

Comprehensive Sexual Health Education Instructional Materials Review 2026

WA Contemporary Health I and II

Year Published/Revised: 2026

Publisher: Edgenuity

Website: [Imagine Learning | Login Portal](#)

Full or Supplemental: Full

Grade Level: 9–12

Student Population: General

Duration/Number of Lessons: 4–5 Lessons per unit, self-paced

Format and Features: Interactive lessons with videos, and quizzes.

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

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

Evidence-based/informed: Not evident

National Standards Alignment: Not evident

Consistent with WA Health Education Standards? Yes

Consistent with Comprehensive Sexual Health Education Law? Yes

Consistent with AIDS Omnibus Act? Yes

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

The material is overall excellent. I particularly thought the recognizing differences section was done extremely well. There was still some gendered language when describing contraception (female male vs. internal external) but a prior section had differentiated between female/male and woman/man so I think it's OK. In the Conception section, they describe that ovulation results in the growth of an egg that gets released - it's not really growth, but selection (small issue). It also states that when sperm and egg meet in the tube "conception will occur" and more realistically it should be conception can occur. In the Parenting section, there is a discussion of what to do if someone doesn't want to parent. Contraception is mentioned, there is a long discussion of adoption, and abortion is mentioned once. There is MUCH more abortion than adoption for those wanting to avoid parenting after pregnancy, so this misrepresents that. Finally, under STIs, it mentions that the HPV vaccine can be given to teens through age 26, when now it is recommended to be given up through age 45.



The content is overall good and thorough and mostly right on. It is a LOT, and I'm not sure over what time period this would be given, or if the expectation is to watch all of this - it's not particularly engaging, though it is mostly well-presented.

Med. Acc. Reviewer ID 416

Overall, a very accurate and thorough curriculum.

- nexplanon info-out of date, good for 5 years and primarily works by stopping ovulation.
- The pill and mini pill work differently. The combined pill works by suppressing ovulation. The mini pill primarily works by thickening cervical mucus and thinning endometrial lining
- Would recommend discussion of non-hormonal IUD. Good for 12 years
- Diaphragm should be used with spermicide
- IUD also thickens cervical mucus. Good for 3-8yrs not 3-6yrs.
- emergency contraception: should also discuss ulipristal (Ella) (good for 5 days after unprotected intercourse), Both Mirena IUD and copper IUD can be used for emergency contraception
- Stages of Pregnancy-trimesters are wrong
 - +1st trimester (0 to 13+6)
 - +2nd trimester (14+0 to 27+6)
 - +3rd trimester (28+0wga to 40+ wga)
- Placenta has 30 minutes to expel after delivery

Med. Acc. Reviewer ID 415

Under abstinence, safe sex and making informed decisions, in section on Determining Effectiveness of Contraception: Recommend updated language of internal/external condom instead of male/female condom.

Under section on conception, pregnancy and birth- outdated stats for unintentional deaths for children age 1-4 (slide 15)– recommend using stats ex:

<https://www.cdc.gov/nchs/fastats/child-health.htm>

Under section Sexually Transmitted Infections, HIV, and AIDS: No mention of PrEP or doxy PEP for prevention methods.

Outdated resources all around - Under Growth Development and Sexual Health – slide 17 (Adolescent Dev) outdated references (2001)-recommend updating stats ex:

<https://www.hiv.gov/hiv-basics/overview/data-and-trends/statistics>;



<https://www.cdc.gov/hiv/data-research/facts-stats/index.html>;

<https://www.cdc.gov/sti/php/communication-resources/prevalence-incidence-and-cost-estimates.html>

Update resources – Injury Prevention and Safety – Sexual Harassment and Sexual Assault -

<https://www.equalrights.org/>

Limited resources for support – Only provides National Sexual Assault Hotline.

Recommend including <https://doh.wa.gov/you-and-your-family/injury-and-violence-prevention/sexual-and-domestic-violence/resources>; <https://centers.rainn.org/>

Human Trafficking in US – outdated stats, recommend updating with sources from

<https://worldpopulationreview.com/country-rankings/human-trafficking-rates-by-country>;

<https://cthb.osce.org/cthb/662914>; <https://www.state.gov/reports/2025-trafficking-in-persons-report/>; and <https://www.unodc.org/unodc/en/human-trafficking/global-report-on-trafficking-in-persons.html>

Reviewer ID 412

I thought this curriculum was a little all over the place. Some of it was great (discussions of diversity, importance of supporting LGBTQ+ peers, details about a range of sexual orientations--including ace and demi). And some of it felt very dated and very cis/heteronormative. See below for the notes I took as I was reviewing:

Abstinence, Safe Sex, and Making Informed Decisions

Definitely a little judgmental and fear mongering, almost religious undertones; Very dated feeling

On the slide (11) about: Evaluating the Effectiveness of Condoms they quote an article that uses the original citation from 2001 (about 15% chance of getting an STIs while using condoms) out of context. This is a huge red flag for me.

