

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review
Review Date: January 25, 2005

***What is Love? What is Sex* (2005)**

Video/DVD (25 minutes)

Target Audience: Grades 7- College

Cost: \$140.00

Distributor by ETR Associates

41 Kensico Drive, Mount Kisco, NY • 1(800) 431 2050 • www.hrmvideo.com

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

Review Summary:

“*What is Love? What is Sex?*” explores a multitude of questions about love, relationships, crushes, sex, feelings, and experiences that pertain to adolescent development. The video follows actual teenage relationships as they develop, and interviews the participants to gain insight into the complex issues of love and sex.

The video provides an accurate and honest portrayal of the adolescent dating experience through the stories of a group of strong, mature and articulate teens. The video validates that teens can be in love and in meaningful relationships. It is not a source of facts and information, but rather is intended to trigger discussion on topics such as communication, healthy relationships and deciding what is best for each person. “*What is Love? What is Sex?*” reinforces the message that sex does not equal love and explores the confusion youth may feel about sex, love and the differences between the two.

The video discusses pressures from friends and partners, but does not address pressures from outside sources like the media. The supplemental guide provides activities to further the discussion about social pressures. Examples of positive communication are shown in the video and provided in the guide; however, the audience is not given much chance to practice communication skills. The video addresses factors that go into decisions but does not talk about the decision-making process.

Though the distributor states the intended audience in 9th grade – college, the panel determined that the video is most appropriate for 9th-12th graders - not for college age students. Parents may also benefit from viewing the video. It would work for a wide variety of teens; however, it may not engage GLBTQ youth, teens with disabilities, or teens that are not dating or “in love”. A strong facilitator is necessary to best apply the curriculum to the intended audience.

The reality T.V. format is appealing to adolescents; however, it is lengthy and may be boring for some. The guide offers good activities and is well organized. The last few minutes of the video diminish the overall effect, however, as they provide an unclear message that confuses the issues addressed.

Though the panel was mixed in their overall review of the video, they did **recommend** “*What is Love? What is Sex*”, as a sexuality education resource.

What is Love? What is Sex? (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.	4.3	<ul style="list-style-type: none"> ▪ Provides honest and accurate portrayals of adolescent experiences ▪ Video triggers good discussions; not actual facts and information.
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"> ▪ Focuses on communication, setting personal boundaries and deciding what is best for you. ▪ Encourages the development of healthy relationships. ▪ Helps adolescents sort out feelings about love and sex and the difference between the two.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	3.9	<ul style="list-style-type: none"> ▪ Reinforces message that sex does not equal love; explores the confusion young people feel about sex and love. ▪ Uses strong, mature and articulate teens to share their stories
Addresses Social Pressures –Video demonstrates social pressures that influence sexual behavior. Guide includes activities that address social pressures that influence sexual behavior.	3.9 4.1	<ul style="list-style-type: none"> ▪ Discusses pressure from friends and within couples - does not include other sources of pressure, e.g., media etc ▪ Good supplemental guide; includes many activities around social pressure.
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.	2.6 4	<ul style="list-style-type: none"> ▪ Talks about factors that go into decisions rather than the decision-making process itself. ▪ Testimonials and guide provide some examples of communication skills. ▪ Video indirectly shows communication – teaches by example.
Teaching Methods - Engages participants and helps them personalize information	3.4	<ul style="list-style-type: none"> ▪ Video is a good trigger for discussion. ▪ Guide includes activities to personalize information.
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.)	3.4	<ul style="list-style-type: none"> ▪ Targeted audience too broad. Would be most applicable to 9th - 12th graders. College age students too old. ▪ May not engage GLBTQ youth or teens who are not dating or “in love”. ▪ Could be used with parents, professionals or adults to teach about 15-19 year-old development.
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Would work for a wide variety of teens though video does not include GLBTQ couples or references to GLBTQ issues or teens with disabilities.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	3.5	<ul style="list-style-type: none"> ▪ Video is too long to fit into a forty-minute period. ▪ Guide adds good activities and is well good organized ▪ May be too expensive for some settings.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Requires leader with strong content knowledge and group leading skills. ▪ Facilitator must know how to best apply curriculum to participants
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?	3.3	<ul style="list-style-type: none"> ▪ Guide possesses some grammatical and typographical mistakes. ▪ Video is too long (25 minutes). ▪ Reality T.V. format may appeal to adolescents.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly - 4 ▪ Recommend – 9 ▪ Reject - 5