



## ABSTRACT

- Comprehensive sexual health education leads to a decreased rate of teen pregnancy, STDs, and HIV in adolescents and teens.<sup>1,2</sup>
- Studies show 46% of high schoolers did not use a condom before their last sexual encounter.<sup>3</sup>
- Results of this behavior are:
  - 210,000 babies born in 2016.<sup>3</sup>
  - Half of all new cases of HIV and STDs are from teens.<sup>3</sup>
  - About less than half of college students use some form of contraceptive.<sup>3,4</sup>
  - 66.9% of college students had sexual encounters with more than one partner.<sup>3,4</sup>
- Limited research has been done to identify young adults perception of school-based sexual health education before college and its effects on their engagement in safe sex practices.

## OBJECTIVES

- To determine whether school-based sexual health education before college-age (17-25 years old) increases the perceived likelihood of students engaging in healthy sex practices in college.
- To identify perceived gaps in college students' experiences with school-based sexual health education to assess the need for a sexual health education program for UCSD students.

## METHODOLOGY

- We developed a cross-sectional survey regarding perceptions and knowledge of sexual health education, safe-sex practices, and basic demographics.
- The survey was shared through social media, email, and text and was completed by 78 students.

## RESULTS

Figure 1. Demographics

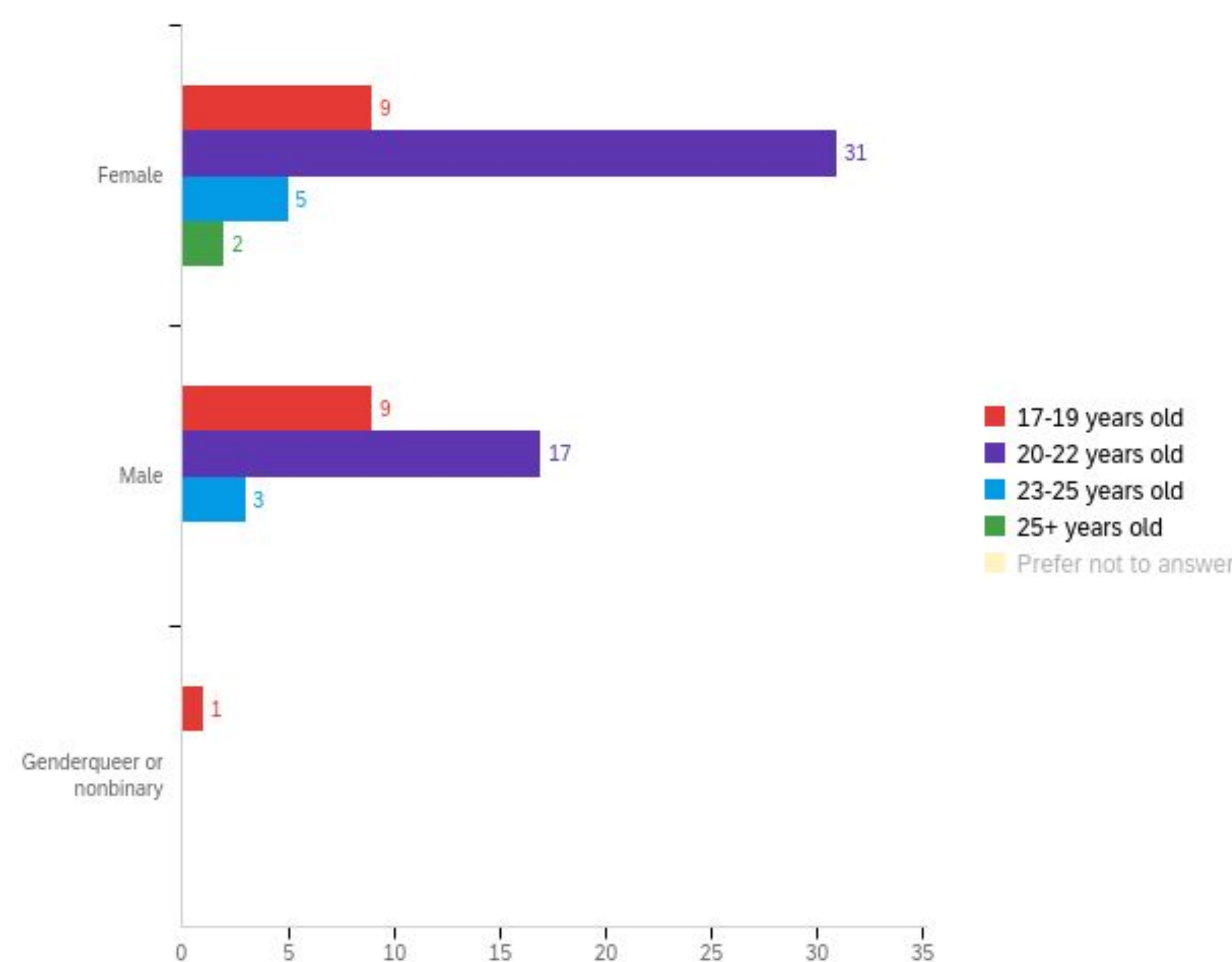


Figure 2. Participation in School-Based Sexual Health Education Program

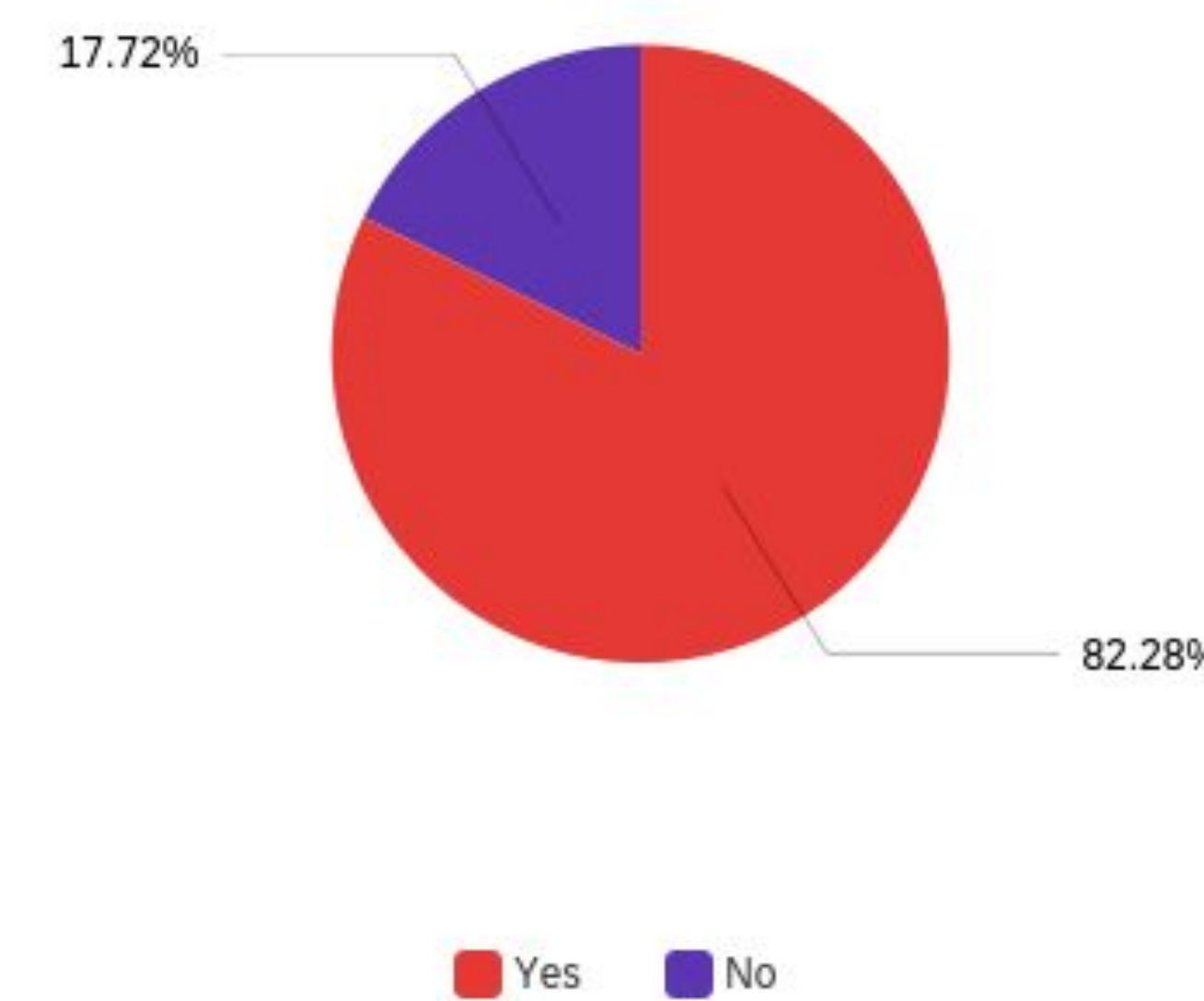


Figure 3. Perceptions: Level of Impact of School-Based Sexual Health Education Program on Use of Protection

