

# Comprehensive Sexual Health Education Instructional Materials Review 2023

## Always Changing (Co-Ed)

**Year Published/Revised:** 2021

**Publisher:** Proctor & Gamble

**Website:** <https://www.always.com/en-us/puberty-education-programs-for-teachers-students-and-parents>

**Full or Supplemental:** Supplemental

**Grade Level:** Elementary and Middle School (Grades 5-8)

**Student Population:** General

**Duration/Number of Lessons:** Video (26:00)

**Format and Features:** Video and Teacher's Guide

**Available in Multiple Languages:** English, Spanish

**Evidence-based/informed:** Not evident

**National Standards Alignment:** No

**Consistent with WA Health Education Standards?** Yes

**Consistent with Comprehensive Sexual Health Education Law?** With modification

**Consistent with AIDS Omnibus Act?** N/A

**Inclusive Materials/Strategies:** With modification (teacher's guide provides some language/information)

**Bias-Free Materials:** No



## Primary Subject Areas Covered:

- 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 307*

The video is fast-paced and engaging. It's designed for grades 5-8. It seems better suited to the lower end of this age range. The information promotes more traditional (white) cultural beliefs: washing hair every other day (not considering braided black hair) is one example. While they do talk about different types of family structures, it could go much further to be inclusive of more students' situations. It is developed by Always products (Proctor and Gamble), so that advertisement is there. The supplemental materials are helpful but not necessary to use. I would use this in my class but would add more information to the discussion to make it more inclusive for my students.

### *Reviewer 309*

Language and imagery do not reflect gender diverse students. Language is consistently binary and assumes alignment between sex and gender. Fails to acknowledge intersex bodies. Suggest use of female and male in place of girl and boy.

Language assumes heterosexuality. In discussion of nocturnal emissions, twice thoughts of "girls" is mentioned.

Language and imagery do not reflect students with disabilities.



Language assumes each child has a mom and dad in most cases and assumes that gender of adults is aligned with their sex and puberty experience. Suggest use of caregiver in place of parent and use of female and male language.

Lastly, content neglects to encourage those experiencing significant cramps from asking for help.

*Reviewer 314*

This is an excellent supplemental information product introducing puberty. Likeable kids in the video but they might be considered young by some students.

Teachers could adapt and utilize this information (and video) to teach Washington Health standards that are skill-based standards. Specifically portions of Standard 2, Standard 3 and Standard 6

Teacher support is good with strong emphasis on teachers' communicating in a timely fashion with administration, parents, and students prior to teaching the material.

Pre- and post-tests are available that are specific to gender. Teacher material defines biologic sex, gender identity as well as gender roles and stereotyping.

*Reviewer 321*

The video and instructional materials were extremely detailed and well-created. I thought the video was very engaging and interesting to watch. To make the video and instructional materials even better, I would suggest adding information related to contraception. The materials discuss how pregnancy can occur but do not mention how to avoid pregnancy. Even though this is a young age group, it would be beneficial to provide resources or information related to pregnancy prevention. In addition, healthy relationships and self-identity were discussed briefly in the teacher's instructional guide, but I didn't see it mentioned in the video. That information could be added to the video to provide a more in-depth discussion of healthy relationships and self-identity as one goes through puberty.

*Reviewer 322*

Both the video and supplemental guide were informative and engaging. It offers co-ed or gender-divided options. The video is age-appropriate (intended for grades 5-8) and youth-centered, with high production quality, and the question-answer structure is easy to digest. No closed captioning was available at least in the way I accessed the video, and I could not find alternative language options. The instructor's guide is thorough and provides a solid framework for implementation, I appreciate common questions, parent engagement, and pre-/post-test sections. There are Spanish versions of the print materials. There is some room for improvement in inclusivity. Language and graphics feel unnecessarily cis-normative and heteronormative. Graphics depict racial and body diversity, though no dis/ability representation. I appreciate the section included on sex, gender, & society, but it feels a little forced; it's confusing why they did not also replace binary terms in this section (and throughout) to be more gender-neutral like



"they" "adult", "parent", "young people". Omits non-binary and trans youth experiences; it would be nice if they acknowledged that puberty can be a dysphoric change for some youth. Includes helpful sections on healthy choices, healthy relationships, and decision-making. Wish there was more coverage on self-esteem and peer and [social] media influence on body image. A very extensive look at periods; I appreciate that it is not watered down at all in the co-ed video. It does feel a little like marketing for its sponsored brands, especially in the discussion guide, and the sections on bio-male bodies are comparatively slim. Overall, I think it is a strong material to address puberty, I would probably supplement with more reflection opportunities around the myriad emotions that might come up around the subject.

As an aside, Always.com does have some more resources on their site that better address a couple of the shortcomings I listed and might be helpful to explore (note there is more content for "girls" than any other gender group).

#### *Reviewer 326 (Med/Sci)*

Puberty age range - typical age range for girls is a little longer than indicated (7-14 vs. 7-12 as stated in teacher's guide & 7-13 in video); for boys it should be extended to 9-15 vs. 9-14 as stated in teacher's guide, not stated in video.

Menstrual cups and underwear are mentioned in teacher's guide, but no information provided about either. They were not mentioned at all in the video.

Medication is not mentioned as a possible way to treat menstrual cramps.

Video does not mention that women stop having periods when they get older - there are generalized statements like "yes, your female teachers have periods too."

Video designed to be used in co-ed settings, but two pre- and post-tests are designed for girls and boys specifically. There's no co-ed/combined test.

#### *OSPI Comments*

This video is lacking in diversity. It is not inclusive of all students (e.g., students who identify as LGBTQ+ or students with disabilities), as required by law.

