

Age-appropriate/Research-Based Information for Human Growth and Development

The following list includes examples of age-appropriate and research-based materials and resources which schools and school districts may use to update their human growth and development curricula regarding sexual exploitation by means of the Internet, health and wellness literacy, sexually transmitted diseases (including HPV), and human sexuality. These items are not intended to represent an exhaustive list. This list will be reviewed/updated on an annual basis. The list addresses Iowa Code 256.9(54) to develop and make available to school districts, resource-based materials and resources. Additional research-based materials and resources are available from many other sources including survey data.

Research-Based, Age Appropriate, and Recognized as Medically Accurate and Objective	Citation	Type	Targeted Age Group	Internet Sexual Exploitation	HPV and Vaccine	HIV	Human Sexuality	Health & Wellness Literacy
17 Characteristics of Effective Sex and STD/HIV Education Programs, Kirby, D, Laris, B.A., & Rolleri, L. (2006). <i>Sex and HIV Programs for Youth: Their Impact and Important Characteristics</i> . Washington, DC: Healthy Teen Network.	http://www.etr.org/recapp/documents/programs/SexHIVedProgs.pdf	Research-Based Resource	Teens			X	X	X
All4You (ETR Associates) The primary goal of <i>All4You!</i> is to reduce the number of students who have unprotected sexual intercourse, which is associated with increased risk of HIV, other sexually transmitted diseases (STDs), and unplanned pregnancy.	http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&pageID=627 www.cdc.gov/healthyouth/yrbs/data/alternative/asyrbs98.pdf	Research-based Curriculum	Alternative High School Age 14 - 18			X		X
American Academy of Pediatrics. <i>Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents</i> (3 rd Ed.). (2008). Theme 8: Promoting Healthy Sexual Development and Sexuality, p. 169-175. IL: Elk Grove Village: AAP Retrieved October 5, 2008 from	<i>Bright Futures: Guidelines for Health Supervision of Infants, Children, and Adolescents</i> (3 rd Ed.). (2008). Theme 8: Promoting Healthy Sexual Development and Sexuality, p. 169-175. IL: Elk Grove Village: AAP Retrieved October 5, 2008 from http://brightfutures.aap.org/3rd Edition Guidelines and Pocket Guide.html	Research-Based Curriculum	P-12	X	X	X	X	X
Basic Information on HIV and AIDS Centers for Disease Control (CDC)	http://www.cdc.gov/hiv/topics/basic/index.htm	Research-Based Resource	6-12 grades			X	X	X
Becoming a Responsible Teen (BART) (ETR Associates)	http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&PageID=2					X	X	X
Be Proud! Be Responsible! Curriculum http://www.selectmedia.org/customer-service/evidence-based-curricula/be-proud-be-responsible/	Loretta Sweet Jemmott, Ph.D., R.N., F.A.A.N., John B. Jemmott III, Ph.D., and Konstance A. McCaffree, Ph.D. http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&pageID=1	Research-Based Curriculum	Age 13-18			X	X	X
Centers for Disease Control (CDC) Characteristics of Effective Health Education Curricula (SHER).	http://www.cdc.gov/HealthyYouth/SHER/characteristics/index.htm Reference list	Research-Based Resource	P-12	X	X	X	X	X

