Educating Youth About Sexual Health

Amanda Boehm (CE), Aleye Momodu (AE), Huyen Nguyen (BME), Rosa Reynoso (IE)
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

- Construct Lesson Plan
  - 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

<table>
<thead>
<tr>
<th></th>
<th>After Course</th>
<th>Before Course</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel confident in identifying healthy and unhealthy relationships (25%+)</td>
<td><img src="image" alt="Heart" /></td>
<td><img src="image" alt="Skull" /></td>
</tr>
<tr>
<td>I understand what consent means and when it is required (35%+)</td>
<td><img src="image" alt="Heart" /></td>
<td><img src="image" alt="Skull" /></td>
</tr>
<tr>
<td>I am confident in standing up for myself in a dangerous situation (10%+)</td>
<td><img src="image" alt="Heart" /></td>
<td><img src="image" alt="Skull" /></td>
</tr>
<tr>
<td>I feel confident standing up for my friend in a dangerous situation (32%+)</td>
<td><img src="image" alt="Heart" /></td>
<td><img src="image" alt="Skull" /></td>
</tr>
</tbody>
</table>

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

Spread of Program Over Time

<table>
<thead>
<tr>
<th>Year</th>
<th>TOWNS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>0</td>
</tr>
<tr>
<td>2020</td>
<td>5</td>
</tr>
<tr>
<td>2022</td>
<td>10</td>
</tr>
<tr>
<td>2024</td>
<td>15</td>
</tr>
<tr>
<td>2026</td>
<td>20</td>
</tr>
<tr>
<td>2028</td>
<td>25</td>
</tr>
<tr>
<td>2030</td>
<td>30</td>
</tr>
</tbody>
</table>

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

References

- Senn, C. Y., Eliasziw, M., Barata, P. C., Thurston, W. E., Newby-Clark, I. R., &of Medicine, 372(24),
- Domestic and Sexual Violence Services
- Domestic and Sexual Violence Services

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

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