

Comprehensive Sexual Health Education Instructional Materials Review 2026

The Pressure to Sext

Year Published/Revised: 2025

Publisher: Common Sense Media

Website: [The Pressure to Sext](#) | [Common Sense Education](#)

Full or Supplemental: Supplemental

Grade Level: 6–8

Student Population: General

Duration/Number of Lessons: One 20–30-minute lesson

Format and Features: Digitally available and includes lesson slides, supporting video, student handout, and educator resources to support instruction.

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



Washington Office of Superintendent of
PUBLIC INSTRUCTION

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

I would like to see more acknowledgment that some people will choose to sext and how to think through that. This is highly focused on NOT sexting. I agree with that but think the approach of acknowledging sexting more as legitimate (like in many ways of being) may be more realistic.

Med. Acc. Reviewer ID 415

Appropriate- current

Med. Acc. Reviewer ID 416

No concerns. Good exercise and advocating for yourself and better understanding and developing healthy relationships.



Reviewer ID 411

This supplemental lesson plan from Common Sense Media is modern and age-appropriate for eighth grade/middle school. It is a good introduction to conversations about intimacy in digital spaces. The lesson is officially listed as a 20-minute activity, but the depth of the topic would likely need closer to a 30 to 45-minute window to allow for more meaningful student dialogue. Overall, it serves as a good quality supplemental resource that remains values-neutral, avoids a judgmental tone, and also encourages students to think critically about their digital footprints.

The lesson's primary strengths lie in clear lesson plan, script and helpful multimedia components. By utilizing a short film with moderately inclusive cast and realistic text message simulation, the content resonates with the lived experiences of teens today. Furthermore, the lesson plan includes easy to use handouts for typical learners, a clear script for presentation, and colorful slides, which should make implementation of the lesson smooth for teachers. These resources are bolstered by thoughtful discussion prompts that move beyond simple "yes" or "no" answers, fostering a safer environment for students to unpack the social pressures associated with sexting.

However, the lesson does have some weaknesses, particularly regarding its narrow topic scope and lack of information about legal repercussions. It focuses almost exclusively on SMS texting, largely ignoring the role of social media platforms or gaming interfaces where sexual pressures and interactions frequently occur. There is also a significant lack of detail regarding what the actual legal consequences for minors could be, which is a vital piece of information for this age group. While the cast appears diverse, there is a lack of visual representation of students with physical or cognitive disabilities. The curriculum also assumes universal access to technology and misses an opportunity to mention family as a source of support in these conversations.

Reviewer ID 403

short and to the point with resources to go to for help if being pressured to sext or if you made that mistake.

Reviewer ID 405

This is a solid, age-appropriate lesson that discusses sexting in a grounded and honest way, without fear-based messaging. The scenario invites real critical thinking about peers and family influence. The video is engaging and includes real student perspectives. One area where it can be strengthened is to specify the legal consequences—adding a definition of sextortion and a sentence or two on the actual legal exposure. The Cyber Tipline and other resources are included, but educators should make sure to explain what those resources are.

Reviewer ID 404

This is a well-planned out lesson with a teacher guide, slideshow, video, and activity page that can be used or not. This is geared for grades 6-8 but would work appropriately for high school as well. It is an easy-to-follow lesson with valuable information.

Reviewer ID 407

Includes discussion, strategies and consequences in decision making for boundaries and safety. Encourages listening to feelings and saying "no" to pressure. Supplemental links and resources also.

