

Comprehensive Sexual Health Education Instructional Materials Review 2026

Many Ways of Being

Year Published/Revised: 2025

Publisher: Healthy Teen Network

Website: [Many Ways of Being Curriculum - Healthy Teen Network](#)

Full or Supplemental: Full

Grade Level: 9–12

Student Population: General

Duration/Number of Lessons: Eight two-hour sessions or 16 one-hour sessions.

Format and Features: The curriculum includes support sheets for sessions 2–7, a facilitators guide, and an adaption guide. Materials are available for free download.

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

Available in Multiple Languages: Yes, English and Spanish.

Evidence-based/informed: Evidence-informed

National Standards Alignment: Not evident

Consistent with WA Health Education Standards? Yes

Consistent with Comprehensive Sexual Health Education Law? Yes, with modification

Consistent with AIDS Omnibus Act? Yes

Inclusive Materials/Strategies: Yes



Washington Office of Superintendent of
PUBLIC INSTRUCTION

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 415

General suggestion is to cross-ref every use of "condom" and consider adding "/barrier" to applicable areas (many). There are certain uses of condoms where barriers wouldn't be equivalent in use (such as pregnancy/HIV) in definitive methods. If using this and applying to WA state, consider p. 21 Principle 1- Adolescent are Capable of Decision Making to include WA RCW 70.24.110. Topic of barriers laid out well on pg 286 under "Say 6"- recommend implementing earlier throughout particularly with risk of transmission for STI's oral/genital, oral/rectal. Activity 7.4 (between pg 285 and 286) - example statements, with stats of cases seen at state level, please consider including example of "performing oral sex on a penis without a barrier (risk of preg=none, risk of STI trans = medium).

Med. Acc. Reviewer ID 414

This review is for Many Ways of Being. This material is excellent. It's LONG, so would need to be used outside of a routine health class - more of a special set of sessions (as described in the training). They do an excellent job of talking through different identities and



biases/stigmas. There is very little address of abortion in this curriculum, with more focus on birth and adoption.

Med. Acc. Reviewer ID 416

Really great resource that is overall accurate, interactive and information. I like the approach as it is wholistic and feels like it is at the appropriate level for young people. Just a few inaccuracies in the information provided due to newer updates to contraception.

- Can mention that progestin only pills are now available over the counter

- Mention Ulipristal in the emergency contraception section as it is more effective for larger people and has consistent effectiveness over 5 days. Can also mention that both ParaGard IUD and Mirena IUD can be used for emergency contraception

- IUD effectiveness:

 - +hormonal effective 3–8 years (not 3-5).

 - + Copper can be used for up to 12 years (not 10)

- Nexplanon good for 5 years

Reviewer ID 401

Love this!! Would 100% use this

Reviewer ID 402

Many Ways of Being is a comprehensive, engaging, and thoughtfully designed curriculum that provides many opportunities for students to dive deep into their own ideas, values, and perceptions of gender, sexuality, sexual activity, and much more. It invites discussion, reflection, and engagement throughout the lessons that can combat limiting stereotypes and build empathy. Although it was designed for students of color, it is appropriate for use with teens of any racial or cultural identity. It does not include neurodivergence into the content or lessons as much as might be needed to work with specific audiences with higher learning needs but could be adapted pretty easily to accommodate other learning styles. I would definitely recommend the use of this curriculum in schools or community-based programs that have the space and time to dive into these topics, whether during or outside of required sex ed programming.

Reviewer ID 406

I really loved this curriculum, I wish there were more lessons and it went more in-depth with STI/HIV



Reviewer ID 410

I really like this curriculum, it's highly interactive, discussion and activity based without lecture. Doesn't talk down to participants. Inclusive of race/ethnicity and LGBTQIA+ folks, however, disability and religion are not addressed, nor non-nuclear family structures. Intended for class sizes 10-20, recommended 15-19 (so not 9th grade). Very good reflection questions for educators on page 30. I liked the circle-based format. Each session includes time to answer any anonymous questions from the one before it. For the pre/post-program evaluation, surveys not included, expected to be done by a member of MWB team- not sure what the adaptation is for schools not part of it. I like that educators are mandatory reporters are disclosed and repeated during relevant sessions. There is a typo in Scenario 2 of Appendix 4. Disagreed with the statement in session 5, "The primary reason people engage in sexual activity is, so they experience pleasure." Research has shown that there are many reasons people engage in sexual activity, and it is important for young people to reflect on this. Some resources/references are DC specific, so it is important for educators to replace these with Washington equivalents before the lessons, the handouts for Session 7 are DC specific. Additionally, some parts might need to be updated to stay relevant such as examples of media and celebrity Instagram handles.

Reviewer ID 413

The Many Ways of Being materials are organized in a way that promotes their goals of gender equity, healthy relationships, and safer sex practices throughout the entire content. The 8 lessons are designed to take 16 hours and are laid out in the same manner each time: warm welcome/check in, ice breaker, lesson content, closing circle. This mirrors the Responsive Classroom approach to morning meetings, which may be a familiar structure to students.

There were several images, graphics and charts in the lessons that would be useful as a classroom poster to refer back to throughout the year and outside of these lessons. These were the gender unicorn, emotion wheel, anger iceberg and consent chart. The content of the lessons was very thorough and included reference to further information as both handout materials and online sources.

In session 5, exploring pleasure is covered in depth and includes details about masturbation, porn and sexting. The information presented feels very relevant to young people today and takes a scientifically accurate approach to introducing the topics but views them from the perspective of how porn and sexting could affect others. There is information presented on consent and a chart that would be useful when considering whether consent was truly given. In the final lesson, students complete a personal health plan and cite trusted adults and resources available.



I appreciate that these materials feel most updated and current to youth today, with many references to TikTok and social media. The lessons all have a high level of active participation and engagement strategies, including using technology for Kahoot.

