



# IMPACT OF SEXUAL HEALTH DISCUSSIONS ON SAFE SEX BEHAVIOR

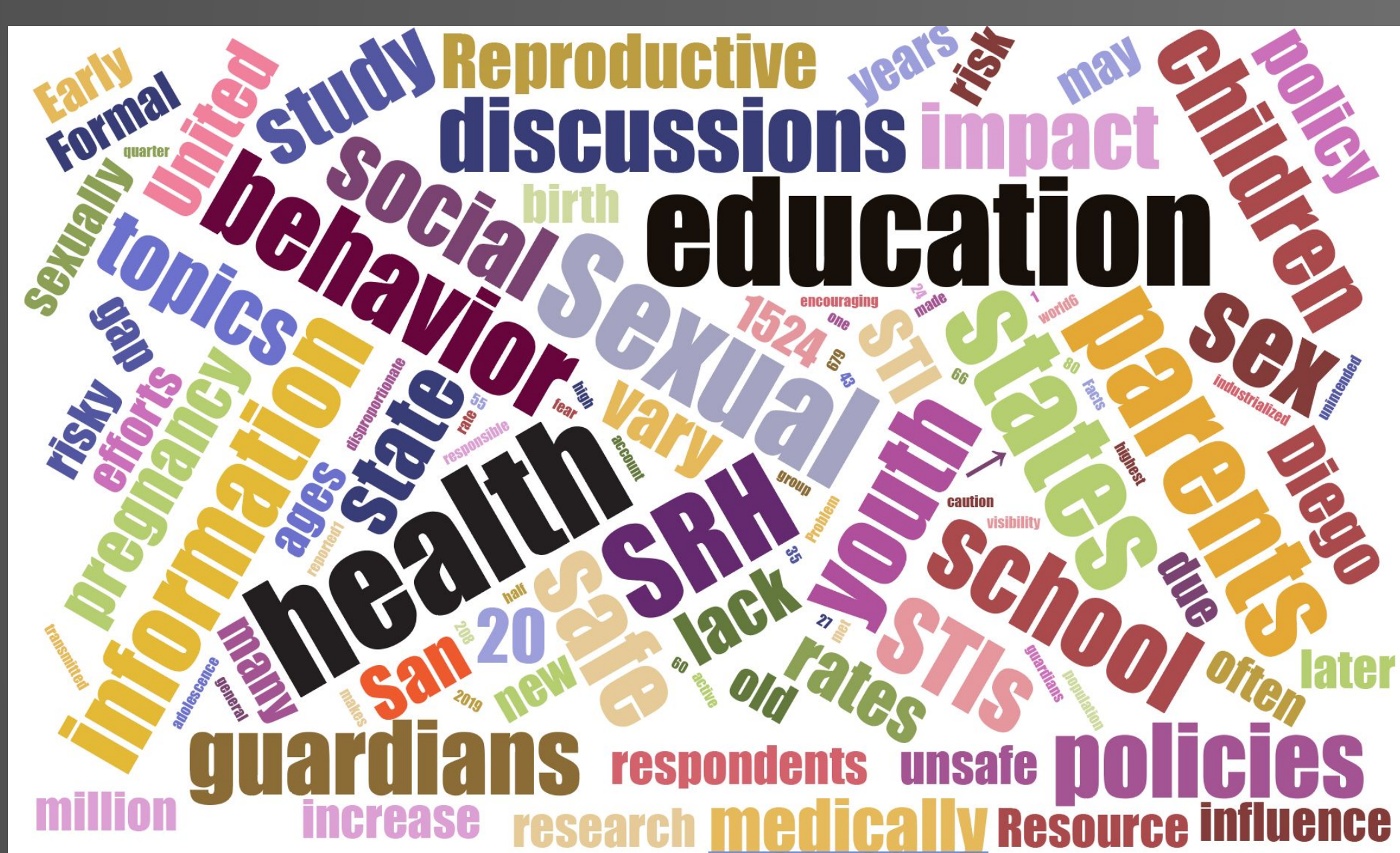


Vianey M. Twyford, Jacklyn Sanchez-Alvarez, Maritza Ornelas  
The University of California, San Diego

## Abstract

Objective: To determine the perceived impact of **sexual and reproductive health (SRH)** discussions between parents/guardians and teens regarding safe sex behaviors.

