

Adolescent Health Project: Comprehensive Sex Ed As a Public Health Solution

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Comprehensive Sex Education



information relationships

informed decisions condoms honest information
cultural background sexually transmitted infections
reproduction sexual orientation
age appropriate informed by evidence sexual development
violence prevention sexual sexuality
normal sex respect young people's rights
contraception what works

puberty
Sex education natural youth
trained teachers communicate body image
gender identity sexual health abstinence
Safe space askable teachers
skills building unintended pregnancy
technology human development



What is the goal of sex education?



If Driving was taught like Sex Ed...



Adolescent Sexual Activity in Nebraska

(Youth Risk Behavior Survey, 2015)

We are at historic lows for teen pregnancy but significant health disparities exist that must be addressed. Most significant factor – **contraceptive use**.

- 50% have sex while in high school
- 43% did NOT use a condom at last sex (dual prevention messaging!)
- 17.8 % did not use any method of birth control

First time ever! Sexual identity questions on the YRBS (NE did not participate)

- Nationally – 88% heterosexual, 2% gay or lesbian, 6% bisexual, 3.2% unsure of sexual identity

Comprehensive Sex Education

- Info on body development, sex, sexuality, & relationships, along with skills-building to help young people communicate about & make informed decisions regarding sexual health
- Discusses abstinence as effective, valid option
- Learning strategies, teaching methods and materials that are culturally inclusive and create a **safe** environment
- Evidence informed
- Respects young people's right to complete and honest information



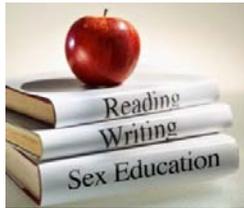
Comprehensive sex ed can help young people.... (www.futureofsexed.org)

- Avoid negative health consequences
- Communicate about sexuality and sexual health
- Delay sex until they are ready
- Understand healthy and unhealthy relationships
- Understand, value and feel autonomy over their lives
- Show dignity & respect for all people, regardless of sexual orientation or gender identity
- Protect their academic success



Separating Fact from Fiction: Quality, Effective Sex Education

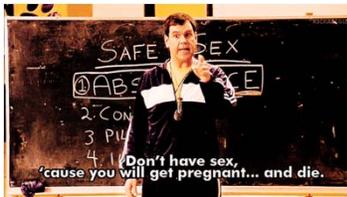
- In the 2015 Omaha Public Schools parent poll, nearly all parents (93%) agreed that abstinence and prevention should be covered in Human Growth & Development. Nearly all parents (94%) agreed that condoms and birth control should be covered.
- More effective than abstinence-only education (Chin et al., 2012; Kirby & Laris, 2009; Santelli et al., 2006; Klein et al., 2005)
- Does not increase the initiation of sex, frequency of sex, or number of sex partners (Chin et al., 2012; Kirby & Laris, 2009; Santelli et al., 2006; Klein et al., 2005)
- Recommended by the American Academy of Pediatrics Committee on Adolescence (Klein et al., 2005), American Medical Association, the American Psychological Association (APA), and the Community Preventive Services Task Force (The Community Guide)



CDC gives U.S. an F in Sex Ed December 2015

“Fewer than half of high schools and only a fifth of middle schools teach all 16 recommended sex education topics.

In a country where nearly half of teens report having had sex and nearly a quarter of new HIV infections occur among people under 25, that’s a dangerous level of ignorance to perpetuate.”



The Daily Beast, Dec. 9th, 2015

Congrats to Omaha Public Schools & the community!!
 January 21, 2016 - OPS passes Human Growth & Development standards that allow for comprehensive sex education with integrity
 May 2016 - passed improved curricula that meets standards

"Every person, regardless of race, religion, sexual orientation, and gender identity, has a right to accurate sexual education. In all of my classes at school, we are given accurate information, ALL of the information, so when our test has a super hard problem on it, we are able to take all the information to determine the best answers. It is the same with sexual health. Information is important for making a decision. Innocence is not the same as ignorance. Ignorant decisions are due to a lack of information. If you only give young people a limited amount of information, they will only have a limited understanding."

OPS Board Meeting
 January 4th, 2016
 Testimony: Ryleigh, 15 yrs,
 Central High School

September 7th, 2016: Omaha Public Schools passes revised Non-discrimination policy

Includes gender identity, gender expression and pregnant status

Currently reviewing comprehensive policies that protect transgender and gender non-conforming students

Family Communication Toolkit
 Visit: www.GetTheSexFactsOmaha.com

YOU SHOULD PROBABLY TELL YOUR KIDS ABOUT US SOONER THAN LATER.
 BirdsBeesSTDs.com

GetTheSexFactsOmaha.com

Parents Matter: Talk early, talk often

Nearly **nine out of 10 teens** say that it would be easier to postpone sex & avoid pregnancy if they were able to have more open, honest conversations about these topics with their parents.

1. Let them know it's ok to ask questions.
2. Listen. ("Can you tell me what you already know about that?")
3. Give truthful, useful, accurate information.
4. It's ok not to know the answer. Research it together.

"I want my daughter to get the facts and know she can always come to me."

Let's Talk Month emphasizes the importance of communication between adults and youth in helping young people develop responsible attitudes and behaviors about sexuality.

What is the role of the public health professional in advancing youth access to effective sex ed and healthcare?



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