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Educating Youth About Sexual Health

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Educating Youth About Sexual Health

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Advisor: Professor Jill Rulfs (Biology), Professor Helen Vasallo (Business Management)

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

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

“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

Expected Results
Increased knowledge measured using a pre and post survey evaluation.

Pre and Post Survey Evaluation

<table>
<thead>
<tr>
<th>Metric</th>
<th>Before Course</th>
<th>After Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel confident in identifying healthy and unhealthy relationships (25%+)</td>
<td>40%</td>
<td>60%</td>
</tr>
<tr>
<td>I understand what consent means and when it is required (35%+)</td>
<td>30%</td>
<td>60%</td>
</tr>
<tr>
<td>I am confident in standing up for myself in a dangerous situation (10%+)</td>
<td>10%</td>
<td>20%</td>
</tr>
<tr>
<td>I feel confident standing up for my friend in a dangerous situation (32%+)</td>
<td>20%</td>
<td>32%</td>
</tr>
</tbody>
</table>

Approach

- Research other similar programs
- Establish goals of course

Meet the Parents
- Ask permission
- Debriefing session

Establish Baseline
- IRB-approved pre-survey

Course Execution
- 4 lessons over 4 weeks
- Discussion-based learning

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

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

Spread of Program Over Time

References

- Domestic and Sexual Violence Services
- Domestic and Sexual Violence Services

Acknowledgments
Special thanks to Charlie Aleksiewicz, Director of the Worcester Partnership Program and Beth Wiley Educator Coordinator of Power Up, Speak Out! for assisting in program development

Meet the Parents
- Mr.Aleksiewicz and students from the Worcester Partnership Program (WPP)

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

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

Approach
- Research other similar programs
- Establish goals of course

Meet the Parents
- Ask permission
- Debriefing session

Establish Baseline
- IRB-approved pre-survey

Course Execution
- 4 lessons over 4 weeks
- Discussion-based learning

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

Construct Lesson Plan
- Establish goals of course