

# Why is Exemplary Sexual Health Education Important ?

How are we Addressing it in New Mexico?

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# Why schools?

- 50 million students in grades K-12 attend some 13,600 public schools across the US.
- All children and youth grow and develop as sexual beings
- Health and educational achievement are inextricably linked
- The status of adolescent sexual health in the US is poor in contrast to other industrial nations.

# Options to address sexual health in schools

1. Do little or nothing; focus on educational progress alone and NOT student health; or
2. Recognize that student health is a significant contributor to overall educational attainment.



# The need

- Pregnancy rates
- Sexually transmitted infections
- HIV infections among young people
- YRRS (2015): 37% of high school students have ever had sexual intercourse. Of these, 8.7% had intercourse with 4 or more partners during their life.
- 25% are currently sexually active. Of these, nearly 19% had consumed alcohol or used drugs before last sexual intercourse.

# What is Sexual Health Education?

- Curriculum
- Teacher training
- Support services in school and community

**Goal: to address the sexual health needs of students**



# How are we addressing ESHE in New Mexico?

Youth Resiliency Project (YRP) - 13 priority sites

- Sexual health education
- Safe and supportive environments
- Sexual health services

We have seen significant improvements since the start of the YRP in nearly every indicator.

# Required topics

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>In the past 12 months, what percentage of priority districts in New Mexico required a course including HIV, STD, or pregnancy prevention topics in each of the following grades or range of grades?</b>		
6th Grade	15%	15%
7th Grade	23%	38%
8th Grade	31%	54%
9th Grade	69%	92%
10th Grade	23%	31%
11th Grade	23%	31%
12th Grade	8%	31%

# Required topics - Compared to all NM schools

	YRP Priority Sites (2017)	All NM Schools (SHP 2016)
<b>In the past 12 months, what percentage of priority districts in New Mexico required a course including HIV, STD, or pregnancy prevention topics in each of the following grades or range of grades?</b>		
6th Grade	15%	17%
7th Grade	38%	28%
8th Grade	54%	32%
9th Grade	92%	85%
10th Grade	31%	35%
11th Grade	31%	28%
12th Grade	31%	26%



# 11 Key HIV STD and pregnancy prevention (1)

- How to create and sustain health and respectful relationships
- Communication and negotiation skills related to eliminating or reducing risk for HIV, other STD, and pregnancy
- Goal-setting and decision-making skills related to eliminating or reducing risk for HIV, other STD, and pregnancy
- The benefits of being sexual abstinent
- The importance of limiting the number of sexual partners
- The importance of using condoms consistency and correctly

# 11 Key HIV STD and pregnancy prevention (2)

- The importance of using a condom at the same time as another form of contraception to prevent both sexually transmitted diseases and pregnancy
- How to access valid and reliable health information, products and services related to HIV, other STD, and pregnancy
- Preventive care such as screenings and immunizations that is necessary to maintain reproductive and sexual health
- Influences of family, peers culture, media, technology and other factors on sexual risk behaviors
- Influencing and supporting others to avoid or reduce sexual risk behavior

# 11 Key HIV STD and Pregnancy Prevention Topics

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of the priority sites that included 1 or more of the 11 key HIV, STD, and pregnancy prevention topics in sexual health education?</b>		
% providing key topics grades 6-8 (average number of the 11 key topics provided)	<b>54%</b> <b>(4.2 topics)</b>	<b>92%</b> <b>(7.8 topics)</b>
% providing key topics grades 9-12 (average number of the 11 key topics provided)	<b>85%</b> <b>(7.8 topics)</b>	<b>100%</b> <b>(10.5 topics)</b>



# 7 key skills for sexual health

1. Comprehend concepts important to prevent HIV, other STD, and pregnancy
2. Analyze the influence of family, peers, culture, media, technology, and other factors on sexual risk behaviors
3. Access valid information, products, and services to prevent HIV, other STD, and pregnancy
4. Use interpersonal communication skills to avoid or reduce sexual risk behaviors
5. Use decision-making skills to prevent HIV, other STD, and pregnancy
6. Set personal goals that enhance health, take steps to achieve these goals, and monitor progress in achieving them
7. Influence and support others to avoid or reduce sexual risk behaviors

