

Comprehensive Sexual Health Education Instructional Materials Review 2023

A Boy's Guide to Growing Up

Year Published/Revised: 2005

Publisher: Marsh Media

Website: <https://marshmedia.com/products/a-boys-guide-to-growing-up>

Full or Supplemental: Supplemental

Grade Level: Middle School and High School (Grades 5-12)

Student Population: Students with Intellectual/Development Disabilities

Duration/Number of Lessons: DVD: 14:49; Teaching Guide (36 pages); Student booklet (32 pages)

Format and Features: DVD, Teacher/Student booklets

Available in Multiple Languages: English, Spanish

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: With modification

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

Strengths include explaining private body parts with proper anatomical terms in a non-shaming way, including some information and skills for preventing sexual abuse. The language throughout is simple and easy to understand. The teacher's guide includes objectives and a variety of activities that can be chosen from or modified to meet student needs. It also includes actionable guidance for creating a positive learning experience for students, as well as important background information such as the higher likelihood of sexual abuse in youth with intellectual disabilities.

Shortcomings include a lack of subtitles for the video, posing an accessibility issue for some students. While anatomy, wet dreams and erections are covered, there's no information about reproduction and pregnancy, so additional material would be needed to cover these topics. While they include information for preventing sexual abuse, there isn't explicit messaging explaining to students that any inappropriate behavior toward them is not their fault.

Reviewer 304

This material is specifically developed for students with intellectual or developmental disabilities. You can see this in certain directions that allow for differences in ability, like "the goal for students who are verbal..." and "for lower-ability students...". Puberty and bodily changes are presented in a positive, shame-free light, and a consideration note reminds teachers that various families have differing levels



of openness around body/puberty language. The materials seem easy to teach (worksheets and specific lesson plans are included).

Unfortunately, puberty is completely decontextualized from reproduction or sexual activity, thus indirectly de-sexualizing all individuals with I/DD, and thus underpreparing them for any sexual feelings, urges, or actions that they may experience. The gender binary is also not very inclusive (see the title). The only real difference in the content is the Girl's Guide offers instructions on how to use a menstrual pad, and the Boy's Guide explains that nocturnal emissions are normal. These two curricula could easily be blended to affirm all gender identities, and to emphasize the need for respect for various bodies and identities, but the designers chose to miss that opportunity in favor of the gender binary and segregation. The teaching materials/worksheets included are not very in-depth.

Reviewer 305

As previously stated with the We're Growing Up curriculum, although the production quality isn't poor, it is not representative or reflective of youth from this generation (feels dated a few decades). I believe with modern updates and a more trauma informed approach, it could be updated to be successful as puberty education, but not comprehensive sex ed. If it is meant for students with IDD, there may be a need for more tailored content to match folks with disabilities, or a broader spectrum of understanding and experiences (i.e., a 3rd grader and an 8th grader will need different information). The teacher guide is very clear and would be helpful to me as a facilitator. It would be helpful to have a section of appropriate answers to commonly asked student questions on the topics in the Girl's Guide Teacher's Guide.

Reviewer 306

A Boy's Guide to Growing Up has many strengths. The teacher's guide has a lot of activities that supplement and help reinforce the information in the video and student handbook and give students a chance to practice some skills. The student handbook is a good companion to the video and has the same information in a visual format, providing options for students who are different types of learners. The information in both the video and handbook is presented in a clear and straightforward manner and is thorough on the topics it is intended to cover. One shortcoming is that the visuals are basic in the video, but they are easy to see and follow. Overall, this video, handbook, and teaching guide are useful products for those looking for puberty materials for students with disabilities.

OSPI Comments

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





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