

Minnesota Sexuality Education Resource Review Panel
Summary of Panel Review

Reducing the Risk: Building Skills to Prevent Pregnancy STD and HIV, 4th Edition, (2003)

Curriculum

Target Audience: High School

Cost: \$42.95 curriculum and one student workbook

\$18.95/5 workbooks (available in English and Spanish)

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

Review Summary:

Reducing the Risk: Building Skills to Prevent Pregnancy, STD and HIV is a 16 lesson curriculum designed to help youth develop attitudes and skills to help them prevent pregnancy and the transmission of STDs including HIV. It is one of the first rigorously evaluated curricula to be found to have a measurable impact on youth sexual behavior. It provides accurate information about birth control and HIV/STDs, as well as activities to teach refusal skills and delay tactics.

The panel felt that the curriculum gives clear, consistent messages about abstaining from sex or using protection, as well as about delaying sex. It offers many different types of exercises to reinforce these messages. They felt that the activities would work well with low risk students in classroom settings but may be less effective with higher risk groups.

Panel members found the format of the curriculum to be straightforward and user friendly. They stated that the appendices are very helpful and noted that the “Observer Checklist” for role-plays is particularly useful.

The panel noted that the following information might need to be clarified/supplemented by the instructor:

- The definition of “abstinence” (It is not clearly defined in the curriculum.)
- Information on pregnancy options.
- The difference between the risks of protected and unprotected anal sex. (Anal sex is listed as a “risky behavior” with no indication of ways to reduce the risk.)

Overall, the panel highly recommends this curriculum for use with high school students.

Assessment Criteria	Mean Score	Comments
Accuracy of Information - Provides basic, accurate information about the risks of teen sexual activity and about ways to avoid intercourse or use methods of protection against pregnancy and STDs.	4.5	<ul style="list-style-type: none"> ▪ Up-to-date information. ▪ Lacks a clear definition of abstinence. ▪ Does not include information on Emergency Contraception.
Focus - Focuses on reducing one or more sexual behaviors that lead to unintended pregnancy or HIV/STD infection.	4.7	<ul style="list-style-type: none"> ▪ Focuses on abstinence and safer sex – includes information and social skill development
Messages - Delivers and consistently reinforces a clear message about abstaining from sexual activity and/or using condoms or other forms of contraception.	4.6	<ul style="list-style-type: none"> ▪ Clear consistent messages to abstain or use protection. Also addresses “delaying” sex. ▪ Many exercises are used to reinforce these messages
Addresses Social Pressures - Includes activities that address social pressures that influence sexual behavior.	4.5	<ul style="list-style-type: none"> ▪ Strength of curriculum is addressing social pressures with small group activities.
Communication Skills - Provides examples of and practice with communication, negotiation and refusal skills	4.6	<ul style="list-style-type: none"> ▪ Great exercises, role plays to practice communication skills. ▪ Refusal skills are particularly strong.
Teaching Methods - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	4.5	<ul style="list-style-type: none"> ▪ Many different styles incorporated. May be a bit heavy on the use of role-plays. Many activities are verbal, language focused. ▪ Includes some good “hands on” lessons. ▪ Needs to be adapted to individual audience.
Appropriateness for Audience - Incorporates behavioral goals, teaching methods, and materials that are appropriate to the age, sexual experience, and culture of the students.	4.0	<ul style="list-style-type: none"> ▪ Good with low risk students in classroom settings. May be difficult with higher risk groups.
Multicultural Perspective - Does this resource address the needs of communities of color; and/or issues of sexual orientation, gender, and disability?		<ul style="list-style-type: none"> ▪ Attempts to be inclusive of multiple cultures, however, seems to be more geared to white youth from two parent families. ▪ May not work as well with GLBT youth. ▪ Names are gender neutral.
Addresses needs of diverse learners. Check those that apply.		<ul style="list-style-type: none"> ▪ Spanish Language – Workbooks are available in Spanish. Curriculum is only in English.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	4.8	<ul style="list-style-type: none"> ▪ Well put together. Good information and support for teachers. ▪ Teachers may have to adapt some information to fit their group.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Requires a group leader with moderate to strong content knowledge and group skills.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?		<ul style="list-style-type: none"> ▪ Not rated.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly - 13 ▪ Recommend - 5 ▪ Reject ~ 0