

Comprehensive Sexual Health Education Instructional Materials Review 2026

Nemours Kids Health

Year Published/Revised: Not available

Publisher: Nemours Children's Health

Website: [Kids \(for Kids\) | Nemours KidsHealth](#)

Full or Supplemental: Supplemental

Grade Level: 3–5

Student Population: General

Duration/Number of Lessons: Educator guides varied lessons/student activities

Format and Features: Digital format with printable lessons, resources, including a screen reader function. educator guides include activities, quizzes, posters, handouts.

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

Available in Multiple Languages: Yes, available in English and Spanish.

Evidence-based/informed: No

National Standards Alignment: National Health Standards

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



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

Appropriate as a supplement to more in-depth primary curriculum. No concerns over medical accuracy or subject material. Appropriate information for a kid's audience. Like the teens portion, some of the medical information is slightly out of date but overall accurate information.

Med. Acc. Reviewer ID 414

Good intro material. Not sure if this is for grades 1-2 or 3-5. Like with the Teen Health curriculum, it's accurate and evidence-based, but somewhat dry and not an engaging curriculum to present in its entirety.

Med. Acc. Reviewer ID 415

Found appropriate and accurate

Reviewer ID 407



Addresses common concerns for kids in a reassuring way with creative approaches for applications. As a counselor, I find the sections on emotions were good.

Reviewer ID 412

A good intro to the topics. Very gender essentialist: here's what happens to boys, here's what happens to girls during puberty

Reviewer ID 408

The Puberty Teacher's Guide includes many links to articles for students to read and find information for themselves. This requires students to read articles or listen to a robotic voice read them, which is not engaging for students to learn from. One article does not have a student-friendly title. Some articles are dead links, such as the Acne Myths article, which does not take the student to the article, which does not take the student to the article. The first assignment is called Memo From the Pituitary Gland! and it contains gender specific language "Then decide if you're a pituitary gland in a girl's or boy's body." The second activity is to create a "Puberty Pete" bookmark that has one change that occurs during puberty. Making a bookmark called Puberty Pete is not inclusive. There are learning targets, teacher guidance, and a quiz with an answer key.

Reviewer ID 401

This curriculum appears a bit dated, though most of the information is still relevant. and correct Some of the activities do not feel true to how 3rd-5th graders today would choose to engage, particularly as it pertains to the use of technology in the lessons. The lessons are more self-guided/independent work where I believe it would be more beneficial to provide the information directly.

The Puberty lesson is extremely gendered and binary.

A key issue I noticed was in the Teacher Guide Quiz Answer Key under List three changes that happen to boys/girls in puberty, there is a problematic discrepancy in how body changes are represented between the two genders. Under boys they listed "body grows bigger, muscles develop" but under girls they listed "body grows taller, weight gain, body fat increases". This reinforces rhetoric about body changes in a gendered manner that are linked with sexism and fatphobia and the likelihood that adolescent girls will have problems with body image/relationship with diet and nutrition.

Additionally, "Puberty Pete" doesn't feel particularly inclusive/culturally relevant. Though I think the activity is good, efforts should be made to deidentify "Pete" and perhaps make it a more general campaign.

Reviewer ID 417



Nemours Kids Health is a vast collection of articles for kids to read, with limited directions for teachers to guide them. The subjects covered are very general (issues of basic human body, health, and hygiene), with little to no information regarding sexual health or puberty.