Slide 12: “the woman’s body” “women avoid intercourse”--puts onus on women

Slide 16: incredibly outdated source (from 2001!)

Slide 17 and 18: good definitions of consent

Conception, Pregnancy, and Birth

Slide 1: “man and woman have sex”--both quite gender essentialist and also no differentiation between sex and intercourse

Slide 4,9: “pregnant mother” “pregnant woman”

Slide 19: why not use WA law

Sexually Transmitted Infections, HIV, and AIDS



Slide 2: “male” and “female” condom

Slide 6: dental dams! Yay!

Not stigmatizing

Puberty, Gender Identity, and Sexual Orientation

Good discussion of sex vs gender (and how that’s different from sexual orientation); Very inclusive

Pressures, Boundaries, and Cyber Risks

Good discussion of consent and boundaries

Characteristics of Healthy and Unhealthy Relationships

Good representation

Building Healthy Relationships: Healthy Relationships: Dating and Marriage

Slide 4: marriage means being “man and wife” only religion acknowledged is Christianity

Slide 10: male or female

Parenting

Slide 2: male=father, female=mother

Respecting Individual Differences

Really great delving into sex vs gender, and many different sexual orientations. But, lots of focus on being attracted to someone’s sex (no mention of gender)

Growth, Development: Sexual Health Adolescent Development

A little judgy about not being abstinent (talking about physical reminders to remain abstinent)

Focus on giving consent and not respecting consent

Conception, Pregnancy, and Birth

Slide 2: “woman” get pregnant

Reviewer ID 402

This curriculum is outdated, heteronormative, and perpetuates shame and fear-based sex ed practices. The content uses cis-normative language and fails to include LGBTQ+ identities in any substantive manner. Discussion of relationships, sexuality, and reproduction all focus on heterosexual people, failing to include those with different



relationship styles, desires, and structures. This shortcoming is evident across the curriculum, including the sections on sexual harassment and human trafficking. Although much of the factual information is based in correct data, the content is delivered in a way that might alienate folks of diverse racial, gender, and cultural identities.

The Sexual Harassment lesson includes many fear tactics that create shame around activities like sexting, which many teens choose to engage in despite being under 18. It's important to approach this topic with understanding of context and pleasure, which this lesson fails to incorporate. It instead reinforced many fears around sexual activity and includes outdated terms like "date rape" when discussing potential risks of substance use and "risk taking" behaviors. This lesson could also be very triggering for teens who have experienced non-consensual sexual contact and requires more supports for the teachers to better address this.

The Human Trafficking lesson is similarly not culturally competent and places people in categories that are limiting. For example, an early statement in the lesson points to the fact that many labor workers are trafficked. Instead of talking about the fact that this is a possibility for any type of labor worker, the lesson bundles farm and construction workers in with folks who are sex trafficked, thereby reinforcing stereotypes about the lack of autonomy of workers in certain fields.

Overall, this curriculum fails to include diverse identities, reinforces shame-based sex ed, overly emphasizes abstinence, and is not fit for classroom use.

Reviewer ID 403

This is a very comprehensive curriculum. It could even be used in a homeschooling or independent learning environment. The student watches the videos and answers questions to keep moving through the modules. Very thorough in the areas I was given to review.

Reviewer ID 413

WA Contemporary Health, Part 1 - Growth, Development and Sexual Health section only

The lessons were presented in Edgenuity platform which could be shared whole group or used with individual students at a self-paced model. The unit I reviewed covered most of the Washington Health Standards and presented materials in scientific and medically accurate ways. Each lesson contained a warm up activity, instruction, summary, assignment, and quiz. The quiz was comprised of multiple choice answers and a short writing response. In the Pressure, Boundary and Cyber Risk lesson, students were also asked to complete a digital project. Overall the information was very informative and allowed multiple opportunities to use decision making skills, assess and analyze influence of media and peers, and question the source and validity of information provided.



Reviewer ID 417

The WA Contemporary Health materials are a comprehensive health curriculum for online use. Students are assigned and watch videos of knowledgeable instructors before completing online assignments like short answer responses and quizzes. The materials are at times outdated (e.g. citing tobacco and e-cig use from more than a decade ago) and are rather dry. Although contraceptives are mentioned, there appears to be a slight bias toward practicing abstinence. Some of the messaging around safe behaviors also has a "scared straight" vibe to it.

