

Comprehensive Sexual Health Education Instructional Materials Review

Un|Hushed Middle School

Year Published/Revised: 2021

Publisher: Un|Hushed

Website: <https://v3.unhushed.org>

Full or Supplemental: Full

Grade Level: Middle School (6-8)

Student Population: General

Duration/Number of Lessons: 19

Format and Features: Online modular curriculum with PPTs, online games, other teacher resources

Evidence-based/informed: Evidence-informed

National Standards Alignment: Not indicated

Consistent with WA Health Education Standards? Yes

Consistent with WA Comprehensive Sexual Health Education Law? Yes

Consistent with WA AIDS Omnibus Act? Yes

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:

Reviewer 111

The facilitator guide is a great place to start as it speaks to the importance of language, creating a safe space, trauma informed practices and how to address situations that may arise. It is full of information to help you find the best way to teach these lessons while being inclusive.

The lesson plans have everything you will need as the facilitator. You are able to go through the lessons and find the ones that will work best for your group depending on their grade level and previous learning. There are some activities that I thought would be more fitting for high school. For example, there are multiple activities/lessons on condoms. For middle school, especially 6th or 7th grade, it may be more fitting to briefly touch on the topic or do a small activity this curriculum offers. But it may not be necessary to complete them all.

I did not see any resources for students who speak another language. Since there is a lot that comes with this curriculum it is possible that I missed it.

Overall, I think this curriculum was designed thoughtfully with an emphasis on inclusionary lessons and practices for the facilitator.

Reviewer 114

This is a well-designed curriculum with excellent facilitator resources. To fully meet state standards, I believe additional work around HIV specifically would need to be included. HIV is



mentioned along with the other common STIs but is not specifically addressed in-depth. Very inclusive and medically accurate. I found the content around media analysis to be particularly excellent.

Reviewer 116

Un|Hushed Middle School contains a vast amount of creative, original, and engaging activities. After reading dozens of sexual health curricula, Un|Hushed was unique in that lessons often contained a lot of options in terms of games, worksheets, activities, presentations, videos, or other media--many of which I had never come across in other textbooks or online lessons. Students are often tasked with diving deeper into the psychological and emotional impacts different subjects within sexuality may bring up, and I was encouraged to find all the lessons invite students to explore how the layers of identity and sexuality intersect with the people we are in relationships with, our friends/family, our schools, our community, and our culture. While this is a major plus for social and emotional learning, the structure of Un|Hushed does not offer ways to adapt or differentiate any lessons for English language learners or for students who might need additional support in reading and writing.

While Un|Hushed provides all the handouts, videos and presentations, many lessons do require additional teacher preparation, and still some other lessons even require additional facilitators or field trips. This may not be feasible for every classroom situation, but many of these components could also be altered to accommodate the needs of a conventional classroom. Similarly, would be the need for a hefty amount of class time: There are 19 total lessons, and each is projected to take 2 hours. Even if Un|Hushed was not the primary curricula for a sexual health unit due to these constraints, its value is in the exceptionally well designed, engaging and fun activities throughout--which could be easily swapped into a more lack-luster curriculum.

Reviewer 106

First impression: this is WAY too much to wade through. Upon further review: this is great for schools or districts who want to tailor the program to their own needs. They even provide a resource for you to do just that.

Cons: The only real "con" for me was just the volume of material at the onset. Once you read through the facilitator guide and get a better idea of what the program is about, it becomes much more user-friendly.

Neutral: Flexibility with lessons means you can tailor it to your class/school/district. It also means taking the time to plan out which lessons you will use, when, and why. There is a document to guide you through this process included in the materials. It is suggested that the material be team taught by two people of different genders--this would be awesome, but I'm not sure how many folks will be able to do that.

Pros: The constant updating with email alerts means relevant and accurate information. The introductory information (defining "parent", starting with values, and going over group agreements) is great. Stressing the importance of language is also a positive. Material is laid out in a way that makes sense. The lessons themselves are very detailed and easy to follow. It is worth noting that some of the information (specifically around gender) leans more liberal, and may not be as accepted among more conservative audiences.



Reviewer 102

The Un|Hushed curriculum honestly wowed me. This middle school curriculum felt like Senate Bill 5395 come to life. One of the most important pieces that consistently stood out to me was naming what trauma-informed sex education is and how to keep that lens throughout each lesson and session. It was clear to me throughout that the values of human rights, compassion and empathy, the many spectrums and complexities/nuances within these topics we're present and infused and each new page. The pedagogy was inclusive and even made room for changes and evolutions in the material according to various place-based differences and cultural settings. The activities were deeply engaging and interactive for students to truly embody the material and practice by doing and saying. It was exciting to see the mixed gender component and the emphasis on learning about all genders, bodies, sexualities etc. in order to broaden the student's understandings of difference and similarity within themselves, each other and the world around them. The curriculum was overall refreshing and relevant. So exciting! Yes please! I deeply hope middle students across the state are able to experience this curriculum.

Accuracy Analysis Reviewer 125

Change "doctor" to "healthcare provider" to include other professionals who provide sexual and reproductive health care including certified nurse-midwives, nurse practitioners, physician assistants, and naturopathic doctors.

Accuracy Analysis Reviewer 124

No medical inaccuracies noted.

