

Comprehensive Sexual Health Education Instructional Materials Review 2026

Healthy Connections

Year Published/Revised: 2024

Publisher: University of Washington Medicine – Harborview Abuse & Trauma Center

Website: [Healthy Connections: A Sexual Health Education Curriculum – Harborview Abuse & Trauma Center](#)

Full or Supplemental: Supplemental

Grade Level: 9–12

Student Population: General

Duration/Number of Lessons: 4 lessons, 50 minutes each

Format and Features: 4 lesson downloadable plans with PowerPoints and resources

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

Available in Multiple Languages: No

Evidence-based/informed: Not evident

National Standards Alignment: No

Consistent with WA Health Education Standards? Yes (alignment provided)

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 414

This is great, basic information, but not particularly engaging.

This seems appropriate for the age - wondering if schools can introduce digital consent earlier than high school.

Med. Acc. Reviewer ID 415

<https://futureswithoutviolence.org/wp-content/uploads/2025/03/Teen-Dating-Violence-Fact-sheet-3.pdf> link at bottom of Healthy Relationships Lesson ADA slide 12 statistics – source update (link broken or not working for me). May also consider source: https://www.nsvrc.org/blog_post/teen-dating-violence-prevention-resources-2025-update/

Med. Acc. Reviewer ID 416

Content seems more appropriate for 8th-9th grade audience but no concerns with



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content.

Reviewer ID 410

Good lesson plans and materials, seems easy to implement in a classroom. I liked that the teacher identifying themselves as a mandatory reporter is built in. Overall, this felt like good coverage of the topics. Slides had an engaging design. But it felt strange that affirmative consent was not more explicitly addressed given the other topics covered. Education standard 1 and 4 covered in all lessons, standard 3 in Lesson 4. Good inclusion in the examples given. Lesson specific details included below.

Lesson 1 comments: Seems great, the activity seems strong and helpful to anonymize students.

Lesson 2 comments: Overall, I liked this lesson and talking about relationships as a spectrum between healthy and abusive with often mixed behaviors is great. I liked the examples for the activity, they felt inclusive and real world. A couple of notes about the script: The stat on trans youth feels very high to me, I did find the original source (<https://link-springer-com.offcampus.lib.washington.edu/content/pdf/10.1007/s10964-013-9975-8.pdf>) and it is based off a sample size of 18 trans youth. This lesson also separates out trans and non-binary youth but non-binary youth are included in the study statistic mentioned (the survey question asked about being transgender/genderqueer). I liked

the emphasis on healthy communication during conflict but the “I statement” example is really a “you statement” in disguise. I don’t know if I fully agreed with the section on cheating, “Generally speaking, cheating is never okay. Cheating involves someone lying and betraying their partner’s trust. It can also put their partner at risk, depending on if safer sex practices were used. That being said, cheating isn’t always unhealthy or abusive. It depends on the situation. Each person also has different views on what they consider cheating, which is why everyone should have clearly established boundaries in their relationship.”

Lesson 4: I like that there is a content warning and mention of setting boundaries around support. Love that there is a flyer on post-assault medical care! And that it mentions forensic exams are free to survivors! I also liked the activity included. The resources include are King County specific BUT the activity has students look up local resources. However, it might be useful for teachers outside of King County to also do this. Also the flyer about medical care is specific to Harborview, it would be nice if they included an editable option so it could be modified for other locations. One of the listed helpful things to say is “I am sorry that happened to you”, in my rape crisis counselor training we were told to not say this because many people instinctively respond with “It’s okay”. The definition of perpetrator includes “crime” but especially with sexual assault, “harm” is more accurate.



Reviewer ID 411

The Healthy Connections curriculum from Harborview Abuse & Trauma Center is an expertly crafted, high-school-level supplemental free curriculum that excels in its focus on advanced relationship dynamics. Designed for students who have already been exposed to a comprehensive sexual health education curriculum in 9th grade, these four 50-minute lessons provide a deep dive into digital safety, sexual assault prevention, and healthy relationship boundaries and social support. The curriculum is notably trauma-informed, offering explicit content warnings and "self-caretaking" strategies that allow students to navigate sensitive topics safely. Furthermore, its focus on Washington-specific resources and the inclusion of often-overlooked topics, like navigating rejection and breakups in a healthy way, makes it a highly relevant and practical tool for the state's educators.

The curriculum's primary strengths lie in its exceptional accessibility and inclusive design. The lesson plans are user-friendly, featuring detailed teaching scripts that allow for implementation with minimal preparation or baseline knowledge on the subject. A standout feature is the provision of both a standard slide deck and a high-contrast, text-only ADA-compliant template. The curriculum is also clear about inclusive group norms and teaching approach covering LGBTQIA+ identities and various relationship structures. Instructions have a clear "no assumptions" stance that aligns perfectly with Washington's social-emotional and inclusivity mandates.

There are only a few weaknesses with this curriculum which are related to physical and cognitive accessibility. One activity relies on physical movement around a classroom but does include modifications for students who need physical accommodations. Additionally, the curriculum lacks diverse audio-visual media, relying almost entirely on a slide deck and verbal discussion. Because the majority of student engagement uses written reflections or is discussion-based, the lessons may be difficult to access for students with developmental or cognitive differences, those who are non-verbal, or English Language Learners (ELL) who might benefit from more varied, hands-on, or visual learning modalities.

Reviewer ID 409

The curriculum is basic and only addresses relationship-adjacent topics (such as healthy relationships). It is not comprehensive in the sense that it only covers 4 total specific topics. This is a supplemental curriculum and should be used only as supplemental, but not stand-alone. The curriculum is aimed at 10-12th graders, but it operates on the assumption that the students are open to conversation and discussion. It relies on a lot of discussion-based activities, which aren't accessible or reliable for all students.



Reviewer ID 405

Overall, these are thoughtful and well-constructed lesson plans with inclusive language, trauma-informed framing, and strong discussion-based activities. The “supporting a friend” lesson is particularly valuable. The digital consent lesson also covers important information for high schoolers—it could be strengthened by addressing emerging issues like AI deepfakes and including more complex/grayer scenarios in the activity. The resource sheets for students and parents are a great addition. Practically, the timelines are a little tight considering the breadth of topics covered and emotionally heavy material. Educators may want to budget more time for discussion, questions, and processing.

