

# Comprehensive Sexual Health Education Instructional Materials Review 2025

## Puberty Talk Adapted for All Abilities

**Year Published/Revised:** 2025

**Publisher:** Health Connected

**Website:** [Health Connected](#)

**Full or Supplemental:** Full

**Grade Level:** 5 - 6

**Student Population:** Special Education

**Duration/Number of Lessons:** 12 core lessons for students with more extensive support needs; 6 lessons for students with mild to moderate support needs; activities for all lessons

**Format and Features:** teacher workbook, slides, image cards, printable handouts, video links

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

**Available in Multiple Languages:** English and Spanish

**Evidence-based/informed:** Not evident

**National Standards Alignment:** Not evident

**Consistent with WA Health Education Standards?** Yes

**Consistent with Comprehensive Sexual Health Education Law?** Yes

**Consistent with AIDS Omnibus Act?** No

**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

This curriculum does a great job addressing how to engage students with intellectual and/or physical disabilities by outlining many ways students can respond to questions and engage in group activities (i.e., point with your eyes or add terminology to a student's alternative communication device).

This curriculum also does a great job at continually reminding students they can take care of themselves inside and outside the classroom while discussing and processing sensitive topics.

I appreciated that the curriculum helped students practice decision making skills by including a section called "Topics in Practice" for each lesson where students read a story about a made-up person and then brainstormed what the main character in the story could do next.

These lessons do not include much information about sexual media online and no information on sexually transmitted diseases.

### Reviewer 377

This curriculum has some things lacking. It assumes that developmentally challenged children do not or will not encounter sexual relationships in the future. The furthest it speaks about is consent with touching and inappropriate touching and crushes but does not even relate a crush to anything other than an attraction. It does not include any kind of HIV curriculum. It definitely would not be considered a full curriculum and would need supplementation. It does have work for the teacher to do to use the supplemental materials because it wants the teacher (I assume to cut out) to laminate all the pieces to then give to the students for instruction. Other than verbal reiteration there is limited peer interaction, except one activity on consent and giving fist



bumps and high fives for example. I also feel it does a disservice to students to speak about unknown body parts when the body parts are discussed toward the end of the curriculum. It also may be confusing to speak about male and female but also attribute them to their body parts to explain them. As well, it tries to explain gender identity as parents or health care providers "guessing" their gender at birth. These are the people they are taught earlier as adults they can trust. It also leaves out exams that doctors perform in explaining what is appropriate though private, but something they would normally encounter.

### Reviewer 379

Strengths:

- Culturally responsive; use of inclusive language
- Uses a trauma informed approach
- Each lesson considers the types of supports students may need
- Variety of appropriately challenging resources that incorporate a universal design approach to teaching and learning

Shortcomings:

- Some lessons require more extensive preparation and/or materials ( Velcro boards, image cards, anatomical models, craft supplies)

### Reviewer 383

This product is visually appealing, approachable, well outlined and structured and as a curriculum, is inclusive. This product covers many core areas related to social emotional learning and adolescent development for a wide range of students going through puberty. The materials are engaging, and the additional digital resources are enriching and helpful. You may need to double check if certain links work for your school internet. I will note there is a lack of STI or HIV prevention as well as contraceptive information, depending on the grade level, this is not a requirement, if your class needs to meet that standard, you may need additional materials than this curriculum. The curriculum covers conception and fetal development but not the other topics listed. Double check any local resources used and local education standards for your state.

### Reviewer 388

Lots of material at the start for a teacher to read prior to using curriculum.

Lesson plans require that teachers spend time in prep such as reviewing questions submitted by students or setting up assistance devices with specific types of answers prior to lessons.

Intro states they will not make gender statements and instead use phrases like "a person with a uterus."

Actual content uses "people born with female bodies" and "male bodies are born with a penis." In the moderate to mild support slides this is explained much better and separates the physical characteristic from gender identity.

Some of the videos in the section for extensive needs are developmentally younger than 5th-6th grade and will need to be checked to see if they will be appropriately leveled for students understanding.

Primarily noticed this on the boundary, consent, and friendship videos.



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The moderate to mild support version of the curriculum does a good job of pairing the scientific terms with the more common terms used for body parts and puberty. May require some adaptation for the moderate support students. Video on slide titled "friendlets" takes you to a site you must have an account to view.

Overall, best for a 5th grade over 6th grade as it does not include information on protecting from pregnancy or disease prevention.

### Med/Sci Reviewer 373

Very well done. I tried all the links and suggested materials. I was able to read all students handouts and some instructional materials.

The only thing I do not agree with is definition of cervix. Cervix is not a muscle. Other better definitions that are suitable for children: narrow part of uterus, neck of uterus, canal that connects uterus and vagina. Cervix is fibroglandular organ.

### Med/Sci Reviewer 385

Very thorough teacher guide for the connected slides with lots of possible activities and videos. Videos are also developmentally appropriate for younger aged/ prepuberty / adapted developmental levels. Curriculum breakdown for what to all cover day to day.

Slides:

- Good gender neutral as it introduces puberty and covers symptoms that can be for either gender.
- Thoughts on being transgender video- good developmentally appropriate/ clear explanation
- Slides on puberty, menstruation and pregnancy are correctly labeled and easy to follow
- Slides have clear and correct body part labeled and explanation to what are private parts and public body parts and actions. Correct information for menstruation, conception, safe and unsafe touch, healthy relationships, gender, and identity.
- Lots of activities for teaching these materials and many links for videos for resources.
- These are all factual and clear.

