

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review
Review Date: January 2006

Love U 2: Increasing Your Relationship Smarts (2004)

Curriculum

Target Audience: 14-18 years old

Cost: \$249.95

Distributed by: The Dibble Fund for Marriage Education

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The Minnesota Sexuality Education Resource Review Panel

Recommends

 use of this curriculum for the following reasons and with the following reservations:

Review Summary:

Love U2: Increasing Your Relationship Smarts is a curriculum that focuses on the relationship aspect of adolescent sexuality and abstinence. It is designed to guide teens towards healthy relationships by providing insight and skill building. It aims to teach teens that they can achieve respect, love, and affection in their relationships and chose abstinence for their emotional and social well-being, not just to protect from STIs and pregnancy.

The five units are on relationships, sex, having children, marriage, and communication. Each unit is broken down into lessons that have background information, activities, worksheets, role-plays, and discussion topics. This curriculum is designed for maximum flexibility. Educators are encouraged to first use the “core” lessons and then choose other lessons to fit within their time constraints.

Although this curriculum thoroughly looks at many aspects of healthy romantic relationships, it focuses on a marriage outcome. The message about healthy, marriage-bound relationships is clear and consistent and reinforces that they take time and work, but are possible. The curriculum does not include information about friendships or being single. The panel expressed concern that this omission may cause adolescents who are not in a dating relationship to feel pressure to be in one. The curriculum does not address same sex relationships or culture, race, and class issues.

Many of the supplemental materials (book and TV show) are outdated and the panel does not recommend their use. However, they are not essential components of the curriculum. To use this curriculum effectively there is lot of preparation time required. The materials are dense, require a lot of preparatory reading, and may need to be adapted to fit within the class time available. The panel felt that it is particularly important that facilitators reserve their personal values and judgments when implementing this curriculum. The panel recommended the use of the curriculum for grades 6-8. They stated that it may be appropriate for some groups of 8th –10th graders but is not appropriate for an older audience unless modified.

The panel **recommends** *Love U2: Increasing Your Relationship Smarts*.

Love U 2: Increasing You Relationship Smarts (2004)

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.	3.9	<ul style="list-style-type: none"> ▪ Focus is on relationships, not on factual information. ▪ Some of the data is presented without citations. The term “fact” is used loosely, e.g., some of the quizzes have simplistic statements that can be misleading if the facilitator is not well versed in the issues.
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.	4.6	<ul style="list-style-type: none"> ▪ Thorough look at many aspects of healthy relationships - attraction, infatuation, emotions, love, communication, etc. ▪ Focuses on marriage and stable committed relationships; little focus on being single or in a platonic or same sex relationships.
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"> ▪ Consistent messages that one can learn to be in a good relationship and be a good partner. Relationships take time and work but are possible and worth it.
Addresses Social Pressures - Includes activities that address social pressures that influence sexual behavior.	3.8	<ul style="list-style-type: none"> ▪ Contains a lot of information that would help youth negotiate relationships - addresses issues around breaking up, turning someone down, considering others’ feelings, etc. ▪ May be uncomfortable for those not dating - reinforces need for a romantic relationship.
Communication Skills - Provides examples of and practice with being assertive, using negotiation and refusal skills, making decisions, etc.	4.5	<ul style="list-style-type: none"> ▪ Strength of the curriculum. Offers many activities to practice various communication skills ▪ Good role plays and values clarification activities, especially on how to start a conversation, how to end a relationship and how to turn someone down politely. ▪ Needs to encourage/teach more assertive refusals skills.
Teaching Methods - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	3.8	<ul style="list-style-type: none"> ▪ Contains detailed instructions and good variety of activities, discussions, worksheets and parent take-home information. ▪ Supplemental materials are dated and expensive, e.g., “My So Called Life”.
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.)	3.5	<ul style="list-style-type: none"> ▪ Most appropriate for 6th – 8th grade, ok for 8th-10th, not appropriate for older audiences.
Multicultural Perspective - This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Needs to be adapted for urban, racially diverse or GLBT audiences; needs a strong facilitator to make it more friendly and inclusive.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	3.3	<ul style="list-style-type: none"> ▪ Good handouts, lots of resources. Except for suggested supplemental materials-everything is included -well laid out and easy to use. ▪ Requires lots of prep time and reading. ▪ Each lesson includes multiple activities - allotted time for the activities may be underestimated.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ “Relationships” is a hard topic to teach. Requires a non-judgmental facilitator who can withhold their personal values & opinions. More nuanced topic than STIs, birth control etc. ▪ Requires facilitator who can adapt lessons to be inclusive of a diverse audience (GLBT, socioeconomic status, race/ethnicity, etc.,) ▪ Facilitator needs to know the audience and be ready for difficult discussions.
Presentation Quality - How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?	3.7	<ul style="list-style-type: none"> ▪ Lots of dense reading - small print ▪ Easy to use and copy the 3-ring binder.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly - 3 ▪ Recommend - 7 ▪ Reject – 0