

Comprehensive Sexual Health Education Instructional Materials Review 2025

Healthy Relationships Lesson 1 & Lesson 2

Year Published/Revised: 2022

Publisher: Open Educational Resources Commons, Oregon Open Learning

Website: [Introduction to Healthy Relationships, 9-12 Lesson 1 | OER Commons](#);
[Expanding on Healthy Relationships, 9-12 Lesson 2 | OER Commons](#)

Full or Supplemental: Supplemental

Grade Level: 9-11 (one lesson for grade 9-10 and one for grade 10-11)

Student Population: General

Duration/Number of Lessons: Two lessons, 60 minutes each

Format and Features: Downloadable lessons, presentation slides

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

Available in Multiple Languages: No, only available in English.

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



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 376

I recommend this resource as supplementary material for grades 9-12 to discuss healthy and unhealthy relationships and introduce the concept of consent. This material relies on a card sorting activity to review behaviors and discuss whether they are healthy or unhealthy and what an appropriate response may be. Educators are encouraged to prepare the class to discuss this topic in a trauma-informed way by addressing the potential challenge of the topic for some students, offering supports, and setting ground rules for discussion.

Reviewer 379

Strengths:

- Provides virtual chat opportunities for students to access on their own time; extensive list of reliable websites for students to access further their learning.
- Provides guidance on how to answer challenging questions; directs teachers to the FLASH Curriculum Guide to Answering Students Questions.
- Provides a content warning and script for obligation to report.
- Many opportunities for students to engage in the learning; fast-paced activities.



Shortcomings:

- Quite a bit of content/material to deliver in 2 lessons.

Reviewer 381

Despite being initially listed as lessons for 9-12 graders, each of these lessons is best suited for specific grades: Introduction to Healthy Relationships is oriented for grades 9-10, and Expanding on Health Relationships for grades 10-11. If done progressively, these two lessons provide a solid understanding of what distinguishes healthy from unhealthy/ abusive relationships. The activities provided are best suited for in-person, group learning environments where students can break off into small groups and discuss the activities and scenarios provided. These activities do a good job of giving concrete scenarios for students to investigate. The scenarios provided in the "Expanding on Healthy Relationships" materials seem suited for grades 10-12, as they cover a range of sexual orientations and experiences.

These materials could be improved by including relationship scenarios that involve discussions/boundaries related to birth control and STI prevention. These topics are not mentioned in the current scenarios and could help students understand the importance of setting boundaries when it comes to safe sex behaviors.

Reviewer 386

Well designed lesson on consent, boundaries, and relationship dynamics. Easy to use instructional materials aligned with standards.

Med/Sci Reviewer 373

Introduction lesson:

- Link for "That's Not Cool" does not work in the resource page but great videos, activates, examples otherwise.

Expanding lesson:

- Same link does not work here either. Otherwise, nice exercises to open up discussions and options on how to manage unhealthy relationships or show healthy traits.

Med/Sci Reviewer 385

Lesson 1

Strengths: list of good factual websites and resources, clear explanation of mandatory reporting, also has a content warning and allows participation to be voluntary and optional to leave if needed- understanding this topic can be triggering. Has clear notes/examples of how to move discussion along. The worksheet with scenarios that are being discussed has a good variety of sexual orientations to represent all types of relationships free of stereotypes or opinions.

Lesson 2



More self-reflecting on own relationships that are healthy and unhealthy. Still free of opinions – allowing for open thought.

Digs into power dynamics and how this affects relationships also. This includes power dynamics of minority people such as gender diverse, sexual orientations, disabilities, and people of color. Good scenarios again that are free of authors personal beliefs.

Factual with clear definitions and resources

