

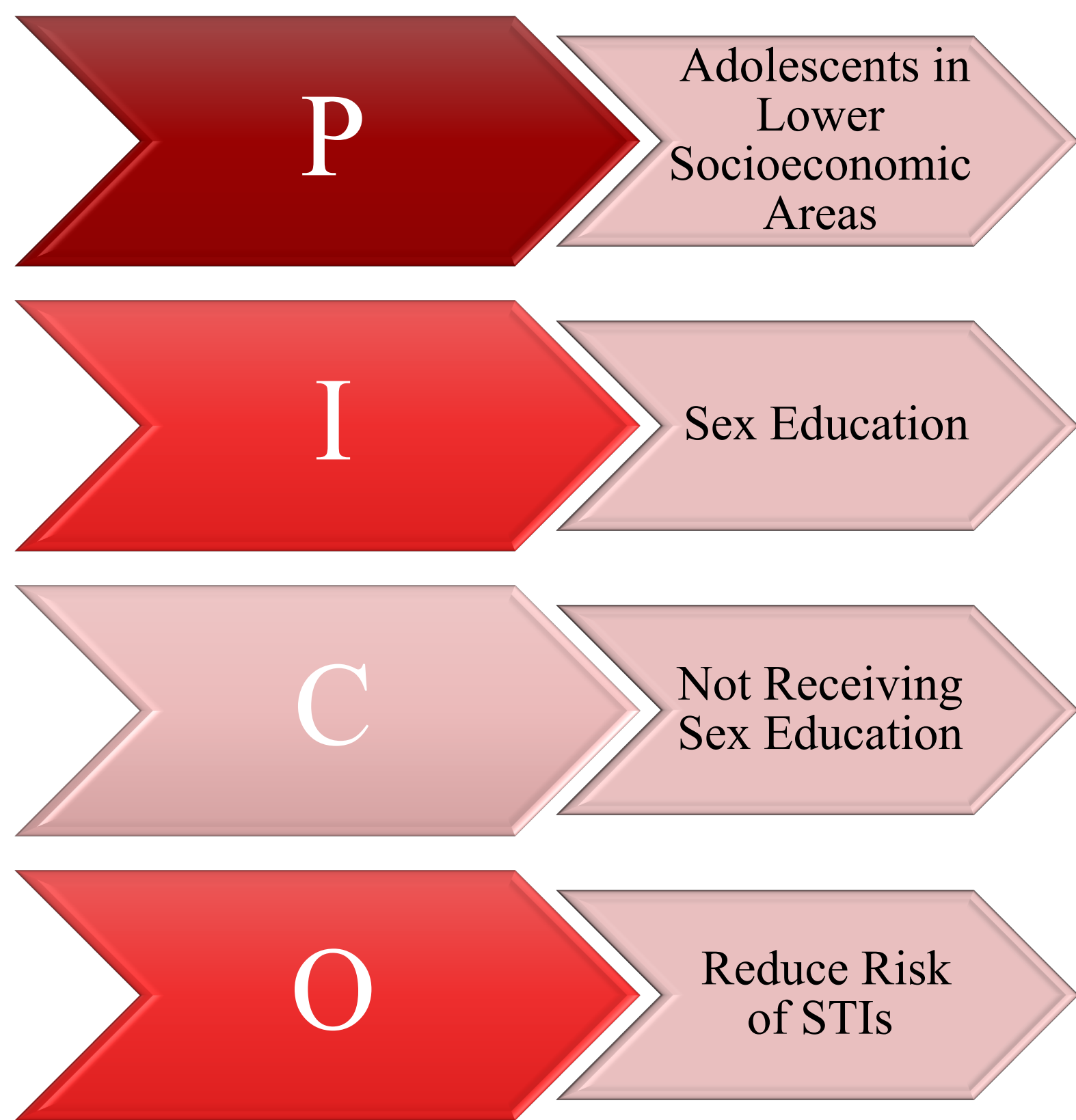
The Influence of Varied Sex Education on Adolescents of Lower Socioeconomic Status in Reducing the Prevalence of STI Acquisition

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PICOT Question

For adolescents in lower socioeconomic areas, does varied sex education reduce future risk of developing STIs compared with adolescents who do not receive sex education?



Literature Search

- **Databases Used:** Google Scholar, EBSCO, Wiley Online Library, PubMed
- **Keywords Searched:** STI incidence in low socioeconomic areas, HIV, STI, sexual education in adolescents, STI prevention
- **Criteria:** Peer-reviewed, published after 2016, published in English, adolescent population, aligns with current study's focus

Synthesis of Findings

- Interventions such as comprehensive sex-education, and use of their social support systems have led to a reduced risk of STI exposure in African Americans ages 10-20 years (Brawner, Jemmott, Hanlon, et al., 2021; Brawner, Jemmott, Wingood, et al., 2019; Mirzazadeh et al., 2018; Sales et al., 2014)
- The use of curriculum-based sex education such as abstinence, contraceptives, condoms and the use of psychoeducation such as relaxation techniques, sexual partner negotiation, and emotion regulation in relation to the sexual-decision process has been shown to reduce the frequency of sex and number of sexual partners among sexually active youth (Brawner, Jemmott, Hanlon, et al., 2021; Haruna et al., 2018).
- In the sample group ranging from the ages of 10-24, studies have shown that factors related to low socioeconomic status such as lack of schooling, medical access, STI knowledge and demographics can increase the risk of STI acquisition. (Gani, Chowdhury, Nyström, et al., 2014; Sales et al., 2014)
- In longitudinal studies, it has been shown that adolescents who received school-based sex education participated in less sexual behaviors and had reduced STI incidence in adulthood (Badolato et al., 2021; Haruna et al., 2018; Mirzazadeh et al., 2018)
- Introducing interactive instruction such as 'game based' learning and music video production about HIV prevention to adolescents showed increased engagement in sexual health education and a decrease in STI rate (Haruna et al., 2018; Mirzazadeh et al., 2018)

Decision to Change Practice

Policy:

- In communities, school nurses will implement peer leadership programs and workshops that incorporate group activities led by trained leaders and facilitate guided discussions about sex.
- In the beginning of the school year, school nurses will be required to contact parents and students to discuss anticipatory guidance on their child's sexual health, offer pamphlets that highlight ways to prevent and identify STIs, and introduce community clinics that offer free STI screenings.

Education:

- School nurses will educate adolescents on sexual health as it relates to transition into puberty, knowledge on intercourse, the different types of STIs, and risk factors, and prevention.
- School nurses will teach all students how to put on a male and female condom through demonstration and teach them about the use of other forms of contraception such as cervical caps, birth control, and spermicide gel.
- Nurses will utilize game-based learning and video demonstration about HIV prevention to reinforce sexual education.

Evaluation

- Decrease STI exposures and incidence
- Anonymous surveys/questionnaires and STI incidence reports
- 2 years after interventions

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