

A RE-VISION OF THE ADOLESCENT SEXUAL HEALTH CURRICULUM: ADVANCING YOUTH THROUGH COMMUNITY COLLABORATIVE ACTION



Kristina Kaljo PhD, Seema Menon MD
 Department of Obstetrics and Gynecology
 Medical College of Wisconsin, Milwaukee, Wisconsin

OBJECTIVES

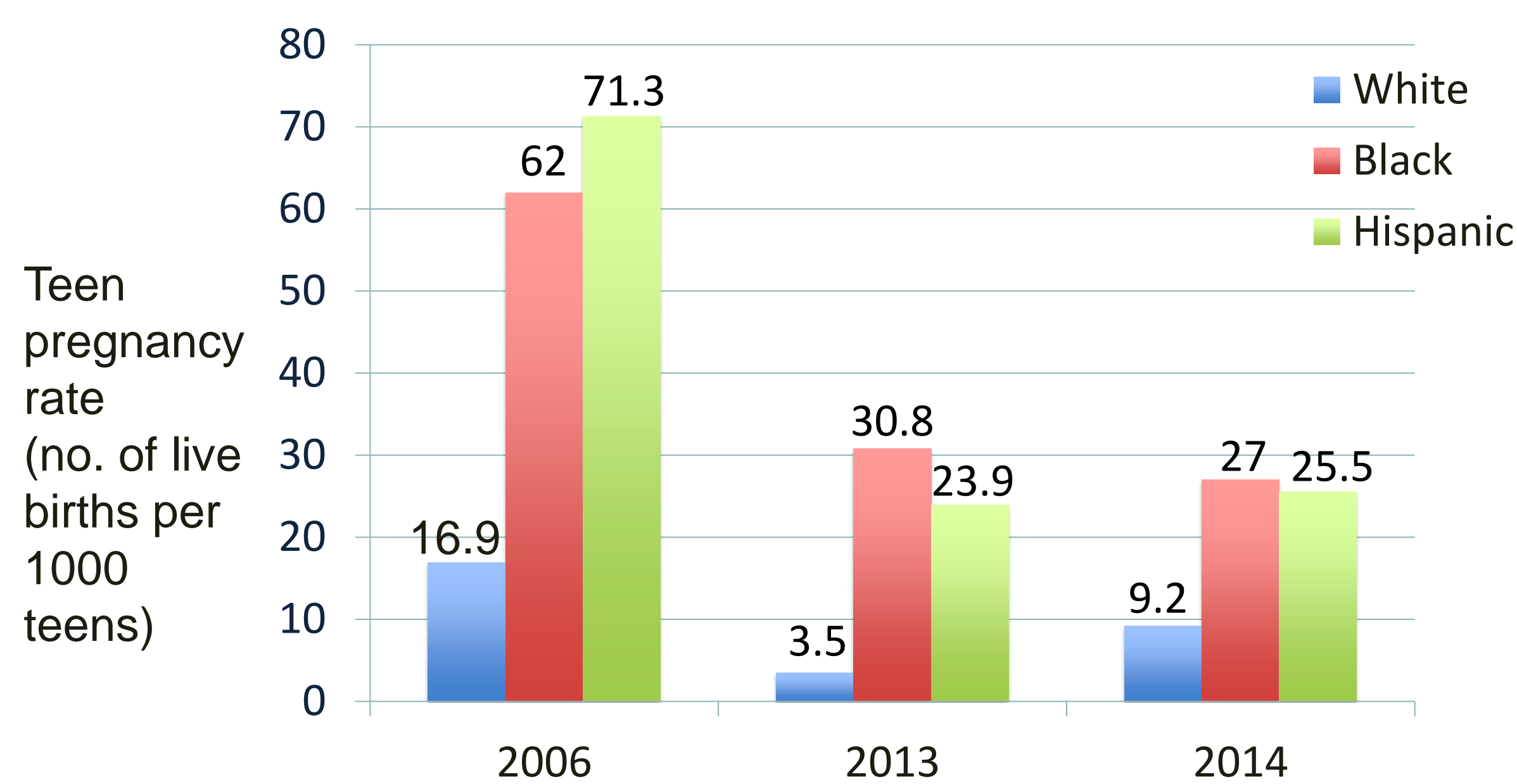
- Establish a collaborative relationship with an at risk teen population for pregnancy.
- Design and implement a student-centered, inquiry-based reproductive health curriculum incorporating personal skills building.
- Provide the students and school with resources and insights to modernize their school building's medical clinic.

