

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review

Review Date: May 2006

Reality Matters: Sexual Pressures (2004)

Format: Video/DVD

Target Audience: Grades 6-12

Cost: \$69.95(DVD), \$59.95(VHS)

Length: 24 minutes

Distributor: Discovery Education

www.discoveryschool.com

The Minnesota Sexuality Education Resource Review Panel **does not recommend** the use of this video for the following reasons:

Review Summary:

Reality Matters: Sexual Pressures is a video designed to focus on how to deal with sexual feelings, understand accepted boundaries and treat the opposite sex. The panel states that although these issues are addressed, the video lacks a clear central message; the links between the primary topics (cyber safety, sexual harassment, provocative dancing and molestation) are unclear. The panel finds many strengths in the video, however, does not recommend its use overall.

The strengths are the accurate information and statistics; the sections on cyber activity, condoms, and abstinence; the discussion of how the line between teasing and harassment changes as youth age; and the portrayal of a diverse population of young people

The limitations include the unclear focus and connection between topics; the lack of tools, language or skills to deal with sexual harassment and social/sexual pressures; and the images of provocative dancing that may not be appropriate for many audiences. Some panel members found the fact that the video skips from topic to topic good for starting discussions; others felt this makes cohesive discussion more difficult.

The topic of sexual harassment and pressure is a difficult one that requires a skilled facilitator, knowledgeable about the topic and familiar with state and school laws on sexual harassment. The guide is limited but does include some useful resources.

The distributor markets the video to grades 6-12, however, the panel finds it most appropriate for middle-school aged youth.

Though mixed in its assessment, the panel **does not recommend** *Reality Matters: Sexual Pressures* as a sexuality education resource.

Reality Matters: Sexual Pressures (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.	3.4	<ul style="list-style-type: none"> ▪ Information on the cyber sex was especially real, accurate and useful ▪ Statistics were well used and powerful
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.	2.1	<ul style="list-style-type: none"> ▪ Covered too many topics without much detail; too disjointed. ▪ Does not separate sexual harassment and sexual pressures ▪ Focuses on cyber safety, sexual harassment, provocative dancing, molestation, etc.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	2.6	<ul style="list-style-type: none"> ▪ Unclear central message – lacks linkage between topics ▪ Good message regarding how line between teasing, horseplay and harassment changes as kids get older – may still be confusing to some.
Addresses Social Pressures - Includes activities that address social pressures that influence sexual behavior.	3.7	<ul style="list-style-type: none"> ▪ Social pressures are a focus of the video. It addresses conflicts that youth feel, acknowledges their situation, but does not offer concrete solutions for youth. Does not give enough concrete guidance for teachers.
	2.6	<ul style="list-style-type: none"> ▪ Would benefit from use with other curricula that include role-plays on social pressure.
Communication Skills - Provides examples of and practice with being assertive, using negotiation and refusal skills, making decisions, etc.	2.1	<ul style="list-style-type: none"> ▪ Strength of the video is that it addresses sexual harassment and social pressures. Weakness is that it does not offer youth any tools, language or skills for handling these situations.
	2.2	<ul style="list-style-type: none"> ▪ Guide needs to have a more resources in order to facilitate a good discussion ▪ Encourages parent communication and involvement
Teaching Methods - Employs a variety of teaching methods designed to involve participants and have them personalize the information.	2.9	<ul style="list-style-type: none"> ▪ Includes engaging visuals and concise stories to identify with. ▪ The guide provides some content but needs more detail. ▪ Lacks guidance in how students should handle/report sexual harassment
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.)	2.1	<ul style="list-style-type: none"> ▪ Appropriate for middle-school aged students, not high school students ▪ Would recommend parents and children view together ▪ “Booty dancing” segment may be inappropriate for younger audience.
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Good diversity of people in the video – could generalize to a wide ranging audience ▪ Addresses same-sex, sexual orientation-based harassment very briefly -needs expansion.
Teacher-Friendly ~ Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	1.9	<ul style="list-style-type: none"> ▪ Video skips around on topics —makes cohesive discussion difficult ▪ Lacks sufficient guidance for facilitator; requires a lot of prep time.
Facilitation Skills Required ~ How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Lots of topics to cover. Requires highly skilled and knowledgeable facilitator. ▪ Would have to know state and school laws on sexual predators and sexual harassment.
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.)?	3.6	<ul style="list-style-type: none"> ▪ Well filmed and edited. Would keep youth engaged.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Recommend Highly – 2 ▪ Recommend - 4 ▪ Reject – 6