

Comprehensive Sexual Health Education Instructional Materials Review 2025

El Camino

Year Published/Revised: 2019

Publisher: Child Trends

Website: [El Camino - Healthy Teen Network](#)

Full or Supplemental: Full

Grade Level: 9 - 12

Student Population: Latino youth

Duration/Number of Lessons: 11 lessons, 45 minutes each

Format and Features: PDF lesson plans, teacher guides, student workbook.

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

Available in Multiple Languages: English and Spanish

Evidence-based/informed: Yes

National Standards Alignment: No

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 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 375

This curriculum emphasizes goal setting, dedicating a third of lessons to it, while incorporating STI prevention, avoiding pregnancy, and healthy relationships into students' "caminos" to their long-term goals. It is available in Spanish and adaptable to virtual classrooms.

It provides strong facilitation guidance, uses inclusive language, and uses trauma-informed, culturally responsive approaches (particularly for Latino youth). The "Supplemental Resource for Working with LGBTQ+ Youth" is valuable and should be automatically included in the lesson plans. The contraceptives lesson is also well-written.

While it covers the learning standards, it lacks some depth in a few topics (e.g., puberty, the reproductive systems, fetal development and childbirth, and relevant laws...though they do provide outside resources). Some of the scenarios and role plays could be triggering, particularly those when someone is being repeatedly pressured. The consent lessons are somewhat lacking around healthy, pressure-free communication.

Reviewer 377

Great resource for teaching and looking at relationships in an accurate way, though focused on Latino youth this applies to any culture and is balanced in viewpoints. Some misses: not talking about male hormone-testosterone, video link does not work, states to prevent STD's only need to use a condom consistently not every time in some sections, planned parenthood video does not use completely accurate terminology- just calls early pregnancy a ball of cells, not zygote to morula to blastocyte to embryo, puts burden of contraception on Sophia (female) "person with a uterus", "person with a vagina has the final say on



contraception though barrier for STIs is for everyone, implies birth control as hormonal ones interchangeably and confusing

Reviewer 380

Overall, this is an incredible curriculum that I would use! I did not find a link to the PPT slides referenced in the lesson plans, but it is possible that I missed it somewhere. Several links are broken including the Amaze gender assigned at birth video, and many of the links in the appendices from Child Trends are no longer available.

Reviewer 382

This curriculum is well thought out. Although it is specifically written for Latino youth, it will work effectively for ALL students. It starts with teaching students to plan for their hopes, set goals, and then see how decisions they make can alter that plan, road, or "camino." It teaches their responsibility in keeping that road, teaches how to make and assertively communicate boundaries, and to think ahead and plan for decisions and how to stick to their plans and boundaries. This is a well written curriculum!

Med/Sci Reviewer 373

I concentrated on the student book mostly. I did not read the lessons intended for teachers. I found few inaccuracies:

- Sperm can fertilize egg for up to 5 days (stated 3 days). Student workbook p. 24
- Implant is effective up to 5 yrs.
- IUD are effective up to 3,5,8,12 yrs
- Depo/shot can be administered by herself at home every 3 mos., not only done by provider
- Whoops Proof web link does not work
- p. 37-picture link to CDC does not work, would encourage to get better pictures overall. 1st picture looks like vagina not penis.

Med/Sci Reviewer 385

Produced for high schools with large Latino populations

- Misinformation: IUD Vimeo video – hormonal IUD has the incorrect time frame. All other videos are factual and good resources. Some examples are Bedsider.org, Kidshealth.org.
- Diagrams of reproductive body parts and organs are labeled correctly and are titled well with non-gendered language instead says: person with a penis / person with a vagina.
- Birth control information is factual.
- Negative: STI section has photos- this has found not to be beneficial in teaching about STIs and not recommended.

This curriculum/lessons involve more individual goal setting and planning including also family involvement.

Had a clear and informative supplemental resource section for working with LGBTQ+ students to include discussion about all types of safe sex and STI protection. This was factual and non-biased but not built into the normal curriculum making it feel more like an optional piece of the curriculum and separates this instead of building it into the initial discussion about sex

