

Health Education for Youth: An Evidence-based Curriculum for Improving Sexual Health Outcomes among At-risk Youth

Courtney Waters, Claudia Powell, & Alison Greene
University of Arizona Southwest Institute for Research on Women

STEP FORWARD

- A collaboration between University of Arizona Southwest Institute for Research on Women (SIROW), CODAC Behavioral Health Services, and Southern Arizona AIDS Foundation (SAAF).
- Comprehensive sexuality education and confidential HIV testing in conjunction with substance abuse treatment services for youth ages 12 to 17.



BACKGROUND

- 30% of 12- to 17-year-olds report experimenting with drugs.¹
- 46.8% of high school students have had sexual intercourse.²
- Youth who use substances are more likely to have early sexual initiation, unprotected sexual intercourse, and a greater number of sexual partners than their non-using counterparts.³
- Substance use puts youth at risk of sexually transmitted infections including HIV, unplanned pregnancy, and sexual violence.³

SIROW HEALTH EDUCATION FOR YOUTH

- Comprehensive sexuality education curriculum
- Meets Arizona state educational standards
- Incorporates factual age-appropriate information and skill-development exercises on topics including:
 - Sexual/reproductive anatomy/physiology
 - Disease transmission and prevention
 - Safer sex protection
 - Relationships/communication
- SIROW-HEY principles include creating a safe space, celebrating diversity, using universal responses, clarifying values, and validating participants' questions and concerns.

METHODS

- 412 youth ages 12-17
- Global Appraisal of Individual Needs (GAIN), Government Performance and Results Act (GPRA), SIROW-HEY knowledge assessment

DISCUSSION & FUTURE DIRECTIONS

- Preliminary data analysis shows promising program outcomes.
- Identify links between participants' substance use and sexual behaviors.
- Study knowledge assessment data to ascertain SIROW-HEY topics to further emphasize.