Background: **Parents often serve as the single greatest influence in their children's health behavior** when school-based SRH programs vary in coverage of comprehensive risk-reduction education<sup>2</sup>.



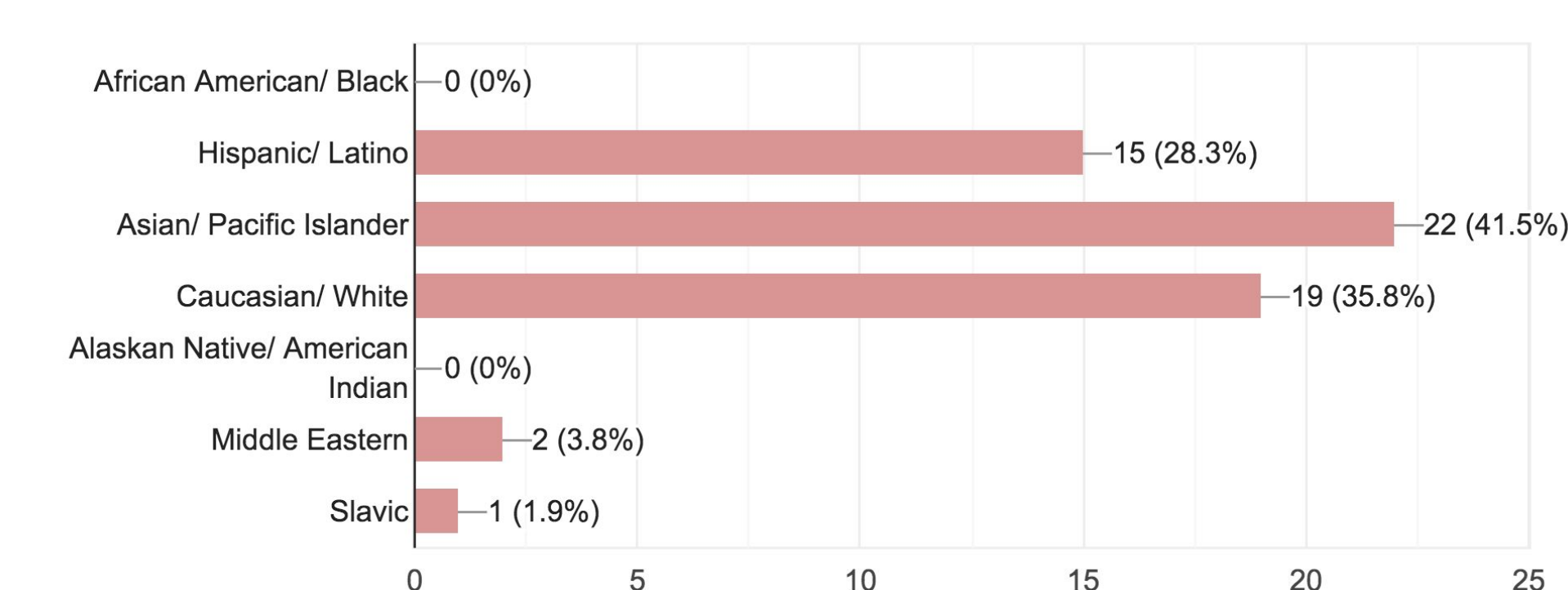
## Introduction

- ❑ Youth ages 15-24 years old account for over one quarter of the sexually active population in the United States<sup>1</sup>.
- ❑ This population accounts for half of the 20 million new sexually transmitted infections (STIs) reported<sup>1</sup>.
- ❑ The United States has the highest pregnancy rate for this age group in the industrialized world<sup>4</sup>.
- ❑ While 80% of adolescents have received some formal instruction about STIs, only 55% of men and 60% of young women have had any form of birth control education<sup>3</sup>.

## Methods

- ❑ We conducted a research study with UC San Diego students (n=53) using descriptive data analysis through an online qualitative survey on SRH discussion.
- ❑ Distributed via email.