RATIONALE

A multitude of national and local programs have largely contributed to a 50% reduction in teen pregnancy rates between 1991 to 2013. Limited evidence supports the efficacy of programs that integrate education, personal skill building, and contraception. Interestingly, programs with a singular focus on contraception knowledge have questionable efficacy.

While the City of Milwaukee has also been successful in reducing teen pregnancy rates, racial and economic disparities are striking. The U.S. Department of Health & Human Services Office of Adolescent Health endorses 35 evidence-based programs aimed to reduce teen pregnancies. The majority of these programs are designed for the school setting. Adolescents in the juvenile justice system, foster care, and schools following alternative curriculum are likely not exposed to such programs, perhaps explaining the notable disparities.

Teen Pregnancy Rates in Milwaukee



PROJECT DESIGN

Collaboration between Medical College of Wisconsin's Department of Obstetrics and Gynecology and an urban, alternative charter high school located in Milwaukee, Wisconsin.

Stage 1: Community Collaborative Action

Senior capstone project - Aylin** visited the Medical College to understand the space and equipment needed to set up a reproductive health clinic

Stage 2: Adolescent Health Workshop

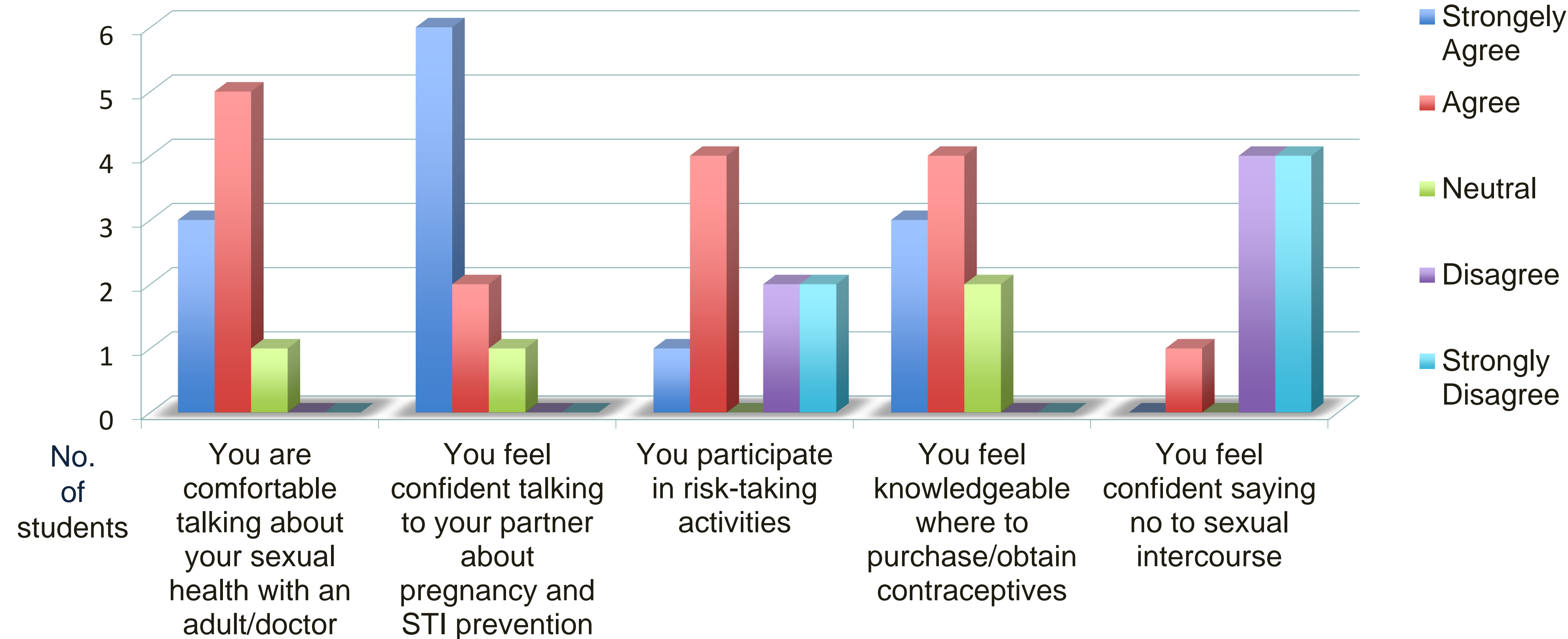
Four 2-hour workshop sessions with the basic structure:

