

Comprehensive Sexual Health Education Instructional Materials Review 2026

Disabled Youth

Year Published/Revised: 2023

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

Website: [Physically Disabled Youth | SIECCAN](#)

Full or Supplemental: Supplemental

Grade Level: 9–12

Student Population: Students with Physical Disabilities

Duration/Number of Lessons: 9 information sheets, 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 French or English.

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

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

Factual resource geared toward target audience of disabled youth.

Med. Acc. Reviewer ID 414

This curriculum is GREAT. I think it's critical that all people get more information on people living with disabilities and that they also are sexual beings. Very well done.

The videos and materials for this Canadian curriculum are excellent. There is only one thing I would add - when talking about birth control, EC mentions only the Copper IUD as EC, whereas the 52 mg LNG-IUD can also be used.

Also, this curriculum mentions abortion and miscarriage, and I don't recall seeing them mentioned elsewhere yet in other curricula. They should be more present!

Med. Acc. Reviewer ID 415



Washington Office of Superintendent of
PUBLIC INSTRUCTION

All is accurate. I would like to see PrEP and Doxy-PEP included in the STI prevention sheet.

Reviewer ID 402

The info sheets and videos regarding disabled youth and sexuality are up-to-date, comprehensive in their coverage of topics (minus HIV/AIDS and anatomy), and use simple yet effective imagery that seems to be engaging and digestible for its intended audience. The materials could be used with youth and young adults who are developmentally ready to learn more about sexual behaviors and dating, which they don't provide an age minimum for, but recommend for up to age 29. As a non-expert in this population, I can't say what the earliest appropriate age might be, but it could be helpful to provide some guidance on that, at least on the service providers information sheet. The service provider's packet was not easy to navigate, nor did it include instructions on how the sexual health topics and info sheets could be taught in engaging ways. There are no lesson plans included, only two videos and 9 info sheets. It would be great to see some more lesson plans or activity suggestions so that parents, service providers, and/or educators could teach these subjects in a more interactive way (which would allow them to build skills rather than be told what to do/ not to do).

Reviewer ID 410

Overall, I think this is a great resource! However, it is not so much a curriculum as a collection of resources. The educator toolkit has guidelines and considerations but not actual lesson plans. There is a lot of rich information that could be used for lesson planning. I like that these materials were developed with focus groups of disabled youth, that is a huge strength. Abstinence was not really talked about, which is not surprising given it's a Canadian curriculum but is important for teachers to know. Overall, good quality and well put together but lacks lesson plans. Has materials for both educators and students.

Below are the locations where Canadian specific resources are referenced.

For Setting and maintaining boundaries info sheet: some of the resources are Canada specific (pg 15,17). For the communicating consent sheet, the laws referenced are Canadian (pg 7,8).

For cervical cancer info sheet is very informative but has a lot of Canadian specific information and references. The link on page 13 does not link to the described sheet (Preventing Sexually Transmitted Infections) and instead links resources specifically for Autistic youth.

For Protecting yourself from abuse, resources on pages 15,16 are Canada specific.

For Birth Control sheet, also has a link to resources for Autistic youth for the STD resources.



Dating info sheet links to the resources for Autistic youth

Pregnancy and Physical Disability info sheet includes Canadian specific resources on miscarriage bereavement and LGBTQ guide for assisted reproduction, link on page 7 is broken. Some resources on pages 11-14 are Canada specific.

Developing Positive Sexual Esteem- last page has Canada specific resources.

Reviewer ID 411

The SIECCAN resource for youth with physical disabilities is an outstanding example of universal and inclusive design of sexual health information tailored to disabled youth through age 29. It offers high-contrast and accessible content that respects the maturity of its audience. By avoiding the common pitfall of infantilizing young adults with disabilities, the material remains chronologically age-appropriate and deeply inclusive of diverse gender and sexual identities. While specifically geared toward the disability community, the information is universal enough to benefit all students. It serves as a comprehensive toolkit for educators and care providers—particularly those working with high school and post-high school transition/vocational students (ages 18–22). It even has links that can provide necessary "sexual vocabulary" and resources compatible with PECS or AAC devices for non-verbal learners.

The primary strength of this resource is its foundational support for educators, offering a clear "why" and "who" behind the content development and allowing for easy adaptation into customized lessons. However, a notable weakness is the lack of structured lesson plans, activities, or assessment tools, requiring educators to build the instructional material themselves from scratch. Additionally, the use of cartoons and illustrations in the videos may be less effective for students with intellectual or developmental disabilities who typically benefit from real-life/photo imagery to better connect with educational concepts. Finally, because the content was developed by a Canadian organization, the resources and legal references are specific to Canada. Educators should be aware that certain sections of the student resource PDFs are much more 18+/adult-oriented (including planning for pregnancy, and sexual position adaptations and tools) and may require careful vetting to ensure they are appropriate for a high school setting.

Reviewer ID 413

SIECCAN (Sex Information and Education Council of Canada) created materials specifically for youth with physical disabilities. The lessons focus on bodily autonomy, positive sexual esteem, STI prevention (specifically HPV and cervical cancer), and 2SLGBTQINA+ education and support. In addition, the lessons address topics specific to people with disabilities, such as adaptive and inclusive sex, abuse, and reproductive justice. These lessons help to address misinformation in our society. The materials include videos and info sheets by topic and a comprehensive service provider (instructor) guide.



While I feel like the materials address a specific demographic, I did not feel that the lesson content was as positive as the autism materials.

Reviewer ID 404

This is less of a curriculum and more informational packets for students with physical disabilities. The information on communication and ways to accommodate your own physical disability are helpful. There are no teacher instructions, activities, or assessments. Some of the informational resources read like a "how to" guide for sex as opposed to providing information for a student to make a decision that is best for themselves. The information does not discuss abstinence, and it does not discuss HIV/Aids or other STDs (it does mention HPV as an STD in the pamphlet on cervical cancer). It does include a helpful information packet on abuse. This is the shining part of the "curriculum" and something that I would use in a classroom with all students. The material as a whole is not something I would use in the classroom.