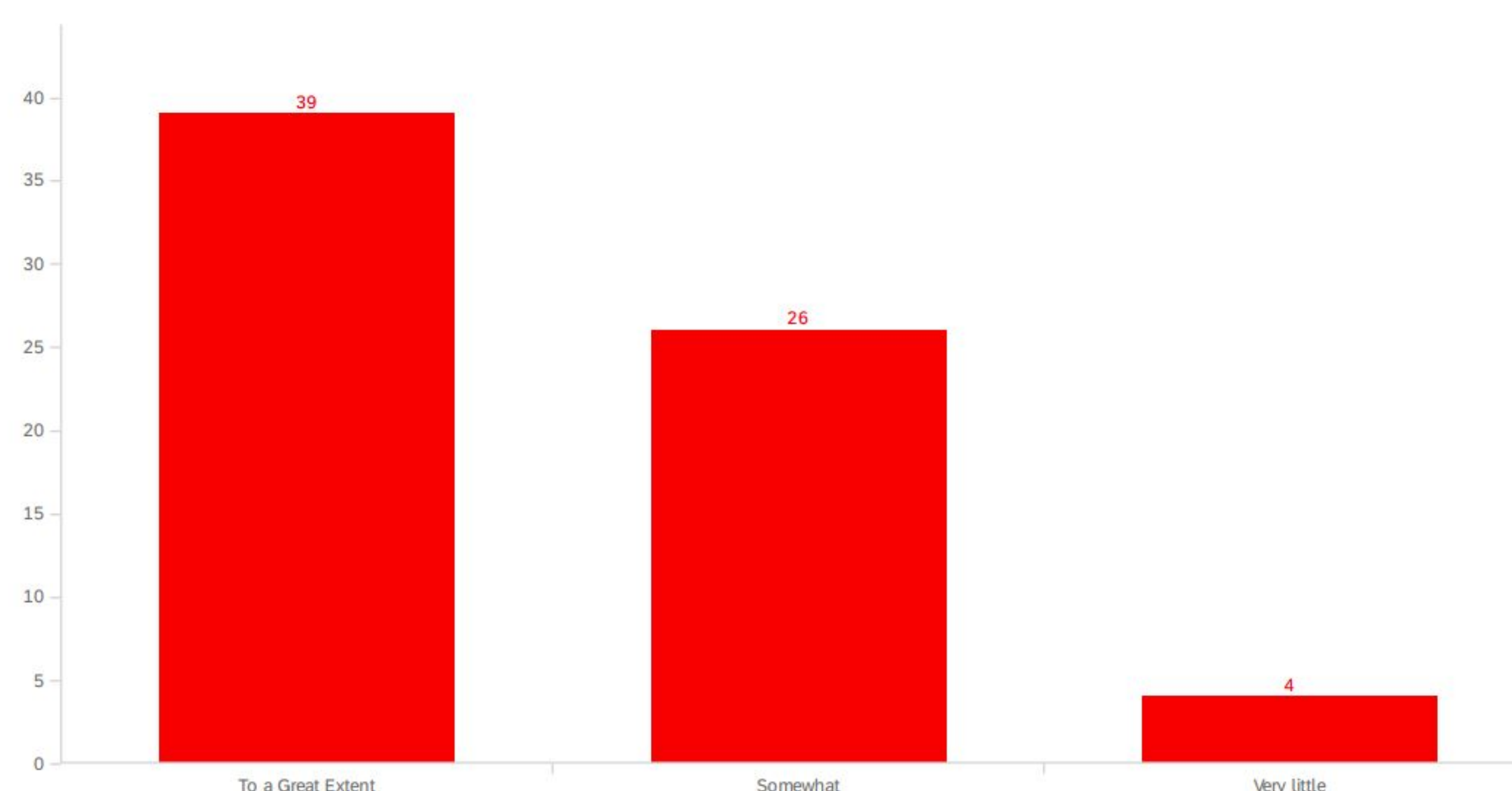
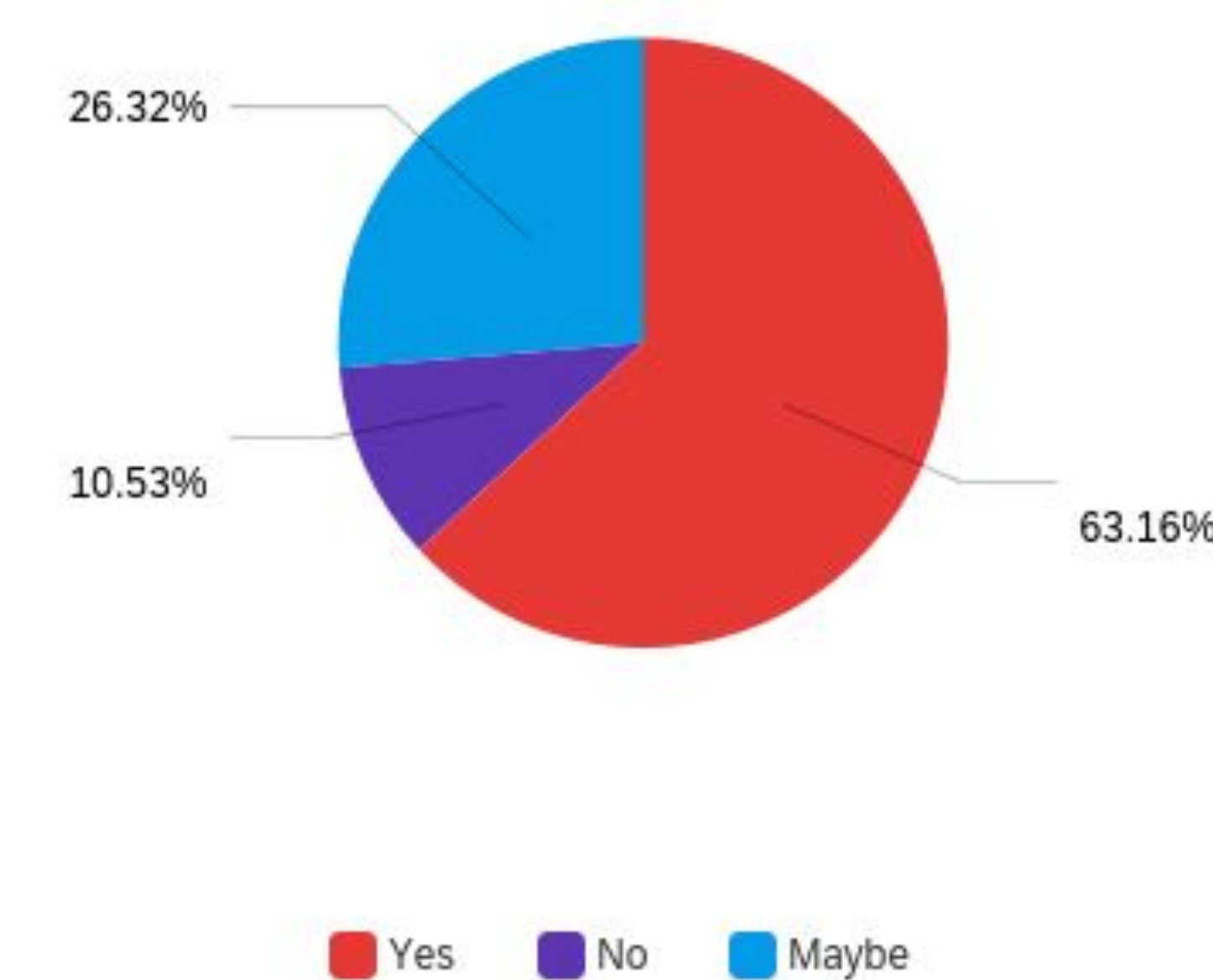


Figure 4. Essential Information Missing from Sexual Health Education Curricula



## CONCLUSIONS

- Many undergraduate students at UCSD participated in school-based sexual health education programs prior to college.
- Students believe access to these school-based programs have a positive impact on use of protection but programs were missing topics perceived to be essential by students.
- These topics include healthy relationships, LGBTQ+ centered sexual education, gender roles, body image, and sexual abuse.

## POLICY IMPLICATIONS

Implementation of sexual education resources for students entering college in the form of programs (classes), workshops, and other services should be enacted by universities in order to bridge the gap between varying states/countries sexual health education programs and improve the rate of healthy sex behaviors.

## ACKNOWLEDGEMENTS

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