- "Ice breaker" exercises to encourage interaction and reduce anxiety
- Presentation of reproductive health information through hand outs, poster boards, power point slides, and a Jeopardy-like game
- Small discussions designed to apply the information to real life scenarios
- Final individual student-led presentations on a reproductive health topic

RESULTS

9-12 students (9 females, 3 males) between the ages of 14-17 participated in the workshop. Due to the alternative academics of the high school, there were various reasons why student attendance varied: standardized assessments, graduation preparation, other course requirements, and absence.

BASELINE UNDERSTANDING



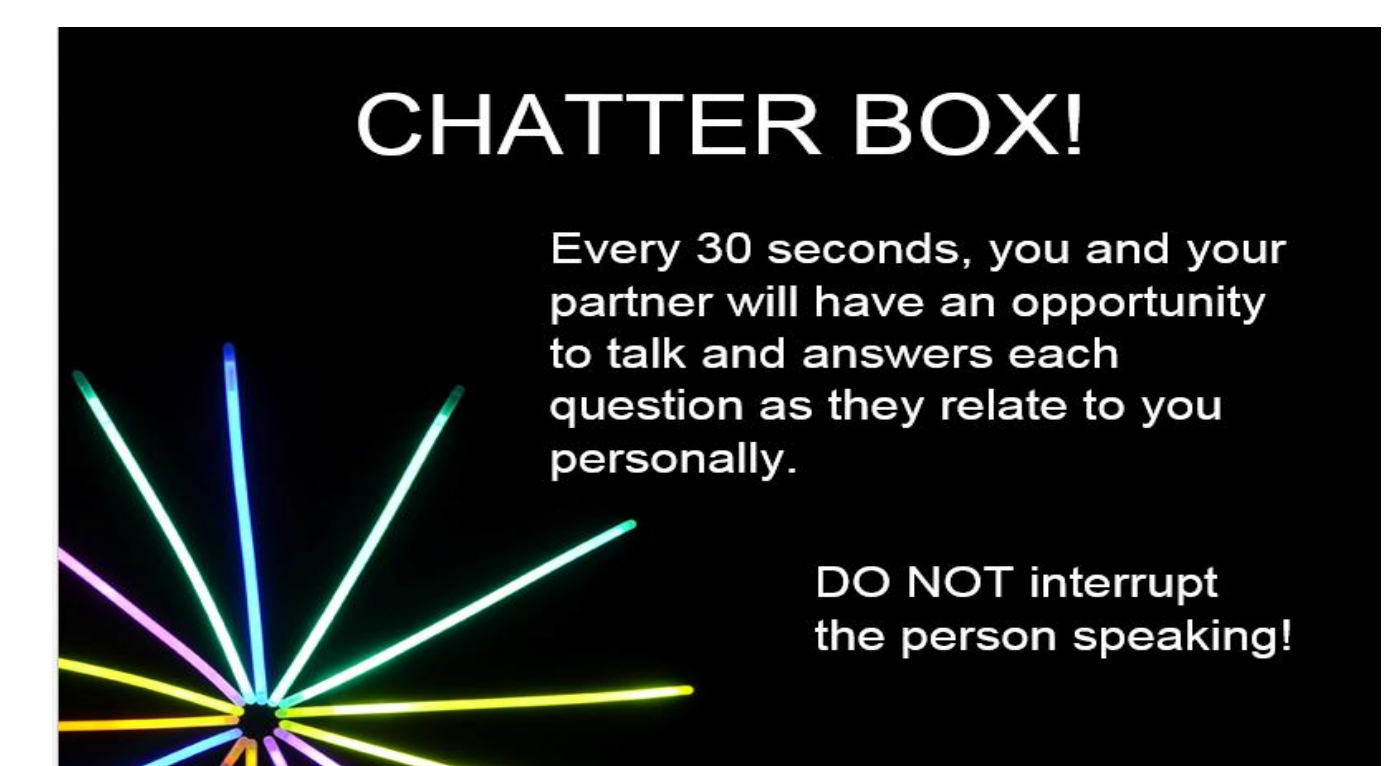
Student**	Student Comments –Exit Survey
Sarah, 16	I liked that I got to learn a little bit of everything from STDs to healthy relationships
Juan, 15	Not that many people know how to maintain a healthy relationship, so the Healthy Relationships session taught me a lot
Aylin, 17	I liked that [you] made it fun for us to learn instead of just talking about it
Brianna, 15	It helped me figure out what type of relationship I want and to make sure they are healthy