RESULTS

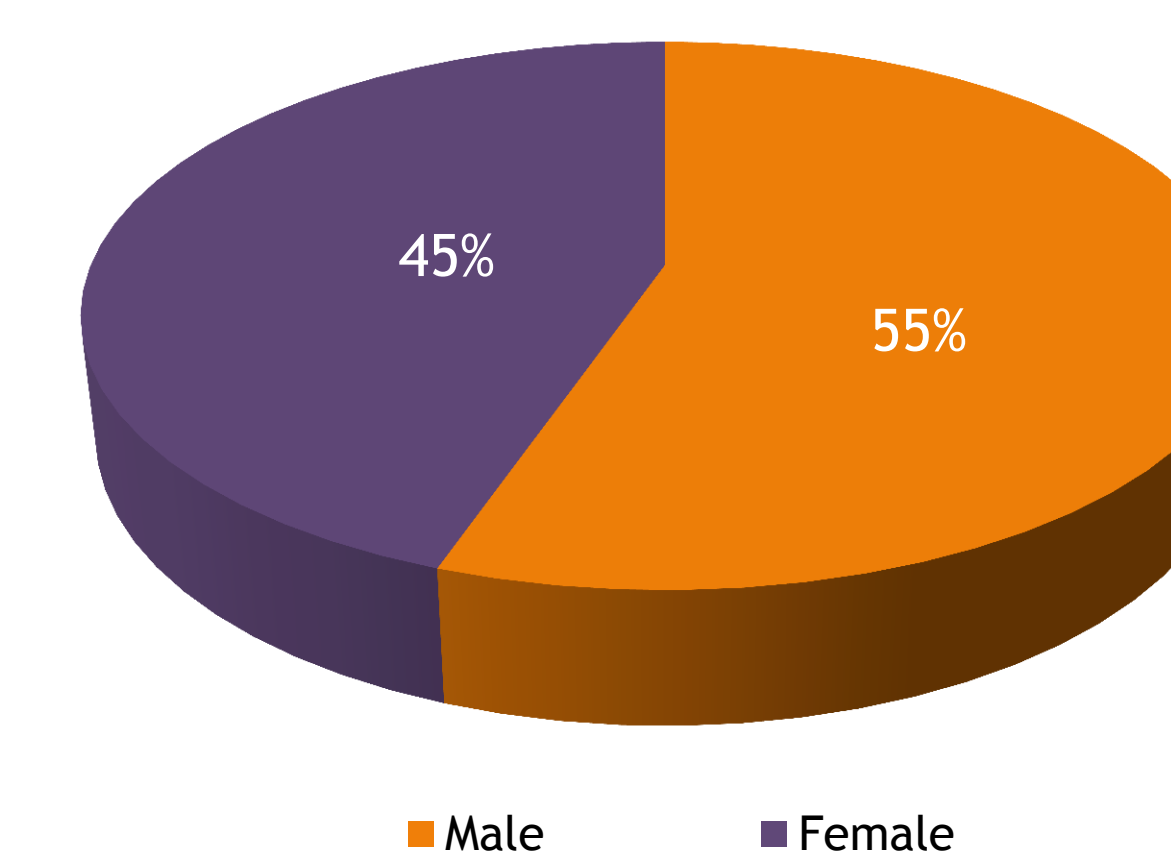


- Those participants who were engaging in sexual behaviors has more protected sexual contacts six month post-intervention

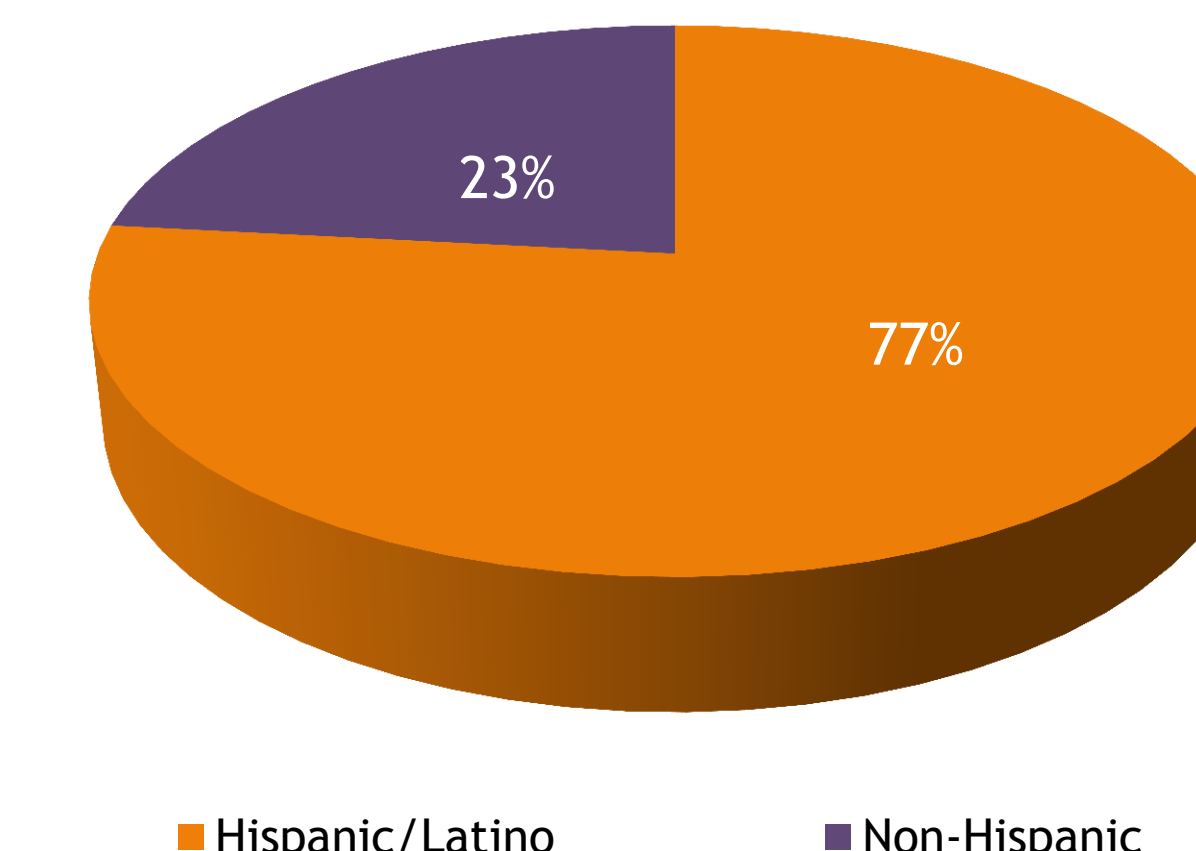
Past 30 Day Sexual Activity and Protection Outcomes

	Baseline	6-months post-baseline
Engaged in sexual activity (n=336)	34.2%	32.4%
Number of sexual contacts	480 (115 sexually active youth)	466 (109 sexually active youth)
Unprotected sexual contacts	43.5% (n=209)	39.5% (n=184)
Sexually active youth engaging ONLY in protected sex	53.9%	56.9%

