

# Comprehensive Sexual Health Education Instructional Materials Review 2026

## Autistic Youth

**Year Published/Revised:** 2023

**Publisher:** Sex Information and Education Council of Canada (SIECCAN)

**Website:** [Autistic Youth | SIECCAN](#)

**Full or Supplemental:** Supplemental

**Grade Level:** 9–12

**Student Population:** Autistic Youth

**Duration/Number of Lessons:** 11 information sheets, three 2–3-minute videos

**Format and Features:** Student information sheets vs. Lesson plans, resources for educators

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

**Available in Multiple Languages:** Yes, available in English and French.

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

**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:

### Med. Acc. Reviewer ID 416

I am not sure if there is some difference in information because the curriculum is Canadian but the information on emergency contraception only discussed plan B and not options like an IUD or Ulipristal.

### Med. Acc. Reviewer ID 414

This curriculum is really superb. I appreciate the way people with autism are portrayed, and that neurodiversity isn't one size fits all (just like neuronormativity).

These materials are fantastic. The short videos are wonderful, and the Canadian curriculum is very inclusive and comprehensive.

### Med. Acc. Reviewer ID 415

Fully medically accurate and appropriate.



**Reviewer ID 403**

I found that using all videos that depict overly simplified drawings of people to be very disrespectful and demeaning towards autistic and neurodivergent people. It felt like they were making them less like people, which oddly in the study are some of the complaints. (being treated as sexual beings). The videos are out of sequence, so they jump into talking about sex before consent or sexual precautions, where sexual intimacy is appropriate and presented condoms as an option, not a necessity for STI protection. The boundaries video didn't really talk about boundaries or consent, just how to explain what they liked. Because this is Canadian, many of the laws presented are different (drinking, age of consent, etc.) as well as the resources and not appropriate for US. Speaks about drinking which would not be legal in the US, though teaching about the effects with judgement making is good.

This was based off a very small study of 10 ND youth (17-23 y/o) and they wanted more information on menstruation, abortion, aggression and health disorders which all were left out as well as pregnancy and prevention.

**Reviewer ID 405**

This is a strong, thoughtful set of resources that center autistic youth and cover practical topics like communication, online safety, birth control and std prevention, and healthy relationships. There are no slides, lesson plans, or ready-to-use classroom activities, so educators have to build that structure on their own. It has very helpful information but limited opportunities for practice or skill-building (the service provider guide mentions social stories but does not offer any examples to use). The materials could be strengthened by building in more instructional supports, including guidance on involving caregivers/families. The information on laws and health resources is based in Canada and would need updating to Washington state.

**Reviewer ID 404**

While this material is specifically tailored to those with Autism and offers appropriate tips for speaking with those with Autism, the material is sub-par. The videos are limited (only three) and use oddly shaped cartoon characters. They are not engaging for students. The PDFs have information but are not necessarily set up as a lesson plan for a teacher. Much of the material feels like a "how to" guide for sex and gender identity as opposed to helpful information that allows the students to make appropriate decisions for themselves. Abstinence is absent from the instruction, and the material on STD/STIs talks about prevention but does not list specific ones, tell what happens if you have one, or give risk factors that may lead to them.



**Reviewer ID 413**

SIECCAN (Sex Information and Education Council for Canada) was very thoughtful in creating a curriculum for neurodivergent youth. The lessons covered topics on initiating romantic relationships, communication in relationships, how sensory issues impact relationships and sex, and provided accurate information on prevention measures. The materials included engaging videos and info sheets for each topic, a comprehensive service provider (instructional) guide and data collected from focus groups. Overall, I feel that these materials would be very beneficial to students with neurodiversity, including autism, to understand sexual health education from a viewpoint that respects their unique perspective and challenges.

**Reviewer ID 412**

I really liked this curriculum! It's clear and engaging. I think it would also be helpful for neurotypical students as well--especially the scripts it provides (ex: negotiating condom use)

