

# Sexual and Reproductive Health Education Curriculum Empowering Young Adult Males

## Faranah Pierre Healthcare Studies

### Introduction

Being a pillar of support within the local community, Wayside Youth and Family Support is renowned for its commitment to guiding individuals through life's most challenging moments.

Wayside Youth & Family Support Services offers a range of programs and services aimed at supporting youth and families in need. These may include: counseling and therapy services, case management, crisis intervention, mental health support, substance abuse treatment, educational support and tutoring, youth development programs, family therapy and support, residential programs for youth in need of a stable living environment, vocational training and job placement assistance, community outreach and advocacy efforts.



### Internship Project Objectives

To create and implement a comprehensive sexual education curriculum aimed at improving the sexual and reproductive health knowledge among staff and clients aged 18 to 22 in the residential program

### Related Literature

"Curriculum-based sexual and reproductive health education has the potential to significantly improve knowledge and attitudes regarding sexual health among students, paving the way for safer sexual behaviors." (Boti Sidamo et al., 2023, p. 10)

"Love Notes 4.0, developed by Marline E. Pearson, MA, offers a comprehensive curriculum aimed at empowering adolescents and young adults to make informed choices about relationships, sexuality, and parenthood. With 13 lessons covering topics such as healthy relationships, communication skills, and sexual health, the program addresses contemporary issues like sex trafficking prevention, technology's role in relationships, and consent. By providing evidence-based content and supplementary materials, Love Notes 4.0 equips facilitators to engage participants and foster meaningful discussions on crucial life topics, ultimately empowering young individuals to navigate relationships and pursue their goals effectively." (Pearson, 2020, p. 5).

### Acknowledgment

Mrs Rebecca Vincent - Program Director of Wayside Youth & Family Support at Waverley Oaks in Waltham

- Site Supervisor

### Materials and Methods

- Reviewed existing sexual education curricula.
- Developed age-appropriate modules covering various aspects of sexual and reproductive health that outline :
  - Sexual development (physical and interpersonal)
  - Safe and healthy relationships
  - STIs/HIV/AIDS, contraception, effective parenting
- Translated it in different languages for our diversity of clients: Spanish, Haitian Creole and French.
- Created interactive activities and resources to engage staff and clients.
- Implemented training sessions for staff and incorporated educational sessions for clients.
- Developed surveys or feedback forms to gather qualitative feedback from both staff and clients.
- Designed a pre- and post- training knowledge assessments.

#### ➤ Pre/Post Knowledge Assessments:

- Surveys were administered to both staff and clients before and after the training sessions to measure their knowledge levels.
- The surveys included multiple-choice questions, true/false statements, and open-ended questions to assess participants' understanding.
- Feedback forms were distributed to gather qualitative insights into participants' perceptions of the training content, delivery methods, and effectiveness.
- The assessments were conducted anonymously to encourage honest responses.
- Participants included 4 staff members and 9 clients.

Wayside Youth & Family Support Sex Education Outline	
• Introduction	<ul style="list-style-type: none"> <li>• Overview of the curriculum</li> <li>• Setting boundaries</li> <li>• Language used</li> <li>• Addressing personal biases</li> <li>• Question box for anonymous inquiries (consider including a QR code)</li> </ul>
• Physical Sexual Development	<ul style="list-style-type: none"> <li>• Understanding body parts and their functions</li> <li>• Menstruation and sperm reproduction</li> <li>• Body image and acceptance</li> <li>• Maintaining hygiene and sexual health</li> <li>• Effects of hormonal changes on the body and sexuality</li> </ul>
• Interpersonal Sexual Development	<ul style="list-style-type: none"> <li>• Exploring sexual orientation and relationship types</li> <li>• Discussion on sexual practices and boundaries</li> <li>• Addressing emotional aspects of relationships</li> <li>• Differentiating between real-life and pornography</li> </ul>
• Safe and Healthy Relationships	<ul style="list-style-type: none"> <li>• Effective communication and intimacy</li> <li>• Understanding and respecting boundaries</li> <li>• Consent and its legal aspects</li> <li>• Recognizing signs of intimate partner violence</li> <li>• Promoting safe dating practices, including online relationships</li> </ul>
• STIs/HIV/AIDS, Contraception, Effective Parenting	<ul style="list-style-type: none"> <li>• Types of contraception and demonstrations</li> <li>• Understanding and preventing STIs, including HIV/AIDS</li> <li>• Breast cancer awareness and prevention</li> <li>• Importance of regular screenings and pelvic exams</li> <li>• Resources for parenting and pregnancy options</li> </ul>

### Data & Observation

• Post-training assessments were conducted to evaluate the effectiveness of the sexual education curriculum in improving knowledge scores among staff and clients. Participants commented on key takeaways from the training, areas of difficulty or confusion, suggestions for improvement, engagement with interactive activities, appreciation for anonymity, and satisfaction.

#### • Examples:

- "I liked that we could ask questions without feeling judged."
- "I would like more time to discuss resources available for sexual health services."
- "I learned a lot about respecting others' boundaries."

[Chart Title: Percentage Increase in Knowledge Scores]

Participants	Pre-Training Score	Post-Training Score	Percentage Increase
Staff	60%	80%	33.3%
Clients	50%	75%	50%

The chart demonstrates a significant increase in knowledge scores among both staff and clients post-training. Staff members experienced a 33.3% increase in their knowledge scores, while clients showed a 50% increase.

### Implications of the study

The results suggest that our continuous training approach is successful in promoting informed decision-making and healthy behaviors among participants. By consistently providing essential information, we empower individuals to make positive choices regarding their sexual health.

Participants have consistently expressed appreciation for the training sessions and report feeling more confident discussing sensitive topics.

We will continue to refine and adapt our training program based on ongoing feedback and emerging research. Our goal is to maintain relevance and effectiveness while addressing evolving community needs

### References

Pearson, M. E. (2018). Love Notes. <https://digital.dibbleinstitute.org/LN>

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