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CDC. Healthy Youth. Health Topics: Sexual Behaviors: School Health Guidelines. Guidelines for effective School Health Education to Prevent the Spread of AIDS.	http://www.cdc.gov/healthyouth/sexualbehaviors/guidelines/index.htm	Research-Based Resource	P-12	X	X	X	X	X
CDC. HIV/AIDS among Youth	statistics, topics, resources http://www.cdc.gov/hiv/youth/index.htm	Research-Based Resource	Teens			X	X	X
CDC. School Health Education Resources (SHER).	Search for many health topics, grade, and resources http://apps.nccd.cdc.gov/sher/	Research-Based Resource	P-12		X	X	X	X
Centers for Disease Control and Prevention, Division of Adolescent and School Health	http://www.cdc.gov/healthyouth	Research-Based Resource	Teens		X	X	X	X
Centers for Disease Control and Prevention, Division of Reproductive Health	http://www.cdc.gov/reproductivehealth/index.htm	Research-Based Resource	Teens				X	X
Centers for Disease Control and Prevention: HIV/AIDS	http://www.cdc.gov/hiv	Research-Based Resource	Teens			X	X	X
Centers for Disease Control and Prevention, HIV/AIDS Research	http://www.cdc.gov/hiv/topics/research/index.htm	Research-Based Resource	Teens			X	X	X
Changing the Scene/Teen Outreach Program/TOP (Wyman) The program was designed to reduce teen pregnancy rates and school failure by providing adolescents with a broad spectrum of developmental opportunities.	http://www.promisingpractices.net/program.asp?programid=14#programinfo http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&PageID=575&PageTypeID=2	Research-based Curriculum	Ages 12-17 Grades 6- 12			X		
Child Trends Data Bank	http://www.childtrendsdatbank.org	Research-Based Resource	All				X	X
Child Trends <i>Guide to Effective Programs for Children and Youth: Teen pregnancy & Reproductive Health</i>	http://www.childtrends.org/Lifecourse/programs_ages_teenpregreprohealth.htm	Research-Based Resource	All				X	X
Child Trends "What Works" program table for reproductive health	http://www.childtrends.org/what_works/youth_development/table_a_drehealth.asp	Research-Based Resource	All				X	X

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<i>Crimes Against Children</i>	Crimes Against Children Research Center www.unh.edu/ccrc/	Research-Based Resource	All	X				
Cuidate! (Select Media) <i>¡Cuidate!</i> (Take Care of Yourself) is a small-group, culturally based intervention to reduce HIV sexual risk among Latino youth.	http://www.selectmedia.org/customer-service/evidence-based-curricula/cuidate/ http://www.cdc.gov/hiv/topics/research/prs/resources/factsheets/cuidate.htm http://www.effectiveinterventions.org/en/Interventions/Cuidate.aspx	Research-based Curriculum	Latino Grades 8-11			X		X
Curricula and resources. Teaching about responsible Choices for Sexual Health (4 th Ed.).	http://www.docstoc.com/docs/37382662/Responsible-Choices-for-Sexual-Health	Research-Based Resource	All ages			X	X	X
<i>Diffusion of Evidence-Based Intervention</i> (DEBI) found on CDC Division of HIV and AIDS Prevention	http://www.effectiveinterventions.org/	Research-Based Resource	Teens			X		X
Draw the Line/Respect the Line (ETR Associates)	*Coyle, K., Marin, B., Gardner, C., Cummings, J., Gomez, C., & Kirby, D. (2003). <i>Draw the Line/Respect the Line: Setting Limits to Prevent HIV, STD and Pregnancy: Grade 7</i> . Scotts Valley, CA: ETR Associates. *Marin, B., Coyle, K., Cummings, J., Gardner, C., Gomez, C., & Kirby, D. (2003). <i>Draw the Line/Respect the Line: Setting Limits to Prevent HIV, STD and Pregnancy: Grade 8</i> . Scotts Valley, CA: ETR Associates. *Marin, B., Coyle, K., Gomez, C., Jinich, S., & Kirby, D. (2003). <i>Draw the Line/Respect the Line: Setting Limits to Prevent HIV, STD and Pregnancy: Grade 6</i> . Scotts Valley, CA: ETR Associates. http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&pageID=624	Research-Based Curriculum	6,7,8 grades			X	X	X
Focus on Youth (ETR Associates)	http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&pageID=125&PageTypeID=2	Research-Based Curriculum	Grades 5-10			X	X	X
Genital HPV Infection-fact sheet	CDC: http://www.cdc.gov/std/HPV/STDFact-HPV.htm	Research-Based Resource	Adolescents		X			X

