

Comprehensive Sexual Health Education Instructional Materials Review 2026

Red Poppy Lessons

Year Published/Revised: 2025

Publisher: The Red Poppy Initiative

Website: To be uploaded on [WA OER Hub](#)

Full or Supplemental: Supplemental

Grade Level: 5–12

Student Population: General

Duration/Number of Lessons: 3 lessons (grades 5, 6, and 10; 40–60 minutes each)

Format and Features: Printable handouts that can be shared virtually. Supporting YouTube videos, and key definition resources for instructors.

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

Available in Multiple Languages: No, only available in 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 414

Overall good, but not super inclusive of non-female identifying people.

Elementary lesson: enjoyed the menstruation song, but I wonder if someone in grade school would enjoy it? The material is all very accurate and age appropriate.

Middle School lesson: The menstruation materials are great. Overall good, just not inclusive of non-cis-gender people who menstruate.

High School lesson: Overall good, but not explicitly inclusive of gender-nonbinary people who menstruate.

Med. Acc. Reviewer ID 415

Elementary lesson: Menstrual Hygiene Packet 2021 –slide 17 “Girls Support Girls” – not everyone who has a period identifies as a “girl”.



Recommend updated credible site for menstruation definition

- <https://www.plannedparenthood.org/learn/health-and-wellness/menstruation>

Middle School lesson: Found appropriate and accurate

High School lesson: For HS curriculum, slide 9 of Ex Slideshow (Menstruation)- I do not like how it is all about a "Girls Life". Recommend getting rid of any pronoun use on the Impacts of Menstrual Stigma slide.

Med. Acc. Reviewer ID 416

Middle School lesson: All information factual. Good resource on menstruation.

High School lesson: All information factual. Good resource on menstruation.

Reviewer ID 401

Elementary lesson: I do like this curriculum, though I think there are some areas where it could be improved. It seems as though it may not have been updated since 2021 based on the inclusion of the ""Menstrual Hygiene Day 2021 Packet"". Other areas may be updated for accuracy (e.g. consistency with the duration of periods and the menstrual cycle) or places where I think better resources/references could be used (e.g. replacing the use of Wikipedia and Healthline.com in the ""Menstrual Hygiene Day 2021 Packet"" with more trusted sources like amaze.org, etc.)

Material 5a ""Menstrual health identification and fact sheet"" link is broken so the resource cannot be accessed for review or classroom use.

Period.com has an updated resource for the student handout. The information is almost identical, but it is visually more accessible: https://period.org/uploads/FAQ_You-Got-Your-First-Period-poster.pdf.

There are a few areas where resources are used but not credited including the coloring pages in the ""Menstrual Hygiene Day 2021 Packet"". See here: <https://mltshp.com/p/141N6>

It is not clear whether the ""Menstruation Activity Sheet"" referred to in the lesson plan is the same as the Packet so clarity is needed.

Middle School lesson: See previous comments from elementary lesson review. I would like for this lesson to have stronger references and materials (clearly include the fact sheet or references to approved fact sheets to ensure alignment of education standards)

High School lesson: Overall it was a very excellent lesson, I would absolutely include this in my content when possible.

It refers to ""Lesson Procedure"" under the ""Advanced preparation for the lesson"" but there is no section provided for this.



Between the elementary, middle and high school versions there are a few areas where they refer to the duration of a period and the menstrual cycle slightly differently (e.g. can last between 3-8 days vs 2-7 days). While this is a small detail, aligning the information for consistency is important.

Reviewer ID 406

Elementary lesson: I really like that this is focused on menstruation. It did use a lot of girl and female language which I would love to see be a little more inclusive to trans people who are also going through puberty and could be menstruating.

Middle School lesson: I was glad to see that this had an updated vocabulary

High School lesson: I really enjoyed the depth this lesson went with the menstrual cycle. I also really enjoyed bringing in the social justice aspect piece of period poverty and pink tax.

Reviewer ID 408

Elementary lesson: The Menstrual Health Identification and Fact Sheet link did not work. The "Menstruation Sensation" video made me uncomfortable with the line, "And change your pads, because you fricking smell." I would not show that video to my students.

There is a typo on the last slide: If someone receive their period, don't worry."

No assessment materials, but there are learning targets and teacher guidance.

Middle School lesson: The middle school plans were more inclusive. The middle school plans included having students sit in chairs/desks in a circle to create an open environment rather than sitting on the floor. The middle school uses inclusive terminology.

The Menstruation Fact Sheet is not in a printable format. It is 10 pages long, and it is just the Jean Hailes webpage about periods. The videos on the Jean Hailes website are engaging; however, the first video has no audio, so the students have to read the words on the screen.

High School lesson: The high school lesson plan contained learning targets, an exit ticket, and teacher guidance as well as slides with an embedded video. The content included menstrual stigma, period poverty, and pink tax. It does not contain a link for "Show a short 2–3-minute video from a reliable source that shows a young person's real experience with menstrual stigma or lack of access. This can be a clip from a documentary, a news article, video, or anything that may be otherwise applicable." This means the educator has to find that video.

Reviewer ID 403

Elementary School lesson: informational and to the point with resources

Middle School lesson: informational and to the point with resources



High School lesson: informational and to the point with resources. information on resources for menstrual supplies and how others may not have access

Reviewer ID 407

Elementary lesson: Slide # 12 grammar and word choice are wrong: "if someone receive their period"... Periods are not received.

High School Lesson: Over-emphasis on menstrual stigma and period poverty in a biased way. The material claims to be global but ignores other major factors contributing to those ""statistics"", like hunger. Slide # 11 presents biased statistics: ""84% missed a class or know someone who missed a class... they don't have access to menstrual products. 66% stated they don't want to be in school during their period.""

""They know someone"" is not an accurate sample and many don't want to be in class because they don't feel well, not necessarily from stigma or poverty.

