

Development of Sexual Health Education Programming for College Students



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Background

Case Western Reserve University (CWRU): University Health and Counseling Services (UH&CS) is an interdisciplinary team dedicated to helping students become well, stay well, and thrive. UH&CS promotes the university's diverse student body and campus community through medical and mental health services, public health outreach, and collaboration across the university. In this practicum, I had the opportunity to identify and learn about the sexual health and education needs of college students. As I discovered opportunities for increased sexual health education, I developed educational materials for interactive pop-up tabling events for students to learn, engage, and walk away with more knowledge about their sexual and reproductive health and anatomy.

Population

The primary focus of University Health & Counseling Services is CWRU students – undergraduate, graduate and professional. In addition to matriculated CWRU students, UH&CS also serves Cleveland Institute of Art, Cleveland Institute of Music, and Kent State School of Podiatry students. My task was to create easily accessible informational materials for students to utilize to make informed decisions about the best contraceptive methods and menstruation management products for their respective anatomy and sexual habits.

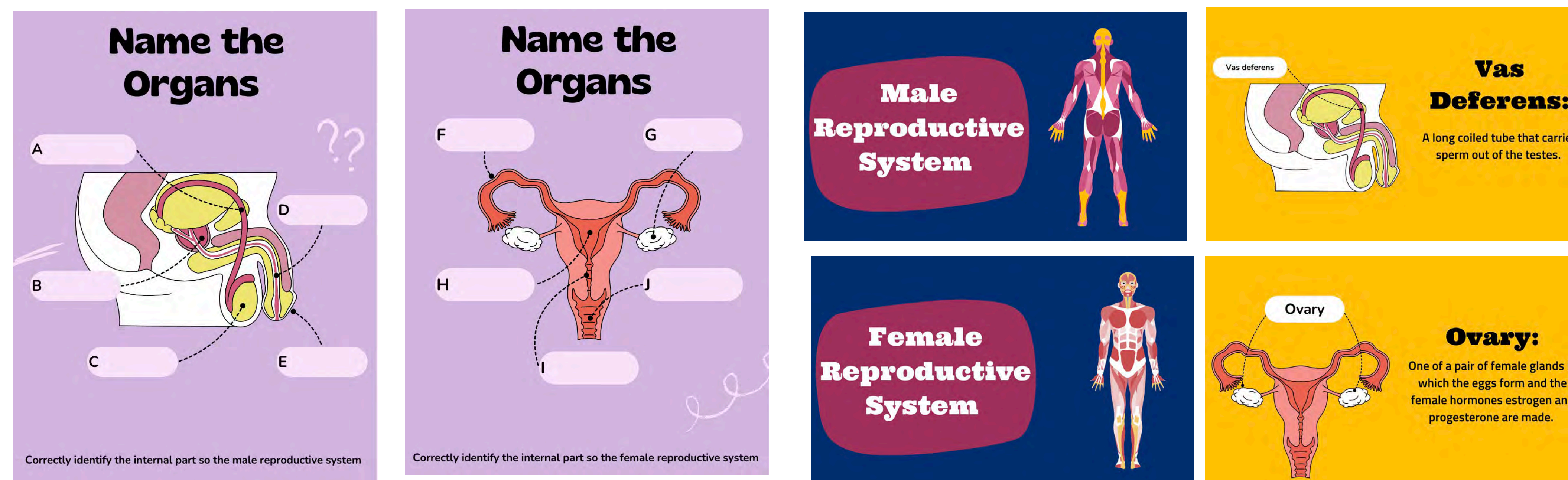
Learning Objectives

1. Apply knowledge learned from MPH courses to understand data collected from students to identify themes that aid in creating tools and infographics for sexual health programming.
2. Utilize identified needs and themes to pinpoint the sexual health topics used to create tools and infographics for sexual health and education programming offered through University Health and Counseling Services.
3. Create educational materials and programs to support UH&CS initiatives that inform students of important sexual health information that aims to prevent unsafe sexual habits.

