



Sexual Health Education Instructional Materials Review

Our Whole Lives

Year Published: 2014

Publisher: Unitarian Universalist Association

Website: <https://www.uua.org/re/owl>

Full or Supplemental: Full

Grade Level: 7-9

Student Population: General

Duration/Number of Lessons: 25 ninety minute lessons divided into 7 units

Format and Features: Workbook including activities and parent/guardian orientation, information on using the curriculum in Special Education classes

Evidence-based/informed: Yes (evidence-informed)

National Standards Alignment: Yes (National Sexuality Education Standards)

Consistent with Healthy Youth Act? Yes

Consistent with AIDS Omnibus Act? Yes (with minor modification)

Bias Free Materials: Yes

Primary Topical Areas (Check all that apply)

- | | |
|-----------------------------------------------------------------|---------------------------------------------------------|
| <input checked="" type="checkbox"/> Comprehensive Sexual Health | <input type="checkbox"/> HIV Prevention |
| <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 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 | |

Reviewer Comments:

Reviewer 102: Grades 7-9

The content provided on sexual health is comprehensive and thorough. The vocabulary terms are detailed, accurate and written in an easy to understand wording that is age appropriate. The lesson plans are interactive with multi-modal teaching strategies to encompass many different learning styles. The curriculum content is culturally inclusive. The overall content and curriculum is designed for small group classrooms, with co-facilitators and heavy parental involvement. The instructional plans are not feasible for a public school setting because of the extensive time required for each lesson which would take a lot of time to complete the entire curriculum. A good use of this material would be to use it as a resource to supplement a different sexual health curriculum. Many of the materials incorporated into the lesson plans are online which would require the teacher to find online, print and distribute which would be time consuming.

Reviewer 103: Grades 7-9

This text was thoughtfully created with care; meeting its goal of creating a new standard for engaging with Sexual Health Education and emphasizing the right of every person "to have accurate information about sexuality and to have their questions answered." The ideal setting for this curriculum would be a group of 6-20 students with 2 facilitators over 25 meetings 90 minutes in length. This text covers a vast array of information in an accessible way. The authors utilize "Notes" to help the facilitator prepare ways to address students' conversations and lived experiences. Each lesson is outlined well with a material checklist to allow the facilitators to be prepared. Vocabulary is clearly outlined, and the importance of language is explained. The modalities utilized cover a broad range of learning styles. The meeting format is a great way to create a safe space for students to engage with each other and model vulnerability as the content matter changes throughout the sessions. If you do not have the time capacity to engage with this curriculum, utilizing it as a supplement for some vulnerable topics would be an ideal alternative.

Reviewer 109: Grades 7-9

First of all, this book has some amazing information. It is factual and medically accurate. Sadly, it is way too in-depth for public school. Most middle schools have very limited time to teach health. This curriculum is taught in twenty-five, 90-minute sessions. Most middle schools have 45-50-minute classes. Nobody would have 50 days of class to teach this topic. This curriculum is also designed to be taught by two facilitators to a small group of 10-14 participants. One teacher with 30+ students would not be the same. I also feel like the level of information covered goes way above what I would teach in 7th grade. Parents would not approve of some of the information covered. It's not bad information, it just seems more appropriate for high school aged kids. This is designed by a religious group but was surprisingly non-religious in nature. I would find this book to be a useful reference tool, as a teacher. It was full of excellent vocabulary terms and many good ideas. Sadly, too in-depth for middle school in my opinion.

Reviewer 114: Grades 7-9

The curriculum is well rounded and offers educators the opportunity to explore all facets of sexual health. Our Whole Lives has an extensive library including lesson guides, handouts, and activities to choose from. In a traditional school setting, the educator would need to spend time determining which ones to utilize that best suits the needs of their students' and community since the curriculum could take an entire semester to cover. The information presented is easy to understand and takes, for the

most part, a very straightforward and non-biased approach to being a comprehensive curriculum. I would not hesitate to use this as a foundation to my sexual health education program.

Reviewer 117: Grades 7-9

The OWL series is an extensive curriculum covering almost all topics of sexual health. The curriculum is geared towards smaller groups of 10-14 people with some adaptability. Clearly explains roles of teachers, students, and parents. Offers programs for youth with special needs or learning disabilities. What keeps me from recommending this curriculum in classroom setting is the length of time needed vs the amount of time realistically allotted for sexual health in classrooms. This curriculum calls for 25 90-minute sessions and although it can be adapted, it is better used outside the classroom setting. Would highly recommend in a community setting.

Accuracy Analysis Reviewer 100

Overall this textbook is well written, filled with comprehensive information and I would recommend its use for teenage sexual education.

Accuracy Analysis Reviewer 101

This is a great, comprehensive, resource for Our Whole Lives. There are some really intuitive and creative games that students can play while getting the information across in a culturally sensitive way. The issues that I see with this is that there is no mention in the book or on the videos about pre-exposure prophylaxis (PrEP) and/or post-exposure prophylaxis (PEP) for HIV prevention, as this is one of the best ways to prevent against HIV aside from abstinence. The video from Canada also didn't mention PrEP or PEP. The games and lessons in this curriculum would be great for a Grade 7-9 classroom with additional scientific bodies of work/curricula to support the games.