# 7 key skills for sexual health

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites that recommended or required schools to assess the ability of students to do at least 1 of the seven key skills:</b>		
<b>% assessing student abilities (6-8) (average number of key skills assessed)</b>	<b>46%</b> <b>(1.8 skills)</b>	<b>69%</b> <b>(3.7 skills)</b>
<b>% assessing student abilities (9-12) (average number of key skills assessed)</b>	<b>62%</b> <b>(3.2 skills)</b>	<b>77%</b> <b>(5.4 skills)</b>

# 5 Key materials that should be provided to those who teach sexual health education

- Goals, objectives, and expected outcomes for sexual health education
- A written health education curriculum that includes objectives and content addressing sexual health education
- Strategies that are age-appropriate, relevant, and actively engage students in learning
- A chart describing the annual scope and sequence of instruction for sexual health
- Methods to assess student knowledge and skills related to sexual health education



# 5 Key materials that should be provided to those who teach sexual health education

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites who provided at least 1 of the five key materials to those who teach sexual health education</b>		
<b>% providing key materials (6-8) (average number of key materials provided)</b>	<b>46%</b> (1.4 materials)	<b>85%</b> (2.6 materials)
<b>% providing key materials (9-12) (average number of key materials provided)</b>	<b>54%</b> (2.1 materials)	<b>92%</b> (3.7 materials)

# Adopted sexual health curriculum

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites who reported having an adopted sexual health curriculum</b>		
<b>% Grades 6-8</b>	<b>0%</b>	<b>69%</b>
<b>% Grades 9-12</b>	<b>0%</b>	<b>77%</b>

# Components for referral of students to sexual health services

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites that have the following components for referral of students to sexual health services:</b>		
Organizational partnerships with sexual health service providers	54%	100%
A list of youth-friendly organizations	62%	100%
A written procedure for making referrals.	38%	69%
A written procedure for maintaining student confidentiality	54%	100%



# Safe and Supportive Environments

In addition to exemplary sexual health education topics effectively addressed in schools, the school environment has a huge impact on student sexual health. The YRP addressed:

- Bullying, sexual harassment and electronic aggression prevention
- Methods for promoting school connectedness
- Strategies to promote parent engagement

# Bullying prevention, sexual harassment prevention, electronic aggression prevention

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites that do the following to prevent bullying:</b>		
<b>Confidential reporting</b>	<b>62%</b>	<b>92%</b>
<b>Publicize policies about bullying</b>	<b>46%</b>	<b>85%</b>
<b>Provide information to parents on preventing bullying</b>	<b>54%</b>	<b>92%</b>

# Promoting school connectedness

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites that do the following to promote school connectedness:</b>		
Provide a role model/mentoring program	31%	46%
Provide service-learning opportunities	54%	85%
Provide peer tutoring opportunities	54%	77%
Give students opportunities to learn about people different from them	54%	85%
Gay/Straight Alliances (GSAs)	31%	85%
Provide school staff with materials on classroom management techniques	54%	100%



# Promoting school connectedness

	Priority Sites 2017	All NM Schools (2016 SHP)
<b>Comparison of priority sites in 2017 to all NM schools (2016)</b>		
<b>Give students opportunities to learn about people different from them</b>	<b>85%</b>	<b>53%</b>
<b>Gay/Straight Alliances (GSAs)</b>	<b>85%</b>	<b>33%</b>

# Promote parent engagement (1)

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites that do the following to promote parent engagement:</b>		
Homework assignments to do with their parents.	31%	69%
Inform parents about school health services and programs.	54%	100%
Have students' families help develop programs related to school health	54%	77%
Provide parents with information about how to communicate with their child about sex.	15%	46%

# Promote parent engagement (2)

	Year 1 (Period 1: Feb 2015)	Year 4 (Period 6: Aug 2017)
<b>Percentage of priority sites that do the following to promote parent engagement:</b>		
<b>Provide parents with information about how to monitor their child</b>	23%	54%
<b>Involve parents as school volunteers</b>	15%	38%
<b>Link parents and families to health services in the community</b>	54%	100%



# Summary

- Sexual health education is important to health sexual development among our students, and an integral part of student academic achievement
- The Youth Resiliency Project (YRP) has worked with priority sites for nearly 5 years to help create and sustain exemplary sexual health education and services, and to build safe and supportive school environments for all students.
- Evaluation of the YRP has shown that it has been highly successful!