Activities

- Researched sexual health programming and information offered to students at the level to create a literature review that would inform future programming offered by UH&CS
- Interacted with students to understand their knowledge, needs, and wants about sexual health information and support on campus.
- Created information graphics and interactive cards for UH&CS to use in various capacities, primarily for general tabling events.

Anatomy Academy



Deliverables

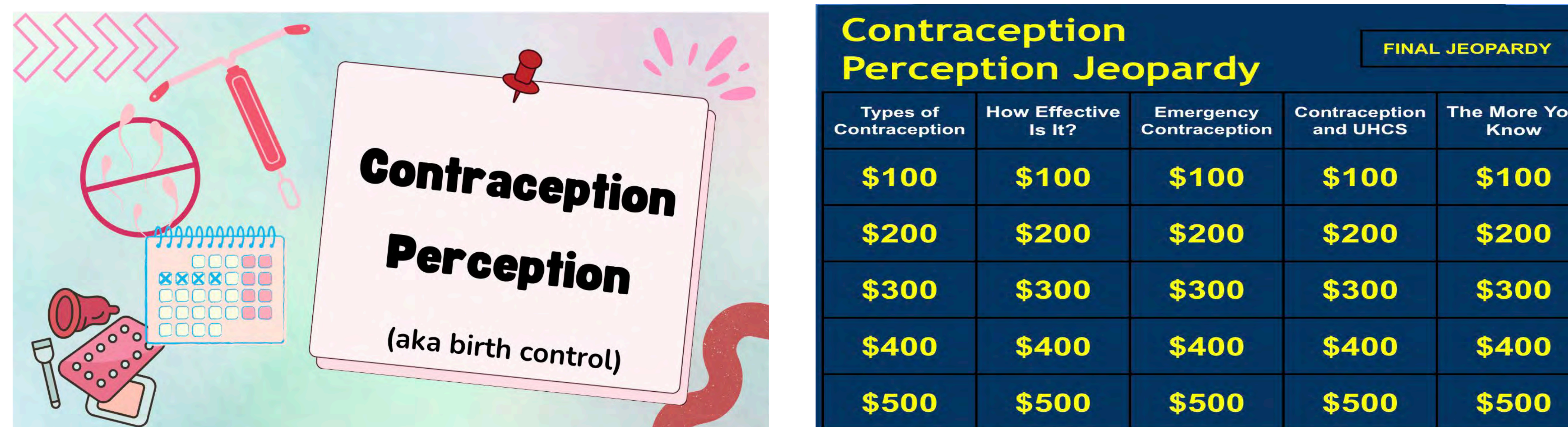
- Anatomy Academy table materials: students can read through the materials to learn about female and male anatomy.
- Contraception Perception table materials: Information about the various forms of contraception, their effectiveness, and use. In addition to informational graphics, there are also examples of what each type of physical contraception looks like.
- Menstruation Station table materials. Information about the menstruation cycle and products used to help manage menstruation flow and pain, as well as offers information about female anatomy and menstruation.

