

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review
Review Date: November 15, 2005

BART: Becoming a Responsible Teen – An HIV Risk-Reduction Program for Adolescents *(Revised Edition 2005)*

Curriculum

Target Audience: 14-18 years old

Cost: \$ 49.95

Distributor by ETR Associates

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

Review Summary:

B.A.R.T.: Becoming a Responsible Teen curriculum is an HIV-prevention program designed to help teens clarify their own values about sexual activity; make decisions that will help them avoid becoming infected with HIV, the virus that causes AIDS; and learn skills to put their decisions into action. Although originally designed for African American adolescents 14-18, the activities can be adapted to reflect the concerns and cultures of other adolescent populations.

The curriculum includes a variety of teaching methods – interactive group discussions, youth-developed role-plays and first-hand interactions with HIV positive guest speakers from the community.

The *BART Curriculum* contains information and activities that address the following key areas:

- Essential information about HIV and AIDS
- Ways to handle social and sexual pressures
- Ways to communicate assertively with friends and potential sexual partners.
- Refusal skills
- Negotiation skills
- Condom use skills

The panel particularly liked the sections on communication skills and the information provided in order to handle social and peer pressure. The found the “How to use BART” guide to be a great tool to help educators prepare to use the curriculum. Panel members felt that the good handouts and overall organization would assist teachers in efficiently utilizing this curriculum to educate students about HIV/AIDS prevention.

Though most information in the curriculum is accurate, the panel had concerns about some inaccuracies regarding FDA untested/unapproved HIV/AIDS home test, receiving donated blood, oral sex, deep kissing, spermicide and use of plastic wrap during oral sex. The panel found some sections to be text heavy and a little difficult to follow.

Overall, the panel recommends *BART: Becoming a Responsible Teen* as an HIV prevention resource.

BART: Becoming a Responsible Teen (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.	3.4	<ul style="list-style-type: none"> ▪ Inaccurate information about FDA untested/unapproved HIV/AIDS home test, receiving donated blood, oral sex, deep kissing, spermicide and use of plastic wrap during oral sex. ▪ Does not include information about STD prevention
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.	4.3	<ul style="list-style-type: none"> ▪ Includes a broad range of activities/methods of prevention ▪ Discusses oral, anal and vaginal sex. ▪ Clear focus on HIV/AIDS.
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"> ▪ Inclusion of a variety of topics throughout the whole curriculum. ▪ Clear messages about at risks of urban African American adolescents. ▪ Focus on HIV education and prevention, not STD.
Addresses Social Pressures - Includes activities that address social pressures that influence sexual behavior.	4.1	<ul style="list-style-type: none"> ▪ Addresses social pressures through role plays.
Communication Skills - Provides examples of and practice with being assertive, using negotiation and refusal skills, making decisions, etc.	4.8	<ul style="list-style-type: none"> ▪ Great sections on communication skills and assertiveness. ▪ Includes non-sexual scenarios. ▪ Offers very direct instruction.
Teaching Methods - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	4.3	<ul style="list-style-type: none"> ▪ Good use HIV speakers. ▪ Uses youth-developed role-plays. ▪ Contains spiral reviews of lessons.
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.)	3.6	<ul style="list-style-type: none"> ▪ Information appropriate for targeted audience. ▪ Applicable materials for African American adolescents. ▪ Includes some outdated language/role plays.
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Focuses on urban African American youth; created/tested in urban southern environment. ▪ Adaptation necessary for non-African American teen populations. ▪ Role-plays are gender biased as they only include heterosexual couples.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	4.2	<ul style="list-style-type: none"> ▪ Good “ How to use BART” section. ▪ Great handouts and organization. ▪ Include classroom management techniques.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Must have ability to adapt information to different audiences. ▪ Possess group management and facilitation skills. ▪ Success dependent on active participation of youth and interactive discussions.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	3.2	<ul style="list-style-type: none"> ▪ Some sections/lessons are wordy and contain a lot of explanation. ▪ Needs video updating; needs more visual aids and interesting student handouts.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly – 0 ▪ Recommend – 14 ▪ Reject - 0