

# *Comprehensive Sexual Health Education Instructional Materials Review 2023*

## Sex Ed for People with I/DD

**Year Published/Revised:** 2020

**Publisher:** National Council on Independent Living

**Website:** <https://ncil.org/resources/sex-ed-for-individuals-with-i-dd/>

**Full or Supplemental:** Supplemental

**Grade Level:** Middle School and High School (Grades 6-12)

**Student Population:** Students with I/DD

**Duration/Number of Lessons:** 10 videos (ranging between 1:00 – 3:30 minutes)

**Format and Features:** Videos on YouTube

**Available in Multiple Languages:** No

**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 302*

This 10-part stand-alone video series is intended to be available independent of classroom setting; the audio/visual quality is very high, and discussion is tactful, straightforward, and delivered in short segments making it easy to watch for all abilities and accessibilities. The speakers are representative of many different racial, physical, gendered populations, and closed captioning and audible descriptive for sight-impaired make content as accessible as possible. There is no curriculum support and is not intended to provide for standards 2-8 with student demonstration.

### *Reviewer 304*

The series of ten videos are very short (about 2-3 minutes each) and can be accessed by anyone, including students with I/DD. The series would serve as good starting points for larger lessons and discussions, but nothing beyond that. The videos cover a wide range of topics. There is a link that says it leads to a discussion guide, but there is no discussion guide. The videos solely feature people with I/DD, from a range of races and gender identities, so the videos provide positive representation of the target population.

### *Reviewer 306*

This set of videos thoroughly covers topics in a straightforward and clear manner. Normalizes topics that can often be stigmatized by discussing in a frank, matter of fact manner. A strength of these videos



is they also discuss pleasure and masturbation, topics often not covered in sex education. There is no judgement about behavior, they are just providing information. One quote that stood out was "masturbation is healthy, normal, and safe." The videos also did a good job of not using gendered language.

There were no obvious shortcomings to the material, it covered a wide range of topics concisely. They are fairly brief about most topics but highlight the most important points. If someone was looking for more in-depth information about STIs, or any specific information for HIV/AIDs, they would need additional materials, but these are a great introduction to many important topics.

*Reviewer 311*

The "Sex Ed for People with I/DD" was a very positive and normalizing series of videos totally less than twenty minutes. This series can easily be integrated into one day's lesson or several days- each video features members from the I/DD community providing education and modeling skills on the topics. This video series was sex-positive and de-stigmatized topics helping normalize talking to our classrooms about sex education including our students with I/DD. The speakers in the video show compassion for being sexually curious while explaining the importance of safety, healthy decision making, and healthy communication/relationships. I feel the series is well done for being so brief, it was visually engaging and explained educational material in a way that was digestible and open.

*Reviewer 313*

This was way too much information to be covered—not appropriate for secondary school. I had a hard time watching all these videos. Not appropriate.

*Reviewer 321*

The video series covered a wide variety of topics and was interesting and engaging. I thought the video series did a great job of using inclusive language, such as "person with a penis", to represent all identities. I did not see instructional support materials and believe this would be a helpful addition to assess student's understanding and learning.

*Reviewer 319 (Med/Sci)*

There were no sources identified for the videos.





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