

Comprehensive Sexual Health Education Instructional Materials Review 2025

ABCs of Me

Year Published/Revised: 2023

Publisher: Hip Hop Public Health

Website: [Learning Studio: The ABCs of Me - Hip Hop Public Health](#)

Full or Supplemental: Supplemental

Grade Level: Elementary (review included grades 3-5 only)

Student Population: General

Duration/Number of Lessons: 3 lessons, plus two for grades K-2

Format and Features: Each lesson includes a video, lesson plan, accompanying slide show, handouts, coloring sheets, supporting dance videos, and a parent/guardian letter.

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

Available in Multiple Languages: No

Evidence-based/informed: Not evident

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 374

The music videos are catchy and will help students retain the messages in the songs. This curriculum uses dance moves to help teach concepts which support children who learn best through body movements (they provide you with how-to dance video instructions.) This curriculum also reminds instructors to connect with counselors before the lessons begin so students can access these resources should the lessons bring up any concerns or traumatic memories.

The curriculum makes room for different cultural relationships to autonomy, boundaries, and consent. It encourages students to start conversations with their caregivers to share how they feel. This curriculum could improve by giving students a chance to name and say aloud their own boundaries and practice asking for consent from one another instead of reading off scripts.

Reviewer 375

This three-lesson series uses engaging and developmentally appropriate music videos and interactive activities. I like that they define autonomy and that they focus on both practicing consent and understanding why it matters. They include a lot of physical movement while being mindful of varying comfort levels and abilities. The lessons also encourage conversation with families/trusted adults. These lessons overall seem very useful and relevant for young students.



Reviewer 376

The ABCs of Me are robust supplementary materials to support education about healthy relationships. The curriculum toolkit includes ample materials for educators for each letter (Autonomy, Boundaries, and Consent) such as a full lesson plan, slides, handouts, assessments, and a letter for families about the content. The videos/music are engaging and informative and a helpful way for students to remember and relate to the concepts. This material is well suited for K-5 as a supplement to additional Social Emotional Learning curriculum.

Reviewer 377

Creates fun learning environment and opens discussion points for different cultures. Learning is fun for any group or culture. Gives easy to understand lessons on consent and boundaries in a fun and memorable way

Reviewer 378

The ABCs of Autonomy is an age-appropriate resource for K-5th grade, effectively incorporating differentiation through additional material links. The inclusion of diverse youth enhances relatability, ensuring that a wide range of students can see themselves reflected in the content. The videos are engaging and successfully convey key concepts, making them accessible and informative for young learners. While the material is well-structured, its effectiveness may vary depending on individual student needs and classroom context.

Reviewer 379

Strengths:

- Culturally relevant
- Learning objectives and materials ask students to "define," "explain/discuss," "demonstrate," "share," and "analyze"
- Many opportunities for students to engage and interact with the concepts
- Materials support learning objectives
- Letter to families provided

Shortcomings:

- Quite a bit of materials to sift through
- Lengthier lessons: some lessons may need to be shortened for younger learners

Reviewer 381

The ABCs of Me! curriculum includes slides and instructional materials with imbedded videos and activities to use in a classroom setting. The content uses hip-hop themes and predominately features students of color, although youth of other racial backgrounds are featured as well. The videos also include representation of children in wheelchairs, making it relatable to students of varying physical disabilities. The video content includes helpful and catchy definitions of autonomy, boundaries, and consent, and utilizes movement (simple dance moves) to help students practice and memorize the skills and words they're being taught. These lessons would



work best in classrooms where students have some space to move around, be energetic, and engaged.

Reviewer 382

This curriculum uses hip hop and dance to present the content. The content is strong and clearly teaches consent in a fun, easy, age appropriate, and non-threatening (to parents and teachers) way. The videos may be a bit too young or cartoony for older students to like, but the content is direct and easy to take in at all ages. It makes the concept of autonomy, boundaries, and consent clear to all ages.

Reviewer 383

This product is very energetic, comprehensive, and fun, especially for the K-5 students. The materials use embedded digital tools, videos, and resources- these were very good quality and easy to access and facilitate. The lesson plans are thorough and guide you through the lesson step by step, slide by slide. The product is very informative and creative in its approach to engaging the students through movement, social exercises, music, and art. You will need internet access for this product. Many materials can be shared electronically or printed, the product was clear and encouraging in adapting activities to your specific student population's needs. The overall appeal of this product is its energy and positive approach to teaching these topics to students.

Reviewer 384

These materials are well-designed for use with upper-elementary school students. They have empowering portrayals of children of color, becoming superheroes of Autonomy, Boundaries, and Consent. The materials rely on short hip-hop music videos to build a base knowledge of the topic and then expand upon the topic using a variety of small group instructional strategies including dance.

The only shortcoming they have are the provided pre- and -post assessments, which are too lengthy, and many teachers may want to modify.

Reviewer 386

Materials are well constructed and produced. Lesson plans are very educator friendly and easy to use. The addition of simple dance moves to reinforce concepts is a modern addition that enhances retention of the concept among students.

Reviewer 388

This curriculum is simple and focuses on topics relating to consent using hip hop music and dance. Primarily represents African American and White students as the main characters. Teachers' handouts reference some religious contexts as it relates to religious clothing.

Curriculum has a brief talking point around different families and expectations of consent within families. Does cover difference of consent for items and touching vs rules for being healthy like



self-care and doctor appointments. May not hold attention of 5th graders better for 3rd and 4th grades.

Reviewer 389

The ABCs of Me Hip Hop Video is an educational video designed to teach body awareness, self-esteem, and personal boundaries, using each letter of the alphabet to correspond with key ideas or terms through a hip-hop music format. It's aimed more at middle school students and uses an engaging, upbeat style to address key topics in sexual health, personal identity, and decision-making. The video incorporates a combination of music, rhyme, and visuals to make the content more accessible and memorable for young audiences. It is a catchy song to emphasize autonomy, boundaries and consent in a way that is accessible to all students, including those from diverse backgrounds and identities.

Med/Sci Reviewer 373

Fun way to talk about autonomy, boundaries, and consent. Easy to follow for educators, engaging kids and family, respecting differences.

Med/Sci Reviewer 385

No medical data to review. Definitions of autonomy, boundaries and consent are presented accurately and in a child-friendly manner.

I do think this video is catchy and would appeal to elementary students, however some of it is difficult to audibly understand, or touched upon so quickly that I think it would be a good idea to have a conversation with students about what was shown after viewing the videos. As long as a follow-up discussion is also included, this would be a good way to present this material to this age group.

