

# *Comprehensive Sexual Health Education Instructional Materials Review*

## Boundaries (KCSARC)

**Year Published/Revised:** 2020

**Publisher:** King County Sexual Assault Resource Center

**Website:** <https://www.kcsarc.org/boundaries>

**Full or Supplemental:** Supplemental

**Grade Level:** Middle School & High School (6-12)

**Student Population:** General

**Duration/Number of Lessons:** One Video: 2:23 minutes

**Format and Features:** Online video, Intro to Boundaries, My Bubble Worksheet, Boundaries Reflection Worksheet

**Evidence-based/informed:** Not indicated

**National Standards Alignment:** Not indicated

**Consistent with WA Health Education Standards?** Yes

**Consistent with Comprehensive Sexual Health Education Law?** Yes

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

**Inclusive Materials/Strategies:** Yes

**Bias-Free Materials:** Yes



## Primary Subject Areas and Topics Required by Law:

- 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 103*

I like the worksheets as they would help students think about what their boundaries are and how they might react if people overstep their boundaries.

### *Reviewer 118*

The video particularly is helpful for framing boundaries in a general social health model as opposed to strictly in a sexual context, this makes this more accessible for a wider audience (i.e., allowed for inclusion of different bodies, non-neurotypical folx, younger folx etc.) and was helpful for increasing my likelihood of referencing this tool again later. The script is thorough and does a great job of making the concept digestible with easy modern (pandemic relevant,) examples of boundary setting. Many other resources reviewed by this reviewer are not inclusive of or conscious of the pandemic or the impacts on our social structures and behaviors a year out. The worksheets listed with the video on the website page are not as engaging in discourse as I would hope, while appropriate for younger youth, older students may need



adapted worksheets or additional discussion of more in-depth ideas and examples, especially for violence prevention and accessing resources.

*Reviewer 104*

The video had great content that was useful for explaining and understanding boundaries, and it was brief and direct. The video itself was not of very high quality in terms of sound or production, though it was understandable and simple. I am not sure how engaging young people would find it, which is the primary reason I would not utilize it in a classroom. The worksheets were cute, engaging, and fun to look at! I think youth would really enjoy using these. However, they did not have any instructions or context to support their use - only very brief overview of how to fill them out which seemed to refer to a lesson, content, or other information that was not linked back or included. The worksheets and video, while on the same page, was not related directly to the worksheets, as far as I could infer. More information about how to use these in the classroom and in conjunction with the video would be useful to cut down on teacher prep and increase understanding.

*Reviewer 109*

This short video and worksheets are very specific so there is not any teacher guidance, but it's pretty straight forward.

*Accuracy Analysis Reviewer 124*

No medical inaccuracies.

