



# Sexual Health Education Instructional Materials Review

## Curriculum Title: Personal Body Safety

Year Published: 2010

Publisher: Harford County Public Schools

Website: [www.hcps.org/departments/docs/student-services/school-counseling/personal-body-safety.pdf](http://www.hcps.org/departments/docs/student-services/school-counseling/personal-body-safety.pdf)

Full or Supplemental: Supplemental

Grade Level: Elementary (grades 1, 3, and 5)

Student Population: General

Duration/Number of Lessons: 3 lessons per grade

Format and Features: PDF – lessons, use of outside DVDs referenced in curriculum

Evidence-based/informed: Not evident

National Standards Alignment: American School Counselor Association Standards for Students

Healthy Youth Act Compliance: No (see reviewer comments)

AIDS Omnibus Act Compliance: N/A

Bias Free Materials: No (see reviewer comments)

### 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 checked="" type="checkbox"/> Consent               | <input type="checkbox"/> Other                          |
| <input type="checkbox"/> Contraception                    |   |
| <input checked="" type="checkbox"/> Healthy relationships |   |
| <input type="checkbox"/> HIV Prevention                   |   |

## Reviewer Comments:

### Reviewer 107

The materials do not discuss consent and do not involve parents, teachers or other adults in modeling healthy behaviors. The materials include four thirty-minute lessons for grade one, three and five, however the brevity of the lessons and the space between when the lessons are delivered do not feel like it would be effective. The materials are most lecture style with limited activity for the students and portray animals instead of people (although when they do portray people, they show limited representation) and also ask students to sign a pledge on Internet safety that seems ineffective and out of touch. The materials in general do not feel in touch with common understandings of Internet safety or support for kiddos.

I would not recommend this product.

### Reviewer 103

The Personal Body Safety curriculum emphasizes the importance of child sexual abuse prevention by educating children/students about sexual violence through safe touch, unsafe touch and confusing touch, good secret versus bad secret and by finding safe, trusting adults when abuse and/or neglect takes place. This includes sexual, physical or psychological abuse and neglect. The curriculum includes lectures, exercises, videos and directions for instructors to perform and show with students. This may be beneficial as a supplemental curriculum but does not provide enough information to be used on its' own especially around building positive socio-emotional skills. The curriculum leaves the responsibility of ending child sexual violence to potential victims instead of changing/teaching young students the socio-emotional & communicative skills which research has shown to reduce the perpetuation of child sexual abuse.

Pros:

\*Longer curriculum duration; 3-5 exercises per grade(s) 1, 3 and 5. Multiple session curriculum.

This have been shown to be most effective when reducing sexual violence in children versus one-time presentation(s).

\*Racially & Culturally Diverse/Representations.

\*Great examples and explanations for: personal boundaries, talking to a trusted adult, emphasizes confiding in different trusted adults until help/abuse ends and recognizing safe touch, unsafe touch and confusing touch and manipulations/good secret versus bad secret which can occur in abuse.

\* Skills training for being safe in the Internet.

Cons:

\*Not inclusive to the LGBTQ community.

\*Not inclusive/representative of persons with disabilities.

Reinforces the gender binary.

\*Does not focus on reducing prevention through building socio-emotional and communicative skills which has shown to be most promising for reducing sexual violence perpetration.

### Reviewer 106

This curriculum feels very dated overall and includes an emphasis on “Stranger Danger” that has been invalidated as an effective approach to sexual abuse prevention. The terms and definitions are confusing and the stories involving the animal characters are a bit too goofy and

abstract to be helpful for a 1st grade audience. The good secret/bad secret distinction seems unhelpful as well. The small attempt at cultural inclusivity (including some clip art images of people in "traditional Middle Eastern dress" to demonstrate that people have different standards re: what parts of the body are private) was awkward and just confused the definition of "bad touch". The technology references are dated.