

Comprehensive Sexual Health Education Instructional Materials Review 2023

MVP

Year Published/Revised: 2021

Publisher: One Love

Website: <https://www.joinonelove.org/act/one-love-workshops/>

Full or Supplemental: Supplemental

Grade Level: Grades 9-12

Student Population: General

Duration/Number of Lessons: Video; 18:55

Format and Features: Discussion guide, quick guide, and planning worksheet

Available in Multiple Languages: English

Evidence-based/informed: No

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



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 303

The scenario and concepts portrayed feel relevant, realistic, and approachable for high school students. The material provides key information for students to recognize and understand healthy/unhealthy/abusive relationship behavior. It also outlines specific and actionable strategies for navigating complex relationship dynamics and supporting a friend. The activities, journal prompts, and discussion questions provide opportunities for students to identify their own personal values and consider how they might apply in relationships.

English and Spanish subtitles are available, enhancing accessibility for students who may need them. The material is considerate of possible emotional responses students may have, including content warnings and providing teacher guidance for preparing students and helping them navigate these emotions.

The teacher guide provides detailed guidance, clear learning objectives, resources, and options for adaptation depending on time constraints and class needs. However, most of the activities provided are discussion, role-play, or individual journaling, so it would've been nice to have options for more hands-on or game-like activities.

Reviewer 305



I have been teaching bystander intervention and healthy relationship skills for several years and this is one of the best videos I've seen (in terms of cultural accuracy, relevancy to teens, and production quality). I think it is incredibly valuable that it not only shows a diverse range of teens, but also abuse that is not physical and that a young man is experiencing. The way that his male peers show up for him sets a wonderful example for other young men who may view the content. I would use this in my presentations.

Reviewer 306

The MVP video and workshop are a great resource. It would fit well in any curriculum about healthy relationships, or on its own as a workshop. The video is well produced and does a good job conveying unhealthy relationship behaviors without being over-the-top or unrealistic. It did a good job of showing a situation that many young people might not recognize as unhealthy. The materials that go with the video are high quality and helpful. The discussion guide companion to the video offers three different lengths of workshops and could easily be adapted to the time length and setting. Overall, there are no obvious downsides to this curriculum, I would highly recommend it.

Reviewer 321

I thought the video and instructional materials were powerful. In particular, the breakup planning worksheet. It is such an important conversation to have that may not always be discussed at home, so having these resources is important for students. Overall, I also thought the video was great and showed that relationship abuse can go both ways in the relationship. The instructional materials do not cover pregnancy prevention (which would be helpful in this lesson plan), so that is the only shortcoming identified.

Reviewer 326 (Med/Sci)

The scenario is realistic, based on valid information re: dating abuse. No medical/scientific material included, but sources of data and resources are credible and reliable.





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