**To protect identity of students, pseudonyms are used

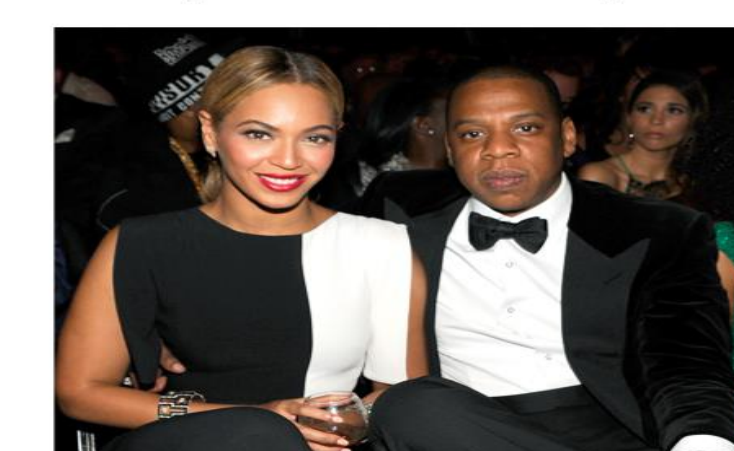
TAKE A LOOK AT THE CURRICULUM

Workshop Session Topics:

- #1: Sexual Health: Keeping Yourself Healthy- includes information on healthy pregnancy planning
- #2: Sexually Transmitted Infections and Contraception
- #3: Healthy Relationships
- #4: Student Presentations on reproductive topic of their choice, utilizing technical skills



Beyoncé and Jay Z



Healthy or Unhealthy?

CONCLUSIONS

- Healthy relationships and pregnancy planning are skills that teens are eager to learn
- Incorporating male teens leads to insightful, robust discussions
- Ice breaker activities are helpful to encourage active participation during the session
- Incorporating current, popular culture helps teens apply information to "real life" scenarios
- Student presentations lead to deeper understanding of content and building oral/technical professional skills
- An additional professional development component may pique students' interests of STEM fields and careers