

Barre Sexual Health Clerkship

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Problem Statement