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Health Smart K-12 6 Health Education Program. Addresses 6 CDC risks areas. Grades K-4, 5-6, Middle School, High School. ETR Associates. K-6: feelings, bullying, resolve conflicts, respect bodies, prevent spread disease, set goals healthy future	http://pub.etr.org/ProductDetails.aspx?id=240000&itemno=S020 http://pub.etr.org/productdetails.aspx?id=230000&itemno=H070 http://pub.etr.org/productdetails.aspx?id=230000&itemno=H090	Research-Based Resource	K-12 Curriculum Research-Based Resource	X	X	X	X	X
HPV medical information links	http://www.nlm.nih.gov/medlineplus/hpv.html	Research-Based Resource	Adolescents		X			X
HIV/STD and Sexuality Prevention Education	Educational Materials Center http://www.emc.cmich.edu/HIV/default.htm	Research-Based Curriculum	6-12 Grades		X	X	X	
HPV Vaccine Information for Young Women, CDC HPV facts/ statistics/ educators resources	Centers for Disease Control and Prevention (CDC) HPV Vaccination: http://www.cdc.gov/vaccines/vpd-vac/hpv/default.htm Vaccine safety: http://www.cdc.gov/vaccinesafety/vaers/gardasil.htm	Research-Based Resource	Adolescents		X			X
<i>Innovative Approaches to Increase Parent-Child Communication About Sexuality: Their Impact and Examples from the Field.</i> (2002). New York, NY: Sexuality Information and Education Council of the United States (SIECUS).	http://apha.confex.com/apha/132am/techprogram/paper_78986.htm	Research-Based Resource	All				X	X
<i>It's a Guy Thing: Boys, Young Men, and Teen Pregnancy Prevention.</i> (2006). Washington, DC: National Campaign to Prevent Teen Pregnancy.	http://www.thenationalcampaign.org/resources/pdf/pubs/Guy_Thing.pdf	Research-Based Resource	Teens				X	
Kirby, D. (2001). <i>Emerging Answers: Research Findings on Programs to Reduce Teen Pregnancy.</i> Washington, DC: National Campaign to Prevent Teen Pregnancy.	http://www.nsba.org/MainMenu/SchoolHealth/SearchSchoolHealth/EmergingAnswersResearchFindingsonProgramstoReduceTeenPregnancy.aspx	Research-Based Resource	Teens			X	X	X
Kirby, D. (2007). <i>Emerging Answers 2007. Research-Based Resource Findings on Programs to Reduce Teen Pregnancy and Sexually Transmitted Diseases.</i> Washington, DC: National Campaign to Prevent Teen and Unplanned Pregnancy.	Full Report: http://www.thenationalcampaign.org/EA2007/ Summary: http://www.thenationalcampaign.org/resources/pdf/pubs/EA2007SUM_FINAL.pdf	Research-Based Resource	K-12		X	X	X	X

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Klerman, K. (2004). <i>Another Chance: Preventing Additional Births to Teen Mothers</i> . Washington, DC: National Campaign to Prevent Teen Pregnancy	Full Report: http://www.thenationalcampaign.org/resources/pdf/pubs/AnotherChance_FINAL.pdf Summary: http://www.thenationalcampaign.org/resources/pdf/pubs/AnotherChanceSUM_FINAL.pdf	Research-Based Resource	Teens				X	X
Love U2	The Dibble Institute http://www.buildingrelationshipsills.org/	Research-Based Curriculum	MS-HS			X		X
Making A Difference (Select Media)	http://www.selectmedia.org/customer-service/evidence-based-curricula/making-a-difference/	Research-Based Curriculum	Age 11-13			X	X	X
Making Proud Choices! (Select Media) http://www.selectmedia.org/customer-service/evidence-based-curricula/making-proud-choices/	<i>Making Proud Choices! A Safer-Sex Approach to HIV/STDs and Teen Pregnancy Prevention</i> . New York: Select Media. http://www.selectmedia.org/customer-service/evidence-based-curricula/making-proud-choices/	Research-Based Curriculum	9-12 Grades			X	X	X
Manlove, J., Franzetta, K., McKinney, K., Romano Papillo, A., & Terry-Humen, E. (2004). <i>A Good Time: After-School Programs to Reduce Teen Pregnancy</i> . Washington, DC: National Campaign to Prevent Teen Pregnancy.	http://www.thenationalcampaign.org/resources/pdf/pubs/AGoodTime.pdf	Research-Based Resource	Teens				X	X
Manlove, J., Franzetta, K., McKinney, K., Romano Papillo, A., & Terry-Humen, E. (2004). <i>No Time to Waste: Programs to Reduce Teen Pregnancy Among Middle School-Aged Youth</i> . Washington, DC: National Campaign to Prevent Teen Pregnancy.	http://www.thenationalcampaign.org/resources/pdf/pubs/No_Time_to_Waste.pdf	Research-Based Resource	Teens				X	X
Manlove, J., Papillo, A. R., & Ikramullah, E. (2004). <i>Not Yet: Programs to Delay First Sex Among Teens</i> . Washington, DC: National Campaign to Prevent Teen Pregnancy.	http://www.thenationalcampaign.org/resources/pdf/pubs/NotYet.pdf	Research-Based Resource	Teens				X	
Manlove, J., Terry-Humen, E., Papillo, A. R., Franzetta, K., Williams, S., & Ryan, S. (2002). <i>Preventing Teenage Pregnancy, Childbearing, and Sexually Transmitted Diseases: What the Research Shows</i> (research brief). Washington, DC: Child Trends and the Knight Foundation.	http://www.childtrends.org/files/K1Brief.pdf	Research-Based Resource	Teens			X	X	