What is your race/ethnicity? (Check all that apply)  
53 responses



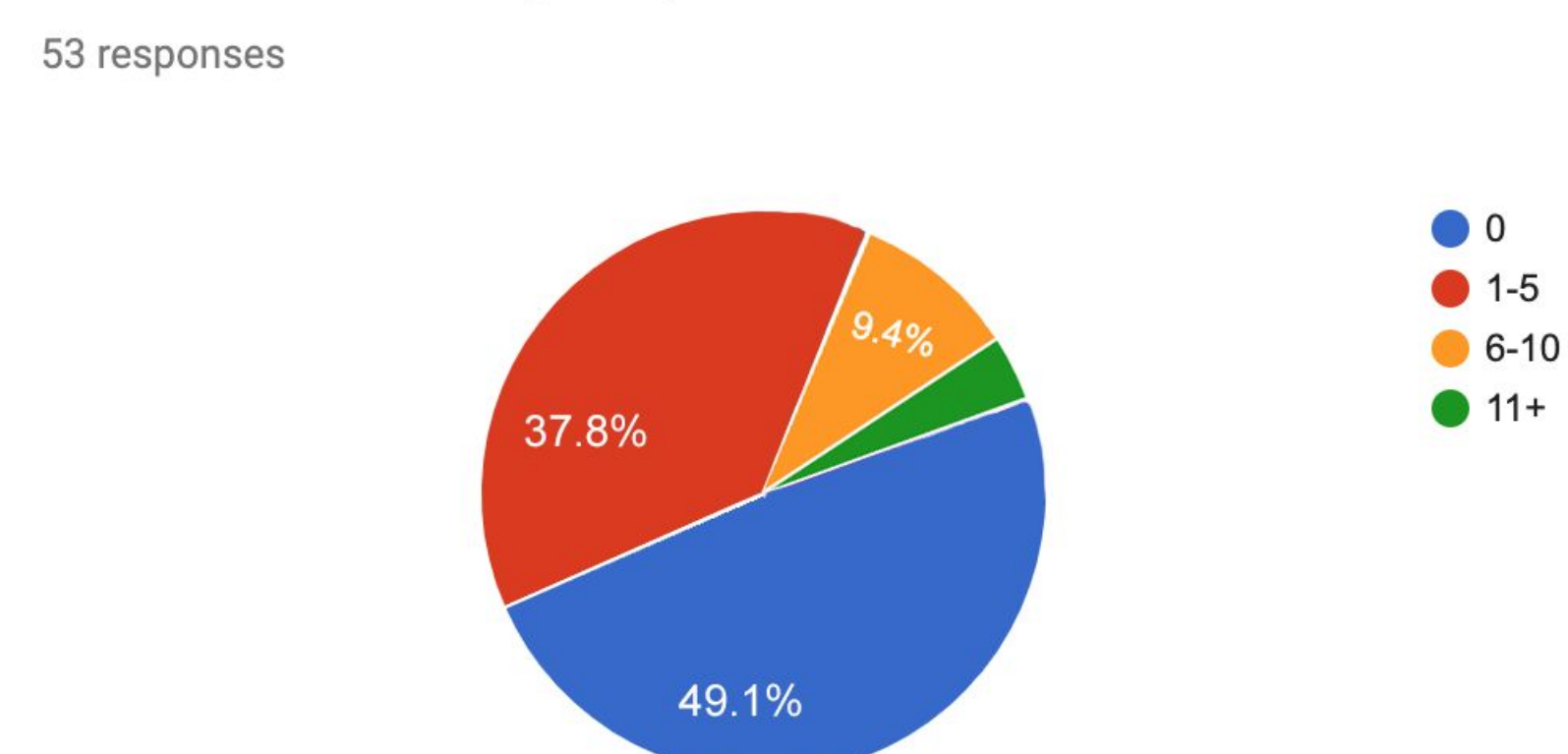
## Results

Survey results identified that the population consisted of:

- ❑ **Asian/Pacific Islander** 41.5% (n=22)
- ❑ **Caucasian/White** 35.8% (n=19)
- ❑ **Hispanic/Latino** 28.3% (n=15)
- ❑ **Middle Eastern** 3.8% (n=2)

Our UCSD survey (n=53) showed that **49.1% (n=26) of individuals have never discussed SRH with their parents/guardians.** While 37.8% (n=20) have had 1-5 discussions with parents.

