

## **Minnesota Sexuality Education Resource Review Panel**

Summary of Panel Review

**Review Date: May 2006**

### ***Saving Sex for Later: Stories to Help Parents Talk to their Sons & Daughters* (2003)**

Format: CD set

Target Audience: Parents of teens and pre-teens

Cost: \$40.00

Distributor: Education Development Center, Inc.

[www2.edc.org/HHD](http://www2.edc.org/HHD)

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

#### **Review Summary:**

*Saving Sex for Later: Stories to Help Parents Talk to their Sons and Daughters* is a 3-CD set that features conversations between parents and children that show ways to communicate with pre-teens about their physical and emotional development, dating and sex. The CD encourages families to think about their values and how these values can be communicated to their children.

The panel considers this CD an excellent tool to open the lines of communication between parents and their pre-teens. The information presented is accurate and covers topics such as love, Internet safety, boundary setting, and respectful behavior towards others. The CD promotes abstinence as the primary way to prevent pregnancy and disease. There is limited information on other forms of prevention, i.e., birth control or condoms.

The CD addresses changes that are experienced during puberty, pressure from friends and partners, sexual harassment, and bullying and teasing. The main message is the need for communication between parents and youth. The CD states that parents are capable of being sexuality educators and provides examples of conversation starters, responses to tough situations, and multiple ways to address youth questions. The CD models positive conversations with youth that are realistic and easily personalized.

The CD is good for urban youth, specifically black and Hispanic families. It may be most appropriate for lower and middle-income families, however, could cross all socioeconomic boundaries. Though the CD acknowledges GLBT youth, it does not have specific examples of communication around these issues. It portrays the perspectives and voices of families with different parenting structures and parenting styles.

The panel considers the CD a stand-alone piece that requires little or no facilitation; therefore, the CD could be given to parents even if there is no follow-up. Although there is no leaders guide or recommended discussion questions to use after listening to the CD, it is helpful to offer parents an opportunity to practice these skills.

The panel **highly recommends** *Saving Sex for Later: Stories to Help Parents Talk to their Sons and Daughters* as a resource for parents as sexuality educators.

*Saving Sex for Later: Stories to Help Parents Talk to their Sons and Daughters (2003)*

Assessment Criteria	Mean Score	Comments
<b>Accuracy of Information</b> - 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.	4.8	<ul style="list-style-type: none"> <li>▪ Very limited information on protection, but information discussed is accurate.</li> <li>▪ Accurately covers information on love versus lust, Internet safety, boundary setting and respectful behavior towards others.</li> <li>▪ Addresses typical adolescent changes that boys and girls experience during puberty.</li> </ul>
<b>Focus</b> - 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.	4.8	<ul style="list-style-type: none"> <li>▪ Focuses on need for good communication between parent and child.</li> <li>▪ Encourages young teens to abstain until they are older, in a relationship or married. Promotes abstinence as the primary way to prevent pregnancy and disease.</li> <li>▪ Encourages young people to be true to their values.</li> </ul>
<b>Messages</b> - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.8	<ul style="list-style-type: none"> <li>▪ Gives multiple ideas for handling tough parenting situations.</li> <li>▪ Primary message is to promote positive communication between parents (adults) and youth; affirms that parents are capable of being sexuality educators for your children.</li> </ul>
<b>Addresses Social Pressures</b> - Includes activities that address social pressures that influence sexual behavior.	4.7	<ul style="list-style-type: none"> <li>▪ Addresses pressure from friends, boyfriend/girlfriend/crushes</li> <li>▪ Addresses bullying, teasing and talking about people behind their backs.</li> <li>▪ Includes an excellent conversation between boys and their teacher</li> </ul>
<b>Communication Skills</b> - Provides examples of and practice with being assertive, using negotiation and refusal skills, making decisions, etc.	4.9	<ul style="list-style-type: none"> <li>▪ Provides good modeling of communication within families, however, does not allow for practice of communication skills.</li> <li>▪ Provides a great conversation starter to address sexuality and media images.</li> <li>▪ Addresses appropriate behavior and sexual harassment. .</li> </ul>
<b>Teaching Methods</b> - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	4.6	<ul style="list-style-type: none"> <li>▪ Does not include a discussion guide</li> <li>▪ Realistic situations, easy to personalize and identify with parents</li> </ul>
<b>Appropriateness for Audience</b> - Incorporates behavioral goals, teaching methods, and materials that are appropriate to the age, sexual experience, and culture of the students (as stated by publisher.)	4.6	<ul style="list-style-type: none"> <li>▪ Excellent for city kids and adults who are familiar with youth language and culture</li> </ul>
<b>Multicultural Perspective</b> – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> <li>▪ Good job providing multicultural voices and perspectives, as well as different parenting styles. Though content applies to all families, families depicted in the CD may be most relevant for families of color from lower or middle SES.</li> <li>▪ Does not address issues of GLBT youth.</li> </ul>
<b>Teacher-Friendly</b> - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	4.7	<ul style="list-style-type: none"> <li>▪ Just put disc in.</li> <li>▪ Works as a stand-alone piece.</li> </ul>
<b>Facilitation Skills Required</b> – How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> <li>▪ Parents should figure out what message they want to send to their children.</li> <li>▪ Very little, if any, facilitation required</li> <li>▪ Could hand out these CDs to parents even if follow up with them was unavailable</li> </ul>
<b>Presentation Quality</b> – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	4.6	<ul style="list-style-type: none"> <li>▪ Modern- language; up to date; great in terms of literacy and use of oral tradition.</li> <li>▪ Excellent length (25 minutes)</li> </ul>
<b>Overall Recommendation</b>		<ul style="list-style-type: none"> <li>▪ <b>Recommend Highly – 9</b></li> <li>▪ <b>Recommend - 2</b></li> <li>▪ <b>Reject – 0</b></li> </ul>