**Educating Youth About Sexual Health**

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**Need**

There is a high rate of sexual assault and abuse among adolescents and young adults in the United States.

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**Sexual Assault Across the U.S**

- Causes negative effects: mental illness, drug dependence, and sexual health issues.
- 20% of women and 5% of men experience some form of sexual assault
- < 1/3 of middle and high school learn about consent or sexual assault

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**“Let’s Talk About Sex Baby!” Lesson Plan**

**Week-by-Week Breakdown**

1. Identifying Healthy Relationships
2. Identifying Unhealthy Relationships
3. Understanding Consent
4. Wrapping Up

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**Approach**

- Research other similar programs
- Establish goals of course

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**Meet the Parents**

- Ask permission
- Debriefing session

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**Establish Baseline**

- IRB-approved pre-survey

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**Course Execution**

- 4 lessons over 4 weeks
- Discussion-based learning

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**Course Evaluation**

- IRB-approved post-survey
- Testimonials from students, teachers, and parents

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**Expected Results**

Increased knowledge measured using a pre and post survey evaluation.

**Pre and Post Survey Evaluation**

<table>
<thead>
<tr>
<th>Item</th>
<th>After Course</th>
<th>Before Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy relationships (25%)</td>
<td>60%</td>
<td>20%</td>
</tr>
<tr>
<td>Unhealthy relationships (25%)</td>
<td>40%</td>
<td>20%</td>
</tr>
<tr>
<td>Consent means (35%)</td>
<td>60%</td>
<td>20%</td>
</tr>
<tr>
<td>Standing up for self (10%)</td>
<td>60%</td>
<td>20%</td>
</tr>
</tbody>
</table>

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**Future Plans**

The curriculum should spread to 30 towns by the year 2030.

**Spread of Program Over Time**

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**References**

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