Approximately how many times in your life have you had sexual health discussions with your parents?  
53 responses

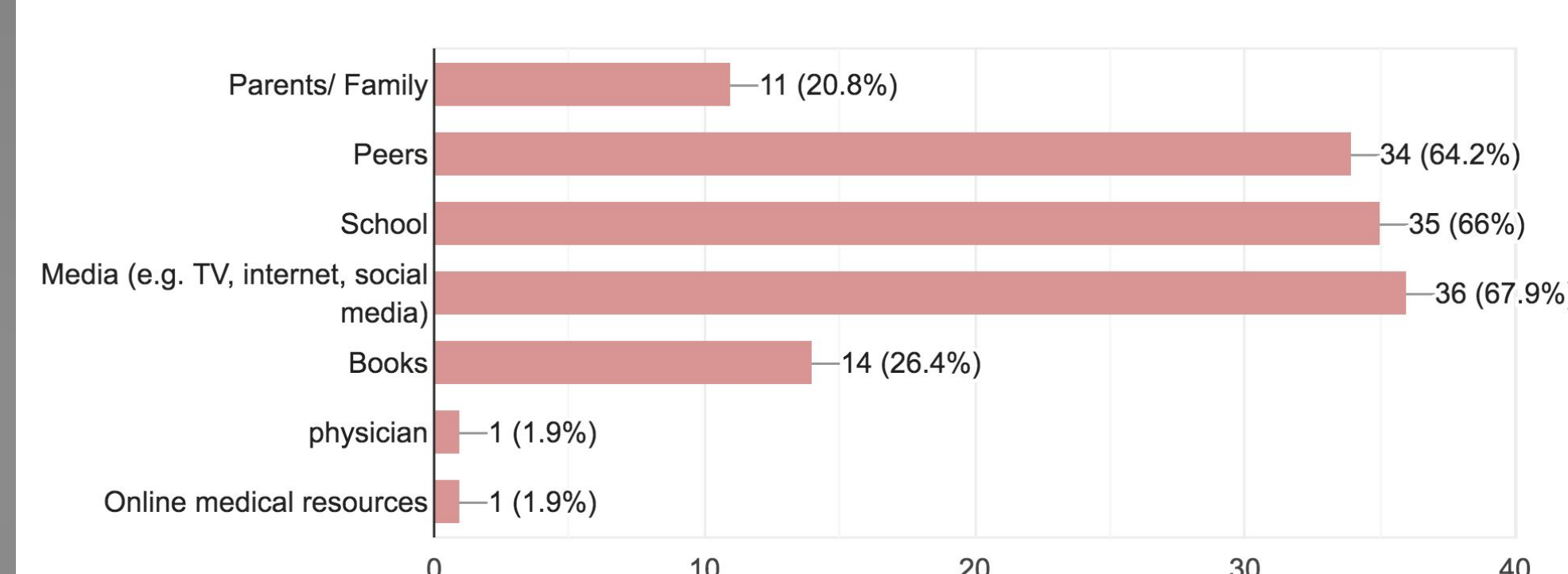


## Results

Major sources of SRH information included:

- ❑ social media (67.9%),
- ❑ school policy (66%)
- ❑ parental impact (20.8%).

What were your main sources of information about sexual health? (Check all that apply)  
53 responses



**Most students (98.1%) desired to talk to their parents about:**

- ❑ healthy relationships (47.2%)
- ❑ emotions related to sexual health (41.5%)
- ❑ birth control (39.6%).

Students identified that they felt **more comfortable discussing general reproductive health**, like birth control, (n=16) than intimate sex (n=32).

**Although they identified willingness to speak to their parents or guardians, we found that initially:**

- ❑ 43.4% responded NO
- ❑ 30.2% responded YES
- ❑ 26.4% responded as UNSURE

## Conclusion

**Most UCSD students have never had discussions with their parents but would like to** about specific SRH topics such as healthy relationships and birth control .

