



Student-Centered Learning – Implementing a Sexual and Behavioral Health Curriculum with Adolescent Students



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INTRODUCTION

During the 2016-2017 academic year, the Medical College of Wisconsin's Department of Obstetrics and Gynecology (Ob/Gyn) partnered with Escuela Verde (EV), a Milwaukee charter high school to provide a sexual and behavioral health curriculum.

METHODS

- In collaboration with students from Escuela Verde, an Ob/Gyn physician, Ob/Gyn psychologist and an Ob/Gyn educator met with students for seven 2-hour workshops
- This is the second inception of the curriculum
- Pre- and post-surveys were distributed to determine students knowledge and attitudes of the content

PARTICIPANTS

- Student participants were 13-18 years of age (8th grade – 12th grade)
- Spanish and English speakers
- Students identified as male, female and transgender

REFERENCES

James S, D'Amore A, Thomas T. Learning preferences of first year nursing and midwifery students: Utilizing VARK. Nurs Educ Today. 2011; 31:417–423.

RESULTS

Sexual Health Workshop:

- Facilitated by Seema Menon, MD and Kristina Kaljo, PhD
- Between 8-20 students participated at any given time
- Four 2-hour sessions
- Topics covered: Healthy relationships, brain development, healthy pregnancy, and sexually transmitted infections
- Students engaged in small group discussions, jeopardy-type activities, and organization of facts and content

Behavioral Health Workshop:

- Facilitated by Abbey Kruper, PsyD and Kristina Kaljo, PhD
- Between 8-12 students participated at any given time
- Students submitted a letter of interest to enroll in the workshop
- Three 2-hour sessions
- Topics covered: Mindfulness, healthy perspectives, and self-compassion
- Students actively engaged in mindful practice – breathing exercise, developing healthy thoughts, activities in self-awareness and self-compassion

STUDENT QUOTES

At the conclusion of the Sexual Health Curriculum:

"Now I know more about different ways to stay healthy" (EV female student)

"I feel like I can make better choices with the people I get into a relationship with" (EV female student)

At the conclusion of the Behavioral Health Curriculum:

"I learned that you don't have to hide what you feel; you don't have to be scared because there's always someone to help you! This week has been so stressful for me but Medical College workshops is the best and helps a lot!" (EV female student)

"I learned to love myself" (EV male student)

"I learned how to pursue peace with myself" (EV male student)

NEXT STEPS

- Using student feedback, evaluate the current curricular design
- Ask Escuela Verde students to complete the Visual, Aural, Read/Write, & Kinesthetic (VARK) learning styles survey to best meet individual learning needs
- Attempt to have sessions in 4 consecutive weeks to improve continuity of content
- Encourage ongoing student involvement in further developing the program
- Determine students' interests in careers in research, science, health care and how to pursue those