Lessons Learned

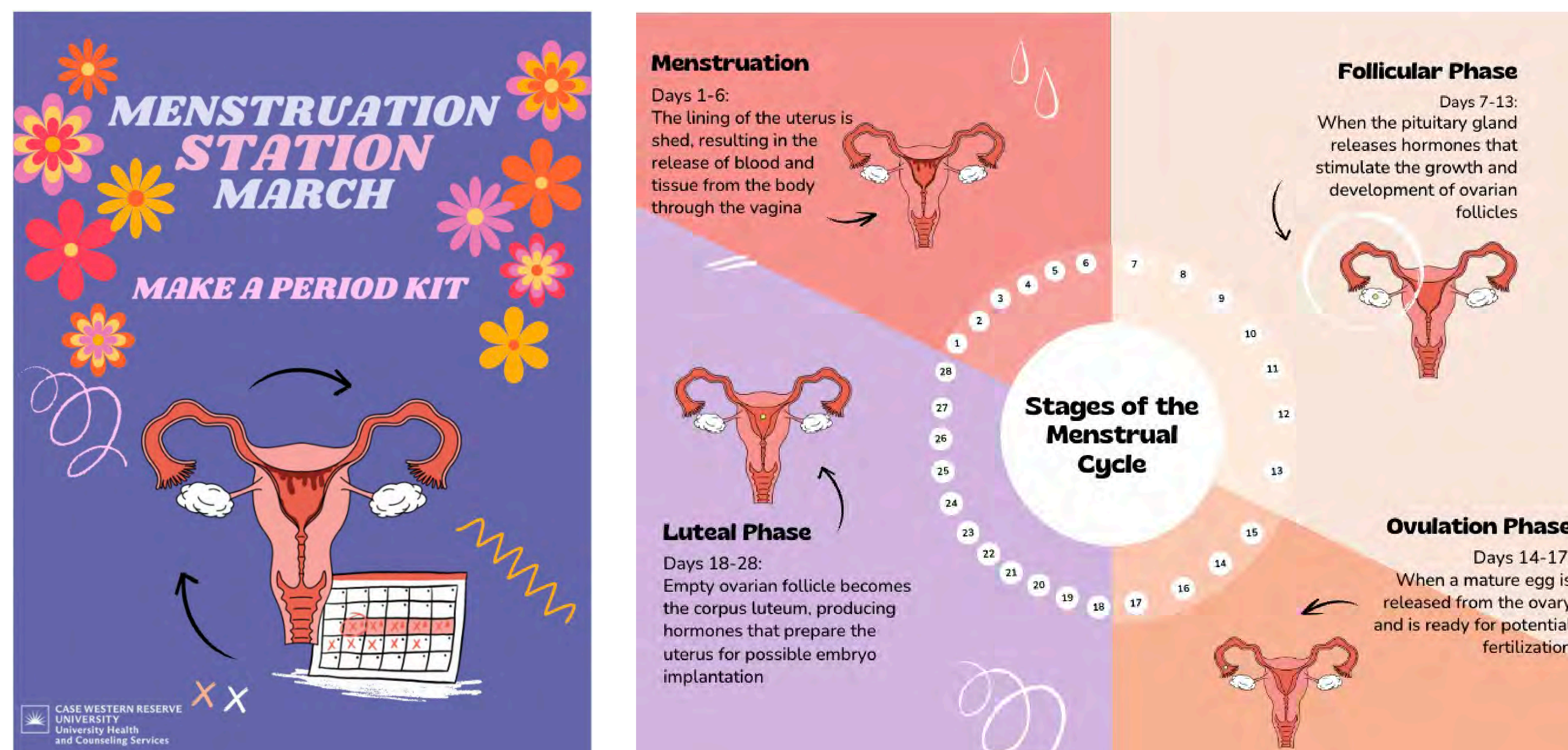
Through my work with UH&CS, I have learned several lessons:

1. I now understand perceived susceptibility to Sexually Transmitted Infections and perceived benefits of utilizing the different types of contraception for STI prevention through the Health Belief Model.
2. I have improved my skills in creating meaningful and interactive programming that engages and educates students on sensitive or uncomfortable topics and how to destigmatize having sexual health conversations.
3. I have learned how to create a safe learning environment when discussing sensitive or personal topics with a diverse audience.

Contraception Perception



Menstruation Station



Public Health Implications

From a Public Health perspective, these deliverables aid in educating young adults on the importance of understanding sexual and reproductive health-related topics as access and barriers to such services continue to be threatened in the current political climate. This information aids in preventative measures for STI transmission and unplanned pregnancy, as well as foundational information about one's anatomy.

Acknowledgements

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