

Comprehensive Sexual Health Education Instructional Materials Review 2025

Exploring Gender and Identity

Year Published/Revised: 2022

Publisher: Open Educational Resources Commons, Oregon Open Learning

Website: [Exploring Gender Identity, 3-5 Lesson 2 | OER Commons](#)

Full or Supplemental: Supplemental

Grade Level: 3 - 5

Student Population: General

Duration/Number of Lessons: Suggested duration is 5 lessons, 30-40 min. each

Format and Features: Downloadable lesson plan, assessment rubric

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

Available in Multiple Languages: No

Evidence-based/informed: Not indicated

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



Washington Office of Superintendent of
PUBLIC INSTRUCTION

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 374

This curriculum repeats the same structure for five books over the course of five days with the same questions asked each time the book is read aloud.

This curriculum would benefit from asking different questions on different days or including role plays where the students could respond as if they were a character from the book. This would give students the opportunity to practice asking for support from a trusted adult, responding to bullying, or experience empathy for someone of a different gender.

Reviewer 375

This read-aloud and guided discussion includes a solid list of recommended texts, from which educators must select five. They possibly require purchasing. The books, at a glance, seem age-appropriate, engaging, and inclusive. The facilitation instructions are simple and include adaptable pre- and post-assessments. Depending on the quality of discussion, students have a chance to reflect on the social-cultural factors influencing gender roles, identity, and expression. Some discussion questions seem fairly advanced. The lesson might work best for students already familiar with gender expression and gender identity. It may not be realistic for everyone to spend a full week (five 30-40 minute sessions) on this lesson.



Reviewer 376

I strongly recommend this curriculum as a supplemental material for instruction about gender identity with 3-5 grade students. This curriculum was designed to align with Oregon Health & Sexuality Education standards, which align well with WA standards for instruction. The curriculum recommends a list of books that feature

gender diverse youth – if books are unavailable from the school library, all titles recommended have a “read aloud” video posted to YouTube. If educators are met with resistance when presenting this curriculum, clarify that discussing gender diversity does not influence a child's identity but rather supports acceptance and well-being. Reassure parents that discussions are developmentally appropriate and focus on concepts of identity, respect, and diversity rather than sexuality and emphasize that this curriculum has been developed with a common goal in mind: all parents want their children to be kind, respectful, and prepared for the diverse world.

Reviewer 379

Strengths:

- Lesson includes standards, essential questions, pre-assessment, classroom norms, post assessment
- Inclusive language is used throughout
- Assessment rubric included for teachers' use

Shortcomings:

- Aligns to 5th grade WA standards (not suited for 3rd and 4th grade)
- Lesson relies heavily on Q & A and whole class discussion with no other opportunities for students to engage with the text or concepts
- No opportunity for teachers to review the books that are supposed to be used in the lesson

Reviewer 384

Exploring Gender Identity is a 5-day lesson from Oregon Open Learning Sex Ed. Each day, the educator is to read aloud a different children's book about gender identity from a provided list. It is important to note that the books themselves are not supplied.

The materials provide some question prompts for teachers to ask students; however, these question stems are far too rigorous and wordy for most elementary school students. The materials also provide pre and post assessments to help students and educators gauge growth.

Med/Sci Reviewer 385

Teacher is to pick 5 books for 5 sessions of reading the book aloud and then asks a series of discussion questions with 3rd-5th graders.



Strengths: objectives are understandable for all 3 grade levels with the performance indicators being slightly different difficulty levels for each older grade level. Reviews restating classroom norms and has clear talking phrases for the teacher with good messages of explaining that we cannot assume someone's gender identity based on someone's gender expression. There are no biases found and the language and explanations are clear.

Shortcomings: Books are not listed with what grade level they are at. Missing basic definitions for the teacher to review with the students on things like gender identity, gender expression and allies.

Med/Sci Reviewer 385

This appeared to be a class discussion around several books that discuss gender identity. I was not able to find any medical data in this resource.

