



# Sexual Health Education Instructional Materials Review

## Curriculum Title: Speak Up Be Safe

Year Published: Not evident

Publisher: Childhelp

Website: [www.childhelp.org/subs/childhelp-speak-up-be-safe](http://www.childhelp.org/subs/childhelp-speak-up-be-safe)

Full or Supplemental: Supplemental

Grade Level: K-12

Student Population: General

Duration/Number of Lessons: Lessons delivered twice a year; varies by grade level

Format and Features: Facilitator guides, take-home materials and online resources

Evidence-based/informed: Evidence-informed

National Standards Alignment: Not evident

Healthy Youth Act Compliance: Yes

AIDS Omnibus Act Compliance: N/A

Bias Free Materials: With modification (see reviewer comments and scores)

### Primary Topical Areas (Check all that apply)

- |  |   |
|--|---|
| <input type="checkbox"/> Abortion                      | <input type="checkbox"/> Identity/Orientation               |
| <input type="checkbox"/> Abstinence                    | <input checked="" type="checkbox"/> Online Safety           |
| <input type="checkbox"/> Access to Services            | <input type="checkbox"/> Pregnancy & Reproduction           |
| <input type="checkbox"/> Anatomy and Physiology        | <input type="checkbox"/> Puberty/Adolescent Development     |
| <input type="checkbox"/> Communication/Decision-making | <input type="checkbox"/> Refusal Skills                     |
| <input type="checkbox"/> Condom Use                    | <input type="checkbox"/> STD Prevention                     |
| <input type="checkbox"/> Consent                       | <input checked="" type="checkbox"/> Other (Personal Safety) |
| <input type="checkbox"/> Contraception                 |   |
| <input type="checkbox"/> Healthy relationships         |   |
| <input type="checkbox"/> HIV Prevention                |   |

## Reviewer Comments:

### Reviewer 101

This is a strong sexual assault prevention curriculum. There is a broad supply of parent support materials that go beyond a simple notification letter home. There is also a strong teacher support and professional development component and Spanish language resources. Material is accessible and written from a holistic child development perspective.

### Reviewer 109

This is a comprehensive curriculum that provides support from the company in training and material. It provides for facilitators to present the curriculum to the class instead of putting the burden on the teacher. It does not address consent.

### Reviewer 204

Inadequate dosage, just two 30-minute classes once a year. It takes longer to look at the online training videos, read the 46-page teacher's guide and set up the room than to present the information. It is so quickly run over that it is more likely to confuse than educate. It could be useful if combined repeated 3-4 times throughout the school year with additional information with each class. As is, can't recommend.

### Reviewer 201

This is designed to be delivered to 25-30 students in two sequential, 45-minute sessions, two for 9th and 10th grades and two for 11th and 12th grades. Through scenario-based conversations, students are made aware of bullying and other types of abuse, and how to stay safe, including Internet safety. It does not specifically address developmentally disabled students. It does not show any apparently non-binary, gay or disabled people. Includes pre and post surveys of students. Includes letters to parents/home caregivers, involving them in the dialogue. I would only use this as an addition to a more robust year-long program because 2 classes are not enough exposure to influence attitudes and behaviors.

### Reviewer 205

Facilitators are provided with video trainings and a facilitator guide to effectively implement the curriculum. There is a helpful checklist to assist facilitators in setting up and preparing for the sessions. Activities are described well, and there are prompts to help the facilitator guide the conversations. There are also additional interactive activities included. The curriculum includes handouts to send home for the parents.

Overall, this curriculum is not focused on primary prevention, but more on identifying abuse when it occurs and how to react/respond. Specifically, the RESIST strategy, which is self-defense, is aimed at risk reduction, not prevention. This is not timely for the audience, considering most of violence against teens is perpetrated by someone they know, so they are unlikely to use these self-defense strategies.

The curriculum combines discussions about many types of relationships into two lessons. The information presented seems to focus more on adult-to-teen relationships, and doesn't talk much about intimate relationships between peers, which is very common in high school. The information and the way it is presented seems too young for high school students.

The scenarios do provide examples that are more relevant to teens, such as dating relationships and sharing pictures without the persons consent, but only includes heterosexual relationships.

Reviewer 102

My concern about this material is that it is more appropriate for a younger age group than the age group of 6-8th grade.

Reviewer 204

There is no discussion of consent. A lot of information in just two classes. Would recommend as a supplement to a more comprehensive prevention curriculum, not a standalone prevention option. Could be modified for youth with intellectual disabilities. On the plus side - teacher preparation extensive.