

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review
Review Date: January 2008

Reflections (2005)

DVD (20 minutes)

Target Audience: Stated Audience: No Audience Stated
Recommended by panel: *Age Group 14-18*

Cost: \$55.00 plus shipping

Distributor: Scenarios USA

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

Review Summary

The video *Reflections*, written by a 17 year old, follows “three best friends as they take the risk of HIV/AIDS seriously as they navigate romantic relationships in an urban environment mired in economic strife, drugs, and limited options. Reflections addresses HIV testing, self-esteem, communication, drugs, dating, commitment, and friendship.” The video can be viewed online and lesson plan can be downloaded for free online.

The panel **highly recommends** the video *Reflections* for the following reasons:

- Accurate (but limited) factual information on HIV/AIDS including testing.
- Realistic and powerful teen scenarios.
- Focus on consequences of unprotected sex, condom use, and HIV testing.
- Quality of the video production was very good.

The panel has concerns about the following elements of the *Reflections* video:

- Guide contained accurate information but did not have activities for skill building or personalizing information.
- Video contained many examples of unsuccessful communication between partners– skilled facilitator would need to discuss good communication and negotiation skills.
- Many panel members did not think the guest speaker in the video should have asked “who is the class has been sexually activity.” Not good modeling for educators.

Overall, the panel **highly recommends** the video *Reflections*. The panel felt like the targeted audience (although not stated specifically) would be urban African American teens. Although, panel members did feel that with a skilled facilitator, many teens could relate to the realistic and powerful scenarios.

Reflections (2005)

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.	4.2	<ul style="list-style-type: none"> Good current content. Not a lot of facts, but realistic situations. Testing and protection addressed. No teens were abstaining. Good information in the facilitator's guide. Good on testing. Good showing that anyone can get HIV (e.g. you can get HIV the first time you have sex). Not great examples of "ways to avoid intercourse".
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.	3.9	<ul style="list-style-type: none"> Consequences to sexual activity. HIV prevention (communication, condom use, and testing). Testing – good example-good example of experience with clinic.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.3	<ul style="list-style-type: none"> 3 different female perspectives on - be safe no matter what and who. There are negative consequences to sexual activity.
Addresses Social Pressures – Video demonstrates social pressures that influence sexual behavior. Guide includes activities that address social pressures that influence sexual behavior.	4.8 1.0	<ul style="list-style-type: none"> Excellent examples of pressures in video (money, age, disparity, peer pressure.). Guide doesn't address pressure and could be missed without a strong facilitator. Real world of pressure to have sex, would have appreciated more responses to the social pressures.
Communication Skills – Video provides examples of being assertive, using negotiation and refusal skills, making decisions, etc. Guide includes activities to practice assertive skills, negotiation and refusal skills, decision-making skills, etc.	3.1 1.3	<ul style="list-style-type: none"> Not a lot of successful communication in video but great talking points to expand upon. Guide does not include skill-building activities. Shows communication in the video, but would have to discuss a lot in order to teach students how to communicate effectively. Could have used more examples of negotiation skills
Teaching Methods - Engages participants and helps them personalize information	4.3	<ul style="list-style-type: none"> Uses an emotional connection. Characters seemed very realistic and relevant. Teens could see themselves in these girls. Video engaging and up to date; allows students to figure out characters with activities in the guide.
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.)	3.1	<ul style="list-style-type: none"> Video is excellent! No stated audience. Panel felt the video was geared towards urban, African American youth. Would be useful to have publisher's intended audience.
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> Would really resonate with African American and Hispanic population.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	2.9	<ul style="list-style-type: none"> Guide has good facts but has only one activity and is not laid out well for easy use. Better suggestions about when to stop video and where to lead discussion.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> A facilitator must have a moderate level of content knowledge and group skills. Facilitator needs knowledge of target population and the relevance to the topic, etc.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?	4.5	<ul style="list-style-type: none"> Video production was very good. However, it was hard to hear/understand in some parts of film.
Overall Recommendation		<ul style="list-style-type: none"> Recommend Highly -8 Recommend -5 Reject - 0