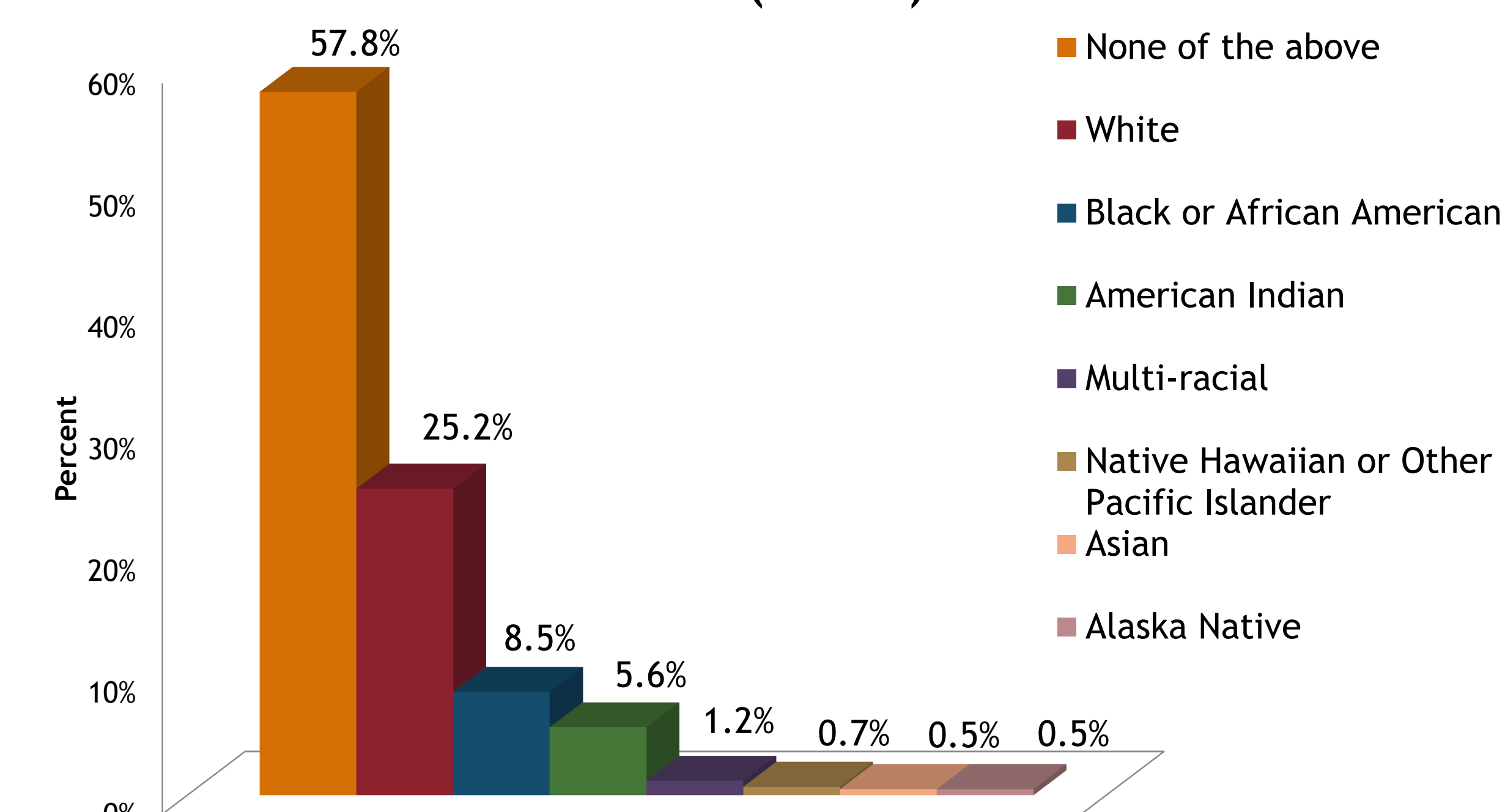
Gender (n=412)



Ethnicity (n=412)



Race (n=412)



1. Johnston, L. D., O'Malley, P. M., Bachman, J. G., & Schulenberg, J. E. (2011). *Monitoring the Future national results on adolescent drug use: Overview of key findings, 2010*. Ann Arbor: Institute for Social Research, The University of Michigan.

2. CDC (2012). Youth risk behavior surveillance—United States, 2011. *MMWR*, 61(SS-4).

3. The Henry J. Kaiser Family Foundation (2002). Substance use and risky sexual behavior: Attitudes and practices among adolescents and young adults. Retrieved from <http://kff.org/hiv/aids/sexual-activity-and-substance-use-among-youth/>