

# *Comprehensive Sexual Health Education Instructional Materials Review 2023*

## We're Growing Up

**Year Published/Revised:** Not available

**Publisher:** Marsh Media

**Website:** <https://marshmedia.com/products/were-growing-up-dvd>

**Full or Supplemental:** Supplemental

**Grade Level:** Elementary and Middle School (Grades 5-8)

**Student Population:** General

**Duration/Number of Lessons:** Video

**Format and Features:** Video (11:30); Closed Captioned

**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?** No

**Consistent with AIDS Omnibus Act?** N/A

**Inclusive Materials/Strategies:** No

**Bias-Free Materials:** No



## 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 that explanations of many of the key concepts covered were straightforward and the accompanying visuals helped further illustrate the information. Physical and emotional changes were discussed in a normalizing, non-shaming way.

Shortcomings include a lack of closed captioning, hindering the accessibility of the material for students who may need it. Some wording was unnecessarily euphemistic, which may be confusing for some students (e.g., "beginning of new life" instead of "pregnancy"). Overall, the video feels somewhat outdated in terms of language, content, and style.

### *Reviewer 305*

Although the production quality isn't poor, it is not representative or reflective of youth from this generation (feels dated a few decades). Though I don't feel it over generalizes too much, it directly states many insecurities youth may experience (i.e., feeling like breasts are too big or not big enough) which may increase stigma and shame rather than appear as relatable to youth, especially coming from the adult voices from the narrators. I believe with modern updates and a more trauma informed approach, it could be updated to be successful as puberty education, but not comprehensive sexual health education.



*Reviewer 307*

This video is very basic. It refers to the vas deferens as “the main sperm duct.” While they make a small attempt to be inclusive, it misses the mark. Drawn people are all white. They only refer to “boys and girls” and neglect the complexity of gender. It focuses on societal standards of certain cultures (sharing razors, shaving, etc.) that don't need to be included. I wouldn't choose this resource for my classes, but in some more conservative communities it may get a better reception. It is very “traditional.”

*Reviewer 314*

The video shows real kids of appropriate ages with a variety of body types and ethnicities.

Fact filled short video that could be used as an intro to puberty. Very short informative introduction to emotional health. No teacher material was provided.

We're Growing Up addresses puberty which is a portion of Standard 1. The teacher could possibly utilize the video to teach Washington Health Education Standards 2-8 specifically Standards 3, 6 and 7.

*Reviewer 321*

Overall, I thought the video communicated puberty changes effectively, and correctly emphasized that everyone is different in their development. The only reason why I rated this video as “agree” instead of “strongly agree” for inclusiveness is because the video showed anatomy on light skin tone rather than different skin tones. I think adding different skin tones to the video would promote more inclusiveness as students of all races will be watching this video. In addition, the video could be strengthened by adding more instructional support, such as student interaction and assessment opportunities to evaluate understanding and learning.

*OSPI Comments*

This video is lacking in diversity. It is not inclusive of all students (e.g., students who identify as LGBTQ+ or students with disabilities), as required by law and reviewers determined that content was biased.

