



Sexual Health Education Instructional Materials Review

HealthSmart 5

Year Published: 2002, Revised 2007

Publisher: ETR Associates

Full or Supplemental: Full

Grade Level: 5

Student Population: General

Duration/Number of Lessons: 4 Units, each with 4-6 lessons, 19 lessons total;
One unit (4 lessons) focused on puberty, sexual health

Evidence-Based - CDC or HHS/OAH registry; National Campaign database; ETR database: No; theoretical base (Theory of Planned Behavior)

Healthy Youth Act Compliance: With modification (see ratings and reviewer comments)

AIDS Omnibus Act Compliance: n/a

National Standards Alignment: Yes, National Health Education Standards

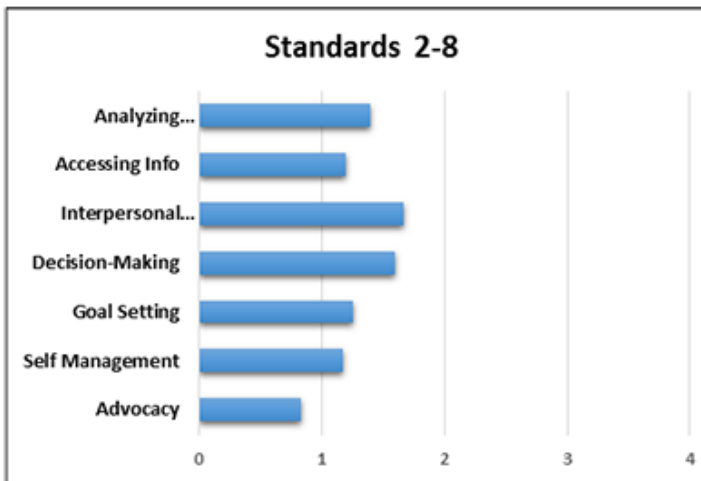
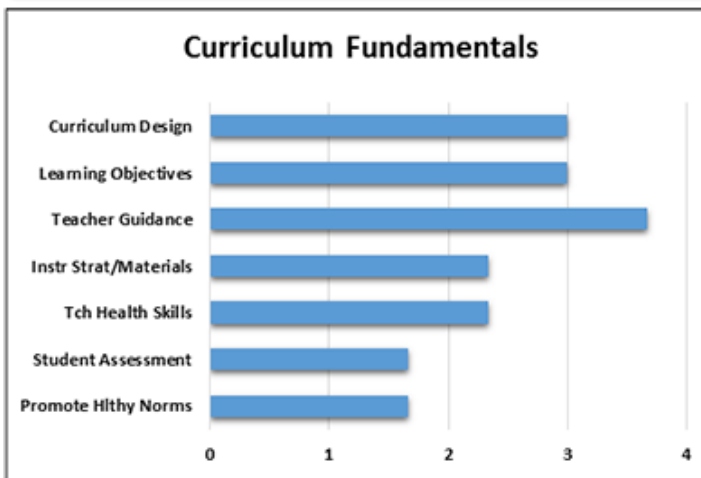
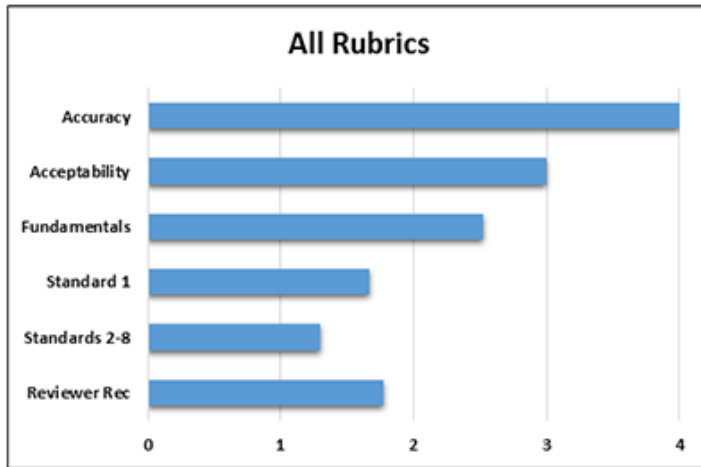
Format and Features: Teacher guide, 30 student magazines, Blackline masters, overhead transparencies, teacher background book, program foundation book, "Start with the Kids" book, 2 scope and sequence charts, slipcase; digital version available

Professional Development: Available, not required

PRIMARY TOPICAL AREAS

- Anatomy and Physiology
- Puberty/Adolescent Development
- Pregnancy & Reproduction
- Contraception
- Abstinence
- STD Prevention
- HIV Prevention
- Identity/Orientation
- Healthy relationships
- Other
 - Abortion
 - Access to Services
 - Character Building
 - Condom Use
 - Human Rights
 - Infant Care Simulation
 - Marriage and Parenthood
 - Refusal Skills
 - Sex Trafficking

OVERALL RATINGS



REVIEWERS' COMMENTS

Review 1

Rev ID 11

This is an exceptional curriculum on many levels. The level of organization and ease of implementing this curriculum would benefit the busy elementary teacher, along with complete yet easy to access background information for those teachers with little health education background. Prior to the four sex education lessons for 5th grade, the complete curriculum provides 5 lessons on building classroom environment which would enhance any health lesson and the classroom in general. This curriculum is truly comprehensive and grounded in sound theory, including CDC, behavioral and education theory of planned behavior for health decisions, as well as National Health Education Standards (NHES) and scope and sequence. It would be important for a district to also adopt the grade 6 lessons which are part of the overall curriculum, these lessons address many of the standards not covered in the 5th grade curriculum. It is evident in all the materials, from teacher background to parental involvement and most importantly the students practicing of the NHES that this curriculum was created by individuals with very strong health education credentials. I am a national board certified teacher in health education, I would wholeheartedly use this curriculum and highly recommend any district to adopt Health Smart.

Review 2

Rev ID 13

Overall I think this curriculum is lacking as a comprehensive sexual health curriculum. Information that is missing includes sending sexual information through email, text, etc.; risky sexual behaviors; effectiveness of condoms; contraceptive options and their effectiveness; conception; sexual orientation; gender identity; and tolerance of others due to sexuality differences as an example of some concerns.

Some of the above listed information is located in the Teacher Guide that can be shared with the students yet there is no way of knowing whether the teacher would share that information or not.

Review 3

Rev ID 19

- Some information is not current, example: uses food pyramid instead of My Plate
- Learning objectives are not measurable
- Student assessments should be included
- Does not include information on HIV/AIDS
- Curriculum lacks depth of knowledge

