

Comprehensive Sexual Health Education Instructional Materials Review 2025

My Future, My Choice

Year Published/Revised: 2025

Publisher: Oregon Dept. of Human Services

Website: [Oregon Department of Human Services : My Future-My Choice Curriculum](#)

Full or Supplemental: Full

Grade Level: 6 - 8

Student Population: General

Duration/Number of Lessons: 6th grade, 12 lessons; 8th grade, 15 lessons; 50-60 minutes each

Format and Features: Lesson plans, presentation slides, videos, posters, family resources.

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

Available in Multiple Languages: English and Spanish

Evidence-based/informed: Evidence-informed

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



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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

What worked:

This curriculum is good. It uses modern day examples that middle school students would encounter such as seeing sexually explicit media on social media, the use of Instagram and Snapchat, etc. It also does a pretty good job at including a diverse representation of cultures and disabilities in its example scenarios. The use of scenarios and stories will be engaging and effective at helping students learn about sexual decision making. I thought the lessons built off of one another well and the flow of topic to topic made sense.

How this curriculum could improve:

The slides felt underdeveloped. If I were to use this curriculum I would want to make the slides more visually engaging.

Another element that could be improved is giving students the opportunity to practice skills and "fail safely" during class.

For example: the lesson on sexually explicit media asked students to reflect and identify boundaries minors may want to put in place before beginning to sext instead of giving students the opportunity to type out and say aloud what they would actually send in an online conversation about online boundaries and safety. Giving students a chance to practice communication and decision-making skills has a different impact than asking students to reflect and write down their responses. When students assume the role of playing a character in a role-playing activity they can try out decisions and communication styles without worrying those decisions will be associated with them.



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Then the student can reflect on what they felt after making certain decisions or communicating in certain ways. This concept could be applied to more lessons in this curriculum.

I would recommend updating the language in lesson 8.14 from "child pornography" to "child sexual abuse material (CSAM)."

Reviewer 381

The My Future, My Choice curriculum is comprehensive, accurate, and age appropriate for an 8th grade audience. The lesson plans are extensive, providing very clear expectations, background information, and ways to adapt the curriculum to online learning environments. This curriculum demonstrates a strong focus on reproductive justice, especially in the historical content provided (i.e., on eugenics, Native American history, Tuskegee Study, etc.). This information can help students locate sexual and reproductive health within a larger historical framework that incorporates that racial, political, and economic factors that continue to impact access to information and care.

The one critique that I have is that the slides are not very interactive or engaging. Some of the lesson plans encourage the use of Kahoots if teaching this curriculum online, and I would recommend the incorporation of some online Kahoots or other methods of engagement regardless of whether this is taught in person or online. I am aware that these slides are still in review, so perhaps some of the changes to design are yet to be made / in progress. Other than that, this curriculum meets the requirements and offers content that could be easily adjusted to meet other audiences in the future, including older students and those with intellectual or developmental disabilities.

Reviewer 384

My Future, My Choice is a comprehensive sexual health material set intended for 6th and 8th graders that comes out of Oregon State.

The 8th grade lessons are exceptional at preparing young people for the complexities of sexual relationship. They introduce students to a wide spectrum of behaviors and beliefs and culminate with students setting goals for themselves intended to minimize health risks based on their learning. Any 8th grader would benefit from going through these lessons with a health educator.

The 6th grade lessons are likely to not be considered age appropriate for many communities. There are many points in the materials that normalize sex for young people. While this is appropriate at later grade levels, many 6th graders may not distinguish between their current age and the age of the characters in the examples. The materials rely heavily on what they call "teen leaders," for whom skit-like scripts have been written. Inviting teens to help teach 6th graders about sexual health could pose a multitude of risks in any community. The videos suggested for use in the 6th grade materials are from amaze.org. The videos play on multiple gender role stereotypes, including a sperm and an egg meeting at a bar while drinking alcohol before engaging in sex. The videos come off as silly and are in questionable taste. On the upside, the lessons regarding hygiene and introducing the topic of intersex people are very well done.

In conclusion, the 6th grade lessons from My Future, My Choice are, overall, unlikely to be an appropriate fit for most schools in Washington State, although the 8th grade lessons are very well designed and would be an asset to any middle school health curriculum.



My Future, My Choice is a peer-led, comprehensive sexual health education program developed in Oregon. It is designed for 6th–8th graders and focuses on medically accurate, age-appropriate, and inclusive health education. Designed to be teacher-friendly and relatively easy to implement, especially with its peer-led model and structured lesson plans. However, prep time can vary based on factors like classroom setting, experience with sexual health education, and whether you have peer educators assisting. The content is straight forward, evidence based and best suited for older middle schoolers in 8th or 9th grade.

Med/Sci Reviewer 373

Link for Oregon statistic does not work but it is stated that data updates yearly, so it is to be expected.

Vaginal sex-penis to vagina. Finger to vagina is considered manual sex

Anal sex-penis to anus. Finger to anus is considered manual sex.

I love Amaze.org videos!

Great activities for groups!

Med/Sci Reviewer 385

Two full curriculums were reviewed, with thoughts as follows:

6th grade - the information was medically accurate although was mostly limited to definitions. The PowerPoint slides did not appear as visually appealing as other curriculums, as there were few graphics or illustrations, so this could be less engaging to 6th graders. Information was easy to follow and age appropriate. Some 6th graders might desire more information.

8th grade - the information presented was medically accurate as well. This curriculum was not as comprehensive about STIs and reproduction as some of the other curriculums. This might be "just right" for some 8th graders, but there may be some 8th graders who need more in-depth information since some 8th graders are starting to be sexually active or think about being sexually active and would benefit from being equipped with more information.

There were some more graphics, so the presentation would be more appealing. There is a discussion in these slides about how to ensure the information you view is medically accurate, how to interpret whether someone is trying to sell something or persuade you to feel a particular way. I think this is a really important message for teenagers to receive, particularly since many will get information from social media or other teens.

OSPI Note:

This curriculum was in the final stages of development when reviewed. Reviewer comments on format/presentation may have been addressed by the time of publication.

