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

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

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

Pre and Post Survey Evaluation

Before Course After Course
I feel confident in identifying healthy and unhealthy relationships (25%+)
I understand what consent means and when it is required (35%+)
I am confident in standing up for myself in a dangerous situation (10%+).
I feel confident standing up for my friend in a dangerous situation (32%+)

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

Spread of Program Over Time

TOWNS
0 20 40 60 80
2018 2020 2022 2024 2026 2028 2030

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Domestic and Sexual Violence Services
The Montana Legislature. (March 8, 2016) Law and Justice Interim Committee Meeting.
United States of America: Montana Legislature.

Approach

0 5 10 15 20 25 30 35
2018 2020 2022 2024 2026 2028 2030

Year

Towns

5 10 15 20 25 30 35

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