

## Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review  
**Review Date: January 2007**

### *You, Your Body and Puberty* (2004)

DVD/VHS (24 minutes)

**Target Audience:** Stated audience: Grades 5-9  
Recommended by panel: Grades 3-7

**Cost:** \$129.95 plus shipping

**Distributor:** Human Relations Media

41 Kensico Drive, Mount Kisco, NY 10549 • 1-800-431-2050 • [www.hrmvideo.com](http://www.hrmvideo.com)

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The Minnesota Sexuality Education Resource Review Panel 

<b>Highly Recommends</b>
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 use of this video for the following reasons and with the following reservations:

### Review Summary

The video *You, Your Body and Puberty* presents an introduction to puberty. As stated on their website “the remarkable journey from child to adult is biological, physical and emotional...Viewers will learn what is ‘normal’ for boys and girls at puberty: the biological facts of physical maturation; the timeline for growth for both sexes; the normal feelings of self-consciousness; the need for good personal hygiene; why mood swings happen; and, preparation of the body for human sexuality and reproduction.”

The panel recommends the video *You, Your Body and Puberty* for the following reasons:

- Uses medically accurate information, terminology and images.
- Incorporates a positive and normalizing focus on puberty changes (physical and emotional).
- Encourages parent/child communication with modeling of parent/child interactions.
- Includes common questions from young people and provides factual, age-appropriate answers.
- Guide provides activities to reinforce messages and personalize information.
- Video quality was good and fairly current.

The panel expressed the following concerns about the video *You, Your Body and Puberty*:

- Activities in the guide require a lot of preparation and require good content knowledge and facilitation skills
- Adaptation necessary for use with students with special needs and diverse abilities.
- Video and guide do not address sexual orientation or identity, sexual behavior or sexual health.
- Materials in guide may be “boring” for the intended audience.

Overall the panel **highly recommends** the video *You, Your Body and Puberty*. Panel members conclude that the video provides factual information on the physical and emotional changes of puberty, emphasizing a clear and consistent message that these changes are normal and should be discussed with caring adults. The panel was very clear with their recommendation that the video and guide were more appropriate for an audience younger than grades 5-9.

*You, Your Body and Puberty* (2004)

Assessment Criteria	Mean Score	Comments
<b>Accuracy of Information</b> - 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.	4.5	<ul style="list-style-type: none"> <li>▪ Accurate info about puberty, anatomy, emotions, friendships. Doesn't address all topics in detail (e.g. circumcision).</li> <li>▪ Students asked about common myths relating to puberty, and the teachers responded with accurate information.</li> </ul>
<b>Focus</b> - 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.	4.3	<ul style="list-style-type: none"> <li>▪ Focus on normalizing puberty – physical and emotional changes.</li> <li>▪ Addressed relationships between boys and girls.</li> <li>▪ Does not address sexual health or sexual activity.</li> <li>▪ Good explanation of terms.</li> </ul>
<b>Messages</b> - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.6	<ul style="list-style-type: none"> <li>▪ Consistent message that puberty is normal and not everyone experiences the same thing at the same time.</li> <li>▪ Good to talk to someone and ask questions.</li> </ul>
<b>Addresses Social Pressures</b> – <b>Video</b> demonstrates social pressures that influence sexual behavior. <b>Guide</b> includes activities that address social pressures that influence sexual behavior.	4.8	<ul style="list-style-type: none"> <li>▪ Did not talk about things that influence sexual behavior but did talk about social pressures during puberty well.</li> <li>▪ Addresses that youth can feel shy and confused about asking questions regarding puberty.</li> <li>▪ No activities that address social pressures in guide. Video was strictly puberty.</li> </ul>
<b>Communication Skills</b> – <b>Video</b> provides examples of being assertive, using negotiation and refusal skills, making decisions, etc. <b>Guide</b> includes activities to practice assertive skills, negotiation and refusal skills, decision-making skills, etc.	4.1	<ul style="list-style-type: none"> <li>▪ Good job illustrating parent/child communication. Also discusses changing peer relationships during puberty.</li> <li>▪ How to talk to others about the experiences of puberty.</li> <li>▪ Really nice discussion opportunities from guide.</li> </ul>
<b>Teaching Methods</b> - Engages participants and helps them personalize information	3.9	<ul style="list-style-type: none"> <li>▪ The video engages a younger audience (same age characters) and the guide is the tool to personalize it (such as thinking about personal goals and future plans).</li> <li>▪ Engages a variety of learning styles through music, graphics, words, and diagrams.</li> </ul>
<b>Appropriateness for Audience</b> - Incorporates behavioral goals, teaching methods, and materials that are appropriate to the age, sexual experience, and culture of the students (as stated by publisher.)	2.4	<ul style="list-style-type: none"> <li>▪ This would be best for grades 3-6.</li> <li>▪ Not appropriate for older stated audiences.</li> <li>▪ Could be used in parent groups.</li> </ul>
<b>Multicultural Perspective</b> – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> <li>▪ Did a good job of trying to provide multicultural actors. However, not as applicable for single or no parent families, seemed more appropriate for middle-upper class youth and provided no discussion about disabilities or sexual orientation.</li> </ul>
<b>Teacher-Friendly</b> - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	3.5	<ul style="list-style-type: none"> <li>▪ Very well done video. Lots of activity options in guide.</li> <li>▪ Preparation materials should be enhanced with more instructions for teacher.</li> <li>▪ It would be nice to have a hand-out for parents.</li> </ul>
<b>Facilitation Skills Required</b> - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> <li>▪ Teacher should have strong facilitation skills to adequately prepare students for the topic and make exercises in guide more engaging.</li> <li>▪ Good facilitation skills necessary to answer student's questions.</li> </ul>
<b>Presentation Quality</b> – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?	3.9	<ul style="list-style-type: none"> <li>▪ Excellent video quality (music was sometimes distracting.)</li> <li>▪ Guide is not exciting but is straightforward.</li> </ul>
<b>Overall Recommendation</b>		<p><b>Recommend Highly -10</b>  <b>Recommend – 10</b>  <b>Reject – 0</b></p>