

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review

Review Date: September 2006

F.L.A.S.H. a Curriculum in Family Life and Sexual Health, Grades 7 and 8 (2006)

Format: Curriculum

Target Audience: Stated audience: Grades 7 & 8
Recommended by panel: Grade 8 or later

Cost: \$60.00 (download free online)

Distributor: Public Health – Seattle & King County

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The Minnesota Sexuality Education Resource Review Panel **Recommends** use of this curriculum for the following reasons and with the following reservations:

Review Summary:

The **Family Life and Sexual Health** (*F.L.A.S.H.*) curriculum was designed by the Public Health – Seattle & King County, Family Planning Program. It consists of nineteen lesson plans intended for the junior high classroom (grades seven and eight). There are also *F.L.A.S.H.* curricula for use in mainstream and special education classes, at the intermediate (grades 4 through 6) and high school levels. The stated goals of *F.L.A.S.H.* are to assist in the development of persons:

- who are knowledgeable about human development and reproduction,
- who respect and appreciate themselves, their families and all persons,
- who will neither exploit others nor allow themselves to be exploited.

The panel **recommends** the *F.L.A.S.H.* curriculum for the following reasons:

- Comprehensive focus includes information on puberty, anatomy, birth control and STI as well as activities for skill building.
- Includes good lesson plans focused on communication and decision-making skill development.
- Encourages parent/child involvement with many activities to engage parents.
- Employs a variety of teaching methods including many worksheets and visuals for leaders to use.
- Provides useful tips for teachers as well as clear preparation instructions and great (free online) materials.

The panel expressed the following concerns about the *F.L.A.S.H.* curriculum:

- Although updated in 2006, curriculum contains minor inaccuracies and outdated information (e.g. Hepatitis A as a STI and no inclusion of new HPV vaccine or emergency contraception information).
- Level of detail, “wordy” descriptions, and frequent use of worksheets may be too advanced for 7th grade.
- Some activity examples and graphics are outdated.
- Adaptation necessary for use with diverse cultural groups, GLBT students and students with special needs (e.g. some of the references to gay and lesbian behaviors are inaccurate and could be deemed offensive and messages about teen parenting are shaming and could be hurtful for teen parents).

Overall, the panel **recommends** the *F.L.A.S.H.* curriculum. Panel members conclude that the *F.L.A.S.H.* curriculum provides a comprehensive approach to sexual health; sharing very detailed information on disease prevention and health promotion behaviors by delivering messages multiple times in multiple ways.

F.L.A.S.H. a Curriculum in Family Life and Sexual Health, Grades 7 and 8 (2006)

Assessment Criteria	Mean Score	Comments
Accuracy of Information - Provides basic, accurate information about teen sexual health, e.g., risks of teen sexual activity, ways to avoid intercourse or use methods of protection against pregnancy and STDs, human growth and development, relationships, etc.	3.9	<ul style="list-style-type: none"> ▪ Most areas are accurate. However, there are some inaccuracies or inconsistencies that need to be corrected (e.g. “lesbians are at high risk because they have sex with their male friends who are gay” and some STD information is outdated and wrong). ▪ Puberty information good, STI information perhaps too detailed for 7th and 8th grade. ▪ Need to emphasize factual not statements about beliefs or morality (universal values statements are not necessarily universal).
Focus - Focuses on ways to promote sexual health e.g., reducing one or more sexual behaviors that lead to unintended pregnancy or HIV/STD infection; understanding healthy physical/emotional development; developing healthy relationships, etc.	3.6	<ul style="list-style-type: none"> ▪ The focus is “comprehensive” sexuality education and scenarios reflect that. ▪ Communication with all type of people (family, friends, etc) as a way to be healthier in all relationships. Communication lessons very detailed. ▪ Nicely done and provides a comprehensive overview of sexual health promotion.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.5	<ul style="list-style-type: none"> ▪ Delivers the message multiple times in multiple ways, might be “overkill.” ▪ Some messages reinforce older standards many lessons can be used broadly. (e.g. “I liked the broad definitions of touch and privacy beyond just as they relate to sexuality.”)
Addresses Social Pressures - Includes activities that address social pressures that influence sexual behavior.	4.7	<ul style="list-style-type: none"> ▪ Broad range of diverse scenarios. Including different methods of persuasion, decisions making area and communication. ▪ Excellent. Many activities to practice asking for what you want and making your voice heard.
Communication Skills - Provides examples of and practice with being assertive, using negotiation and refusal skills, making decisions, etc.	4.8	<ul style="list-style-type: none"> ▪ It has four lessons on communication- very detailed, thorough, and practical. ▪ Stories were out of date, but message was clear and well explained.
Teaching Methods - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	4	<ul style="list-style-type: none"> ▪ Lots of parent/child involvement and communication activities. ▪ Variety of activities (worksheets, overheads, role play, games). ▪ Visuals a little lacking and heavy use of worksheets.
Appropriateness for Audience - Incorporates behavioral goals, teaching methods, and materials that are appropriate to the age, sexual experience, and culture of the students (as stated by publisher.)	4.1	<ul style="list-style-type: none"> ▪ Too wordy, too much, too advanced for 7th grade, better for end of 8th or 9th grade. ▪ Not well defined with tweaking could be tailored to a variety of audiences.
Multicultural Perspective - This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Would need some adaptation to meet any specific audience or multicultural audience. ▪ Specific concerns included: communication worksheet had three stereotypical male and female roles, some activities were considered not inclusive and culturally insensitive, and GLBT issues were not addressed. ▪ Graphics/names in scenarios very “White.”
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	3.7	<ul style="list-style-type: none"> ▪ Some helpful tips for teachers including how to answer questions. ▪ Lots of information and the curriculum is available on the web and it’s free! ▪ Explains things fairly well with lots of text/directions- may or may not be useful.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Gives lots of detail and background information ▪ Lots of info provided to support teacher.
Presentation Quality - How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?	2.7	<ul style="list-style-type: none"> ▪ Graphics are not appealing or clear. ▪ Overheads & illustrations were not useful. Need better, more current visuals.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly - 0 ▪ Recommend - 10 ▪ Reject -0