

Curriculum Comparison Matrix

Product Name	Overview/Description (Website/Article)	Target Audience	Group Dynamics	Copyright Date
Friendships & Dating Program	Teaches how to develop and maintain healthy relationships and prevent interpersonal violence. http://www.uaa.alaska.edu/centerforhumandevlopment/friendshipsandddating/	Teens and adults, 16 years old and older, with intellectual and related developmental disabilities	6-10 participants, co-ed	2008
PEERS	Program for the Education and Enrichment of Relational Skills (PEERS) – 14 week parent-assisted social skill program teen program, 16 week young adult program http://www.semel.ucla.edu/peers	Teens (middle and high school) and young adults (18-30yo) with high functioning ASD, ADHD, anxiety, depression, and other socioemotional problems	8-10 participants, co-ed	2005
STARS	Skills Training for Assertiveness, Relationship-Building, and Sexual Awareness (STARS) http://www.amazon.com/S-T-R-S-Assertiveness-Relationship-Building-Awareness/dp/1932565256	Adolescents and young adults with developmental disabilities		2007
FLASH – Special Education	Curriculum consisting of 28 lesson plans for special education classrooms. The goals include: prevent pregnancy, prevent HIV and other STDs, prevent sexual violence, improve family communication, and improve knowledge of sexual and reproductive health. http://www.kingcounty.gov/healthservices/health/personal/famplan/educators/SpecialEducation.aspx	Special education students in middle and high school	Self-contained special education classrooms (co-ed)	1991, 2005, 2006
Social Signals	Social Signals has developed videos using evidenced-based strategies and a curriculum that teaches friendship and romantic relationship skills. http://socialsignaled.com/-axzz3Wr1OxlBz	11-21 year olds with Asperger's, autism, and ID.	Classrooms	2009
Effective Strategy Based Curriculum for Abuse Prevention and Empowerment (ESCAPE-NOW)	Increase independent decision-making skills of women (and men) with DD in situations involving interpersonal abuse http://www.tc.columbia.edu/oopd/index.asp?Id=Announcements&Info=Get+the+ESCAPE-DD+Curriculum	Women and men with DD (adults)	Small group (5-8), co-ed	2005 (first article about program)
James Stanfield – Social and Life Skills, and Family Life and Relationships	Programs for social skills and relationships http://www.stanfield.com/	Students in special education	Classroom	
Sexuality and Developmental Disabilities Workshops	Sexuality education available for purchase for adults and students with DD http://www.disabilityworkshops.com/	Women and men with DD and students in special education	Agencies, organizations, and schools	2009

Curriculum Comparison Matrix (page 2)

Product Name	Dosage - duration	Number and Type of Facilitators	Training component	Cost to purchase/train	Cost to participant
F&D	30 contact hours, 10 weeks – meet 2/week for 1.5 hours each	Minimum of 2, direct service personnel, clinician,	Yes, 16 hours		None
PEERS	Teens – 14 weeks, meet 1/week for 1.5 hours (21 hours) Young adults – 16 weeks, meet 1/week for 1.5 hours (24 hours)	Psychologists, MFTs, LCSWs, speech and language pathologists, clinical researchers, and other mental health professionals or educators	Yes, 3-4 day training, 24 hours	Training registration fee \$2,200 Manual - \$52 (Routledge) Parent Book - \$26 (Wiley)	\$100/week plus intake fee, (some insurance companies may costs)
STARS		Educators, therapists and family members	No	\$17 on Amazon	None
FLASH	Teacher choice, they can target one or more goal(s) and use as many activities as desired	Teacher(s)	Available but not required – in WA State only	\$76 Free download online	None
Social Signals	Eight lesson plans approximately 2 hours each	Teacher(s)	No – teacher instructions included in manual	\$159 (DVD and Curriculum)	None
ESCAPE-NOW	12 curriculum lessons (45 minutes/once or twice a week) and 6 support group discussions (45 minutes/weekly)	Co-facilitation. In an ideal situation, a teacher/trainer and counselor team would deliver all three-curriculum units. Professionals with counseling experience be available to provide support for participants who may need to be referred by the instructors.	Yes	Free copy of ESCAPE-DD staff training and curriculum Online curriculum \$495 for train-the-trainer workshop \$1,500 + travel expenses for two trainers to hold training at your facility	None
James Stanfield –	Varies on topic – minimum of 20 minutes/lesson	Teacher(s)	No	Piecemeal topics: \$1599 Circles, \$799 Interpersonal relationships, \$628 Sexuality/abuse prevention, \$499 DateSmart, \$799 First impression, \$599 social skills	None
Sexuality and DD Workshops	20 lessons-1-1.5 contact hours each lesson	Teams of self-advocates, staff, and teachers	Not required. Training available via skype-6 hours	\$250 for curriculum copy \$1000 for skype training	None

Curriculum Comparison Matrix (page 3)

