

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review
Review Date: September 2005

Raising Healthy Kids: Families Talk About Sexual Health (2003)

Video (25 minutes)

Target Audience: Parents of adolescents

Cost: \$149.99

Blake Works Inc.

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

Review Summary:

Raising Healthy Kids: Families Talk About Sexual Health is a video designed to facilitate discussion with parents about sexuality. It gives parents information and tools to help them communicate with their children about sexuality.

Raising Healthy Kids promotes sexual health, responsibility and self-respect. The video focuses on open communication within families about sexual health. It encourages parents to share their personal values, develop listening skills, and be approachable to their teens. It emphasizes that discussions about sexuality are ongoing, communication within families is necessary and good health is of greatest importance. The video provides parents with accurate information and allows each parent to address sexual health in the way that fits their family.

The intended audience is parents of adolescents. The video does not represent a diverse group of parents and families; specifically, it lacks a GLBT perspective and most examples are of middle to upper class, highly educated families. It is necessary to have a discussion following the video, led by a skilled facilitator who is sensitive to differing parental values and experiences. A guide is included to aid in these discussions.

Teens were included in the video creation, increasing its credibility and real-life perspectives on sexual health. However, the format of the video is somewhat repetitive and outdated, and may cause the audience to lose interest.

The panel **recommends** *Raising Healthy Kids: Families Talk about Sexual Health* as an educational resource for parents of adolescents.

Raising Healthy Kids: Families Talk About Sexual Health (2003)

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.	4.3	<ul style="list-style-type: none"> ▪ Information is focused on sharing values and open communication.
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.	4.5	<ul style="list-style-type: none"> ▪ Promotes sexual health, responsibility and self respect. ▪ Encourages parental listening skills and sharing of values. ▪ Focuses on parent-teen communication about sex. ▪ Emphasizes that discussions about sexuality are ongoing.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	4.5	<ul style="list-style-type: none"> ▪ Consistently gives positive messages about talking with your children about sex. ▪ Teen were included in video creation – video does a good job of including the youth voice.
Addresses Social Pressures –Video demonstrates social pressures that influence sexual behavior. Guide includes activities that address social pressures that influence sexual behavior.	NA	<ul style="list-style-type: none"> ▪ Does not specifically address social pressures
	NA	
Communication Skills – Video provides examples of being assertive, using negotiation and refusal skills, making decisions, etc. Guide includes activities to practice assertive skills, negotiation and refusal skills, decision-making skills, etc.	4.5	<ul style="list-style-type: none"> ▪ Encourages good listening skills, being approachable and watching for teachable moments.
	4.1	
Teaching Methods ~ Engages participants and helps them personalize information	3.7	<ul style="list-style-type: none"> ▪ Follow-up discussion is important ▪ Length may cause audience to lose interest. Format is a bit repetitive. ▪ Good to have parents practice communication.
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.)	4.4	<ul style="list-style-type: none"> ▪ Video is for parents of adolescents. ▪ Appreciate the fact that the video puts the information out there, and gives parents the ability to discuss it with their teens however they see fit.
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Does not include GLBT perspective. Would be a good addition. ▪ Parents in video are primarily from highly educated, middle to upper class families. ▪ Includes an example of a somewhat conservative/religious perspective.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	4.0	<ul style="list-style-type: none"> ▪ Good discussion guide.
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Facilitator needs to be aware of different family values, comfort level, and communication skills. ▪ The video alone is quite long and repetitive. Use with curriculum guide and discussion.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	3.8	<ul style="list-style-type: none"> ▪ A little outdated ▪ Good but a little slow and long; would benefit from being updated and spiced up.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly – 2 ▪ Recommend – 13 ▪ Reject – 0