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Michigan Model for Health Curriculum K-12	Educational Materials Center http://www.emc.cmich.edu/mm/	Research-Based Curriculum	4-6 Grades 7-8, 9-12		X	X	X	X
Papillo, A. R., & Manlove, J. (2004). <i>Science Says: Early Childhood Programs</i> . Washington, DC: The National Campaign to Prevent Teen Pregnancy.	http://www.childcaresearch.org/location/4296	Research-Based Resource	All				X	X
Planned Parenthood	Classroom Activities: http://www.plannedparenthood.org/resources/lesson-plans/classroom-activities-4500.htm REAL Life Kit: http://www.plannedparenthood.org/utah/kits-14319.htm?_utma=1.925857212.1323354191.1323354191.1323354191.1&_utmb=1.6.10.1323354191&_utmc=1&_utmz=1.1323354191.1.1.utmcsr=(direct) utmccn=(direct) utmcmd=(none)&_utmv=-&_utmh=238837632	Research-Based Resource	All ages		X	X	X	X
Power Through Choices (NRCYS) This curriculum is focused on foster care youth. It is not a classroom curriculum but could be used in an after school program or community-based program. The original curriculum is currently updated and new research on the new curriculum has been done. New curriculum will be available in 2012.	www.nrcys.ou.edu  Power Through Choices Curriculum - I	Research-Based Curriculum	Youth in out-of-home-care Ages 14-18		X	X		X
Promoting Health Among Teens: Abstinence-Only Curriculum (Select Media) An abstinence-based intervention designed to improve awareness and knowledge about HIV and sexually transmitted infections (STIs); increase understanding of how abstinence can prevent pregnancy, HIV, and STIs; and build refusal and negotiation skills for practicing abstinence.	http://www.selectmedia.org/customer-service/evidence-based-curricula/promoting-health-among-teens/	Research-based Curriculum	Grades 6 & 7			X	X	X
Puberty the Wonder Years	Educational Materials Center http://www.emc.cmich.edu/products/puberty/R0500P.htm	Research-Based Curriculum	Upper elementary, & middle		X	X	X	X

