

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review

Review Date: March 2005

***Focus on Kids: Adolescent HIV Risk Prevention* (2005)**

Format: Curriculum

Target Audience: Grades 5-10

Cost: \$45.00

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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:

The revised edition of “Focus on Kids: Adolescent HIV Risk Prevention” is an eight (8) session curriculum that provides knowledge and skills youth need to protect themselves from becoming infected with HIV. It focuses on decision-making, communication, refusal and advocacy skills within the context of comprehensive, accurate information about sexual health. Specific sessions include: Trust Building and Cohesion; Risks and Values; Obtaining Good Information; Examining Consequences; Communication; Information About Sexual Health; Attitudes and Skills for Sexual Health. An optional all-day retreat and parent session are outlined as well.

The curriculum relies on “natural friendship groups” – youth who already spend time together. The hope is that youth, who are friends, will encourage each other to participate and use the positive skills being taught. In addition, the curriculum is designed for single sex groups. It suggests, however, that girls and boys groups be combined occasionally to give participants a chance to hear how the other gender thinks and to practice communication and decision-making skills within a mixed-gender group.

The curriculum places a large emphasis on team building and respect. Each session begins and ends with a ritual activity designed to build group cohesion and reinforce what has been learned.

The panel found the curriculum to be well structured and easy to use. Detailed instructions are given for use of the curriculum as a whole, as well as for individual activities within each session. It includes a variety of activities including games, role-plays, discussion and community projects.

Overall, the panel **highly recommends** the use of *Focus on Kids: Adolescent HIV Risk Prevention*. Panel members felt it treats young people with respect and offers many opportunities to reinforce decision-making skills and positive behaviors that promote sexual health.

Focus On Kids (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.	4.4	<ul style="list-style-type: none"> ▪ Contains a few inaccuracies, but overall, includes accurate, up-to-date facts and activities. ▪ Well grounded in what works in HIV and teen pregnancy 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.	4.7	<ul style="list-style-type: none"> ▪ Focuses on reducing the risk of HIV or unplanned pregnancy; stresses decision-making, communication, refusal and advocacy skills. ▪ Doesn't just tell kids what not to do; it leads them to make their own healthy decisions. ▪ Relationship between alcohol and risky sexual behavior stressed throughout curriculum.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.6	<ul style="list-style-type: none"> ▪ Walks kids through the entire decision-making process. ▪ Has multiple chapters that cover similar material; reinforces what has come before.
Addresses Social Pressures - Includes activities that address social pressures that influence sexual behavior.	4.6	<ul style="list-style-type: none"> ▪ Uses "natural friendship groups" to encourage participation and support positive behaviors. ▪ Builds trust within the group.
Communication Skills - Provides examples of and practice with being assertive, using negotiation and refusal skills, making decisions, etc.	4.7	<ul style="list-style-type: none"> ▪ Strong focus on communication with many activities. ▪ Large amount of time spent on building group dynamics, trust and respect
Teaching Methods - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	4.6	<ul style="list-style-type: none"> ▪ Includes a variety of activities including, games, role-plays, discussion, community projects, and group activities. ▪ Personalizes topics by asking, "What do you think?"
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.)	4.8	<ul style="list-style-type: none"> ▪ Designed for youth 9-15. ▪ Provides alternative activities for younger (9-12) and older (12-15) youth.
Multicultural Perspective - This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Appropriate for most groups. Facilitators are encouraged to adapt the curriculum to meet their community needs, experience and concerns. ▪ Provides alternative activities/scenarios to fit different groups. ▪ GLBT- rarely addressed but does discuss superficially.
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 organized with clear instructions and planning ideas. ▪ Contains comprehensive introduction, tips for getting started and for managing behavior. ▪ Provides a great deal of guidance and structure for facilitator.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Requires moderate content knowledge and group skills. Includes clear instructions and background information for facilitator. ▪ Recommends having two leaders are recommended
Presentation Quality - How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	4.3	<ul style="list-style-type: none"> ▪ Very well organized, structured, and easy to follow.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly - 15 ▪ Recommend - 3 ▪ Reject - 0