

Minnesota Sexuality Education Resource Review Panel

Summary of Panel Review
Review Date: January 2006

Teens and Sex: What You Need to Know (2005)

Video/DVD: (28 minutes)

Target Audience: Grades 7-12 (MSERRP recommendation: 8-10th grade)

Cost: \$ 129.95

Distributed by: The Sunburst Visual Media

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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:

Teens and Sex: What You Need to Know video is promoted as a teaching tool to answer teen's questions and concerns, debunk sexual myths and correct misconceptions without being preachy or judgmental. It includes basic facts about human reproduction, birth control and sexually transmitted infections; how to find accurate information about sexuality; sexual abstinence as the best choice; the fact that all of their peers are not having sex; and how drug and alcohol use put teens at higher risk for unwanted sex, STIs and pregnancy.

Though the video includes a lot of good information, the panel finds some of it to be inaccurate and the focus to be unclear. The messages are often confusing and accompanied by negative scenarios that depict all adolescent sexual encounters as regrettable. The panel feels this limits the effectiveness of the resource.

A strength of the video is the consistent message that adolescents have a choice to become informed, which can help them make healthier choices. It encourages adolescents to become educated regarding sexual health. Its usage of adolescents as moderators and resources models the capability of adolescents to self-educate. The video presents the Internet as a good source of information but does not tell adolescents how to ensure that the sexual health resources they find are credible ones.

The video discusses the need to communicate but does not show examples of positive communication between partners. The scenarios do not reflect adolescents of diverse backgrounds nor do they address issues of GLBT youth. The facilitator would need to address these issues and correct some of the misinformation presented.

Overall, however, the panel **recommends** *Teens and Sex: What You Need to Know* as an adolescent sexual health resource.

Teens and Sex: What You Need to Know (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.	3.6	<ul style="list-style-type: none"> ▪ Most information is accurate and comprehensive. ▪ Possesses some misleading statements about the contraction of STIs.
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.	3.1	<ul style="list-style-type: none"> ▪ Discusses a variety of topics; but no clear focus.
Messages - Delivers and consistently reinforces a clear message, e.g., states message multiple times in multiple ways.	3.3	<ul style="list-style-type: none"> ▪ Primary message: Adolescents have a choice to become informed which can help them make healthier choices.
Addresses Social Pressures – Video demonstrates social pressures that influence sexual behavior. Guide includes activities that address social pressures that influence sexual behavior.	2.2 2.7	<ul style="list-style-type: none"> ▪ Scenarios should depict more ways to make good choices. ▪ Includes negative scenarios but does not show positive situations. ▪ Does not teach important communication skills i.e. refusal skills.
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.	1.8 2.0	<ul style="list-style-type: none"> ▪ Suggests communication is important, but did not display examples of positive communication
Teaching Methods - Engages participants and helps them personalize information	2.8	<ul style="list-style-type: none"> ▪ Good use of computer as a resource for youth. ▪ Good use of teen moderators.
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.)	3.2	<ul style="list-style-type: none"> ▪ Best for 13-16 years olds: 8th-10th graders
Multicultural Perspective – This resource is most appropriate for the following audiences.		<ul style="list-style-type: none"> ▪ Does not include information applicable to a diverse group of adolescents ▪ Needs GLBT-friendly scenarios to be more inclusive.
Teacher-Friendly - Is well organized with clear, thorough instructions or discussion guide. Minimal assembly or preparation time required.	3.7	<ul style="list-style-type: none"> ▪ May be helpful to divide up video and classroom activities/discussion
Facilitation Skills Required - How knowledgeable and skilled must the facilitator be to use this resource effectively?		<ul style="list-style-type: none"> ▪ Facilitator would require moderate content knowledge and group leading skills. ▪ Facilitator should be able to correct inaccurate information from video
Presentation Quality – How appealing is the product (e.g. visual quality, sound quality, graphics, etc.) ?	2.8	<ul style="list-style-type: none"> ▪ Video format should be updated.
Overall Recommendation		<ul style="list-style-type: none"> ▪ Highly Recommend – 0 ▪ Recommend – 7 ▪ Reject - 0