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Reducing the Risk (ETR Associates)	Barth, R. P. (2004). <i>Reducing the Risk: Building Skills to Prevent Pregnancy, STD and HIV</i> . Scotts Valley, CA: ETR Associates. http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&pageID=129&PageTypeID=2	Research-Based Curriculum	9-12			X	X	X
Safer Choices (ETR Associates) *Coyle, K., & Fetro, J. V. (1998). <i>Safer Choices: Preventing HIV, Other STD and Pregnancy: Level 2</i> . Scotts Valley, CA: ETR Associates.	http://www.etr.org/recapp/index.cfm?fuseaction=pages.ebpDetail&pageID=131&PageTypeID=2	Research-Based Curriculum	9-12 Grades			X	X	X
<i>Science and Success: Sex Education and Other Programs That Work to Prevent Teen Pregnancy, HIV & Sexually Transmitted Infections</i> . (2003). Washington, DC: Advocates for Youth.	http://www.advocatesforyouth.org/programsthatwork	Research-Based Resource	Teens			X	X	X
<i>Science-Based Practices: A Guide for State Teen Pregnancy Prevention Organizations</i> . (2004). Washington, DC: Advocates for Youth.	http://www.advocatesforyouth.org/publications/frtp/guide.htm	Research-Based Resource	Teens				X	X
Sexuality Information and Education Council of the United States (SIECUS). (2008). Resources online including: Community Action Toolkit Coalition; SexEd Library; and more. NY and DC.	http://www.communityactionkit.org	Research-Based Resource	All ages		X	X	X	X
SiHLE (PASHA) DiClemente, R., Wingood, G., Harrington, K., Lang, D., Davies, S., Hook, E. W., III, et al. (2006). <i>SiHLE: Health Workshops for Young Black Women</i> . Los Altos, CA: Sociometrics.	http://www.socio.com/srch/summary/pasha/full/passt23.htm http://www.effectiveinterventions.org/en/Interventions/SIHLE.aspx	Research-Based Curriculum	Age 14-18			X	X	X
Solomon, J., & Card, J. J. (2004). <i>Making the List: Understanding, Selecting, and Replicating Effective Teen Pregnancy Prevention Programs</i> . Washington, DC: The National Campaign to Prevent Teen Pregnancy.	http://www.thenationalcampaign.org/resources/pdf/pubs/MakingTheList.pdf	Research-Based Resource	Teens				X	X
<i>Teen Health (Course 1,2, & 3)</i> https://www.mheonline.com/discipline/narrow/2/21/393/	Glencoe/McGraw-Hill 818-615-2659 www.glencoe.com	Research-Based Curriculum	MS-HS					X
The Great Body Shop (The Children's Health Market, Inc.)	http://www.thegreatbodysshop.net/frame.asp?NT=undefined	Research-based Curriculum	Pre-K – Middle School			X	X	X

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The Joint Committee on National Health Education Standards. <i>National Health Education Standards, Achieving Excellence</i> (2 nd Edition). Atlanta: American Cancer Society, 2007. (Standards (8) and Performance Indicators-Pre-K-12).	<i>National Health Education Standards, Achieving Excellence</i> . Retrieved September 1, 2008 from http://www.cdc.gov/HealthyYouth/SHER/standards/index.htm	Research-Based Resource	6-12 Grades				X	X
The National Campaign to Prevent Teen and Unplanned Pregnancy. (2008). <i>What Works. Curriculum-Based Programs That Prevent Teen Pregnancy</i> . Washington, DC: The National Campaign.	https://secure2.convio.net/thenc/site/Ecommerce/1952123810?VIEW_PRODUCT=true&product_id=1324&store_id=1181	Research-Based Resource	Ages 9-18			X	X	X
<i>Tips for parents and educators on electronic media and youth violence:</i> To help parents and educators better understand and address "electronic aggression," (any kind of aggression perpetrated through technology which also includes any type of harassment or bullying) TipSheet-a.pdf Publications include: a review of most current research; examples to help parents and educators identify electronic aggression; prevention tips for parents and caregivers; prevention strategies for educators and educational policy makers; and prevention tactics for school districts, policy makers and parents.	http://www.cdc.gov/ViolencePrevention/youthviolence/electronicaggression/ "Electronic media and youth violence: A CDC issue brief for educators and caregivers" http://www.cdc.gov/violenceprevention/pdf/EA-brief-a.pdf	Research-Based Resource	6-12 grades	X				X
Wise Guys (Family Life Council, division of Children's Home Society of NC). The program is designed to prevent adolescent pregnancy by reaching adolescent males. The program acknowledges young males as "whole" individuals with a variety of needs and desires. http://www.wiseguysnc.org/default.asp	http://www.wiseguysnc.org/default.asp http://www.wiseguysnc.org/curriculum.htm	Research-based Curriculum	Young men Ages 11-17		X	X		X