## Policy Implications

### 1. Community Based Programs

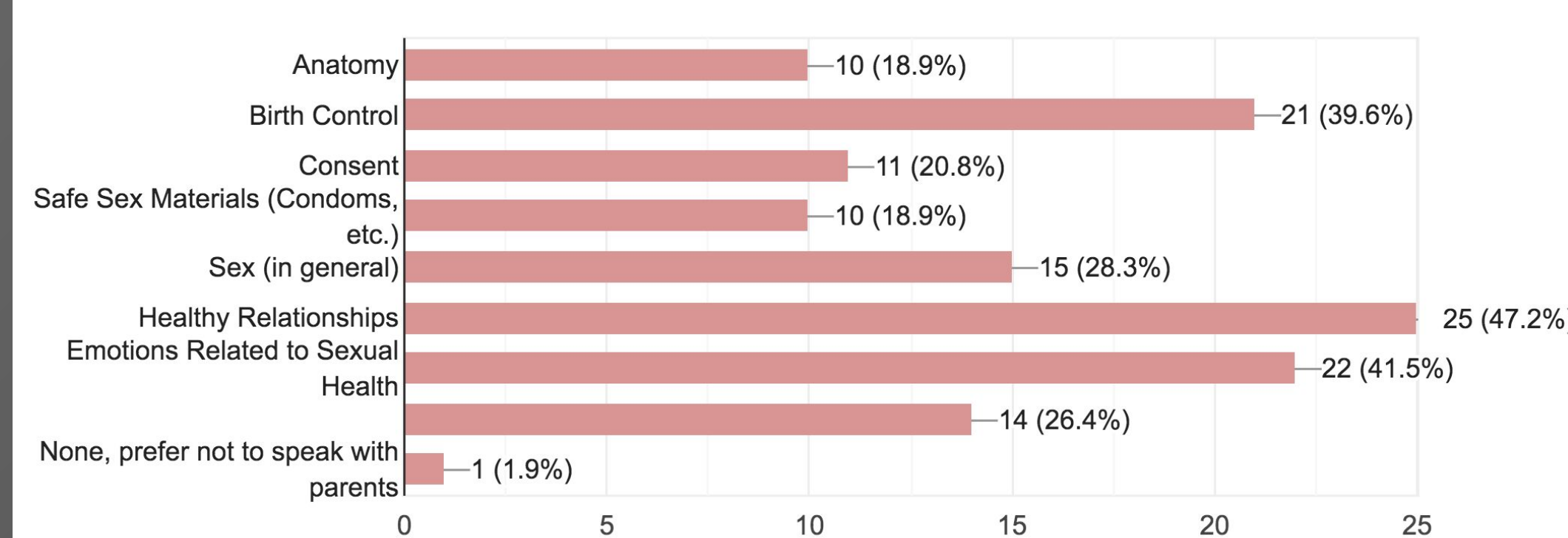
Locally hosted interactive comprehensive programs that would provide space for parents/guardians and youth to learn about Sexual and Reproductive Health.

### 2. School Sponsored Parent/Guardian Education Classes

An after school series that would be facilitated by trained health educators with a goal of expanding parent/guardian knowledge through medically accurate sources.

Respondents were open to having SRH discussions with their parents/guardians regarding the following topics:

What types of conversations would you be interested in having with a parent/guardian? (Check all that apply)  
53 responses



## Citations

1. Adolescents and Young Adults | Prevention| STDs | CDC. (n.d.). Retrieved from <https://www.cdc.gov/std/life-stages-populations/adolescents-youngadults.htm>
2. Aspy, C. B., Vesely, S. K., Oman, R. F., Rodine, S., Marshall, L., & McLeroy, K. (2007). Parental communication and youth sexual behaviour. *Journal of adolescence*, 30(3), 449-466.
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4. Markham, C. M., Lormand, D., Gladden, K. M., Peckin, M. F., Flores, B., Low, B., & House, I. D. (2010). Connectedness as a predictor of sexual and reproductive health outcomes for youth. *Journal of adolescent health*, 46(3), S23-S41.