Product Name	Social Skills	Socio-sexual skills	Interpersonal Violence	Scripted curriculum	In-situ activities	Learning strategies
F&D	Emotions, communication, non-verbal social cues, first impressions, gender differences, hygiene, mutual interests, assertiveness, personal boundaries, conflict resolution	Relationships, dating process, anatomy, intimacy, reproduction, sexual-decision making, safe sex practices, abstinence, STIs, birth control	Personal safety, interpersonal violence, saying no, reporting abuse	Yes	Yes – weekly	Didactic instruction, modeling, role play, handouts, videos, peer discussion, games, worksheets,
PEERS	Conversation skills, common interests, humor, good host for get-togethers, choosing appropriate friends, being a good sport, disagreements, peer pressure	Teens – no Young adults – dating etiquette/skills	Teen and young adult – teasing and bullying	Yes	No	Didactic instruction, practice skills in session during real play activities (e.g. playing sports, board games, etc.)
STARS	Self-image, making choices, relationship behaviors,	Sexual Awareness – body parts and functions, sexual feelings and behavior, reproduction, mature relationships	Recognize unsafe situations, saying “no”, self-protection	Yes	No	Activities (vague)
FLASH	Self-esteem, relationships, gender differences, non-verbal, assertiveness, decision making, touch	Anatomy, puberty, sexual health, hygiene, reproduction, parenthood, sexual-decision making, birth control, STIs	“No”, exploitation, getting help	Yes	No	Worksheets, games, role play, discussion,
Social Signals	Healthy relationship skills – boundaries, appearance and grooming, social cues, communication	No	No	Yes	No	Modeling, story-based intervention (DVD), naturalistic teaching strategies, peer training
ESCAPE-NOW	Feelings, healthy relationships	No	Abuse, abusive relationships, reporting, stopping abuse	Yes	No	Modeling, role play, vignettes, visual materials, guided practice,
James Stanfield	Social skills, hygiene, relationships, first impressions, boundaries	Sexual behavior and feelings, reproductive health, AIDS, abstinence	Recognition of sexual abuse, self-protection,	Yes	No	Video, illustrations, vignettes, worksheets, etc.

			reporting and coping with sexual abuse, saying no			
Sexuality and DD Workshops	Public and private, friendships, communication, decision making, relationship challenges	Different types of relationships, moving from friend to partner, anatomy, sexual feelings and attraction, decision making about sex, pregnancy, and STIs	Relationships, and identifying when a relationship has gone bad, relationship challenges	Yes	Yes	Role play, discussion, sorting visuals (public vs. private), etc.

Curriculum Comparison Matrix (page 4)

Product Name	CP involvement	Process Evaluation	Behavioral Evaluation	Behavioral Evaluation Tools
F&D	Yes – orientation and weekly communication	Yes, Process Evaluation Model, program delivered with a high degree of fidelity (Ward, Windsor, & Atkinson, 2012)	Yes, statistically significant increases in social networks and decreases in number of incidents of interpersonal violence (Ward, Atkinson, Smith, & Windsor, 2013)	Social Network Assessment Interpersonal Violence Interview
PEERS	Yes – weekly homework, parent book	“Adherence to treatment protocol was monitored by trained research assistants ... through weekly fidelity sheets outlining the manualized intervention, ensuring that each participant received the same instruction regardless of group assignment,” and by use of treatment manuals.	Randomized control trial (N = 28), “Results indicate that teens receiving PEERS significantly improved their social skills knowledge, social responsiveness, and overall social skills in the areas of social communication, social cognition, social awareness, social motivation, assertion, cooperation, and responsibility, while decreasing autistic mannerisms and increasing the frequency of peer interactions.” (Laugeson, Frankel, Gantman, Dillon, & Mogil, 2012)	Social Skills Rating System, Social Responsiveness Scale, Quality of Play Questionnaire, Test of Adolescent Social Skills Knowledge- Revised, Kaufman Brief Intelligence Test, Vineland Adaptive Behavior Scales
STARS	No	None found	None found	
FLASH	Yes – introduction letter and family homework, letter about each lesson plan	None found	FLASH has not been rigorously evaluated	
Social Signals	Appears minimal, a separate curriculum can be purchased by families	None found	None found	
ESCAPE-NOW	None	None found	An experimental research design with a pretest, posttest and randomly assigned control (N = 36). Those who received the curriculum intervention performed significantly better than the control group on measures of empowerment, knowledge of abuse,	Decision-Making Video Scale, Knowledge of Abuse Concepts Scale, Empowerment Scale, Stress Management Survey, Self Decision-Making Scale

			and decision making in situations of abuse. (Khemka, Hickson, & Reynolds, 2005)	
James Stanfield	None	None found	“The Stanfield Library currently includes over 60 research -based video DVD programs” Could not find any published research results	
Sexuality and DD Workshops	None	None	None	