflates those terms in confusing ways.

There are 25 lessons in the curriculum, which is far more than a standard health class could realistically cover. In a district with a curriculum director who could craft a scope and sequence, you could cover some - but not all - state standards. If individual teachers were allowed to decide which lessons to teach or omit, the resulting selections would be unlikely to meet most several state standards.

Reviewer 362

This curriculum or lesson plan bundle, is fairly comprehensive given its size. The largest issue I saw with this product was the lack of trans and intersex acknowledgment in the anatomy sections this curriculum has a fairly inclusive and progressive tone in most other areas. This curriculum does a great job of focusing on how these skills benefit each person for more than just sex. The curriculum uses inclusive they/them pronouns and has a neutral to sex-positive stance that allows for more normalization of complex and vulnerable topics. One other issue that may cause some difficulty for educators when implementing this curriculum is the high number of typos and formatting errors present. Roughly a third of the lesson slide shows or materials had minor to moderate typos that caused reading the messages to be confusing or difficult. The content was fairly comprehensive and appropriate for the grade level otherwise. The activities are engaging and easy to implement with minimal prep. while still helping facilitate student knowledge reflection and application.

Reviewer 365

Teacher resources/prep: Best quality of these materials is how organized the website is and how clear all the teacher materials are. The instructional videos with background information are incredibly helpful. A+

Inclusivity/representation: There are very few photos or representation of people in this curriculum, obviously it was intention, but it feels dehumanizing. Additionally, there is almost no mention of homosexuality, no mention of anal sex, and no mention of PrEP prevention medicine for HIV. It is disappointing to not see anything about queer sex.

Curriculum materials/Standards: These materials are much more wholistic when it comes to meeting the state health standards. They could use a supplemental HIV sexual health lesson or two.

Overall: There is a lack of humanness without images, but generally speaking the curriculum is much more relevant to real life scenarios and activities for students today.

Med/Sci Reviewer 368

I like how this model relays that the "act of sex" is a small part of our sexual health. I love how this curriculum utilizes the gender unicorn- very accurate and up-to-date.

Value the inclusive terminology list. The only thing I came across that makes me cringe, that I heard twice is "clean." Making sure your body is "clean" and free of disease - this is not appropriate or current best use - rather using "clear of infection."

Med/Sci Reviewer 369

Very impressive curriculum, I found no inaccuracies or even needs for clarification.

OSPI Comment

Would need to be supplemented with additional information on HIV/AIDS in order to meet Washington requirements for comprehensive sexual health education or HIV/AIDS prevention instruction.