



# Sexual Health Education Instructional Materials Review

## Oh No B.O. (Changing Bodies)

Year Published: Not available

Publisher: AMAZE

Website: <https://amaze.org/video/oh-no-bo-changing-bodies/>

Full or Supplemental: Supplemental

Grade Level: 4-6

Student Population: General

Duration/Number of Lessons: Online video, 2.33 minutes

Format and Features: Online video, educator and parent guides, links to lesson plans

Evidence-based/informed: Not available

National Standards Alignment: No

Consistent with Healthy Youth Act? Yes

Consistent with AIDS Omnibus Act? N/A

Bias Free Materials: Yes

### Primary Topical Areas (Check all that apply)

- |  |  |
|--|--|
| <input type="checkbox"/> Abortion                      | <input type="checkbox"/> Identity/Orientation                      |
| <input type="checkbox"/> Abstinence                    | <input type="checkbox"/> Online Safety                             |
| <input type="checkbox"/> Access to Services            | <input type="checkbox"/> Pregnancy & Reproduction                  |
| <input type="checkbox"/> Anatomy and Physiology        | <input checked="" type="checkbox"/> Puberty/Adolescent Development |
| <input type="checkbox"/> Communication/Decision-making | <input type="checkbox"/> Refusal Skills                            |
| <input type="checkbox"/> Condom Use                    | <input type="checkbox"/> STD Prevention                            |
| <input type="checkbox"/> Consent                       | <input type="checkbox"/> Other                                     |
| <input type="checkbox"/> Contraception                 |  |
| <input type="checkbox"/> Healthy relationships         |  |
| <input type="checkbox"/> HIV Prevention                |  |

## Reviewer Comments:

### *Reviewer 113: Grades 3-5, 6-8*

Intended for grade levels 5-6. Separate videos for girls, for boys, and for co-ed groups. Demo materials, student kits, teacher guides, and permission letters available. English and Spanish versions. Scientific information given, combined with cute graphics to promote good hygiene; specific info on frequency of bathing, brushing teeth, using deodorant; importance of nutrition, exercise, sleep. Describes what's "normal," how to cope, who to talk with. Link to resources through product manufacturers (feminine products, deodorants, shaving products).

### *Reviewer 111: Grades 6-8*

The video is great. It uses a clever mix of animation along with the live presentation of the 5th-6th graders. Topics are limited to puberty including acne, secondary sex characteristics, erections, and periods. There are kits available for both boys and girls as well as a comprehensive teacher guide. All are available in Spanish. The only critique would be that it is very cis-normative. There is not reference or discussion to gender identity and how that might be impacted by changes during puberty.

### *Reviewer 107: Grades 3-5, 6-8*

This video and supporting materials describe puberty in great depth. There are options for co-ed as well as individual gender videos. Proctor and Gamble is the producer of this resource, and so their products are shown as examples. The menstruation options do not address use of tampons. This is a well-produced resource, and I would use it in to present the topic of puberty to students.

### *Reviewer 108: Grades 9-12*

The video material included is well done and engaging. The print materials are also well done and includes both teacher and parent materials.

### *Reviewer 108: Grades 3-5, 6-8*

There are two parts to this supplemental material. The video portion is well done and is engaging as it is presented by students in a question and answer style format. The material is well covered and presented in a way the grade level for which it is intended will stay engaged. The second part of this supplemental material is the print material. The student, teacher, and even parent items are well done. It is rich in both content and resources. A number of student-ready materials are available.

### *Accuracy Analysis Reviewer 100*

The video and supplemental materials have good age appropriate information about puberty but does not contain any information about STIs, gender identity or preventing pregnancy.

### *Accuracy Analysis Reviewer 101*

This is a great supplemental resource to puberty and changes that children go through to enter into puberty. There is some subtle advertisement in it since it's done by Always Maxi pads, but it's not so overt that it ruins the message. No mention of disease prevention, so this should definitely be used in conjunction with other puberty, age-appropriate education about HIV/STDs. This would be a great complement to curricula, but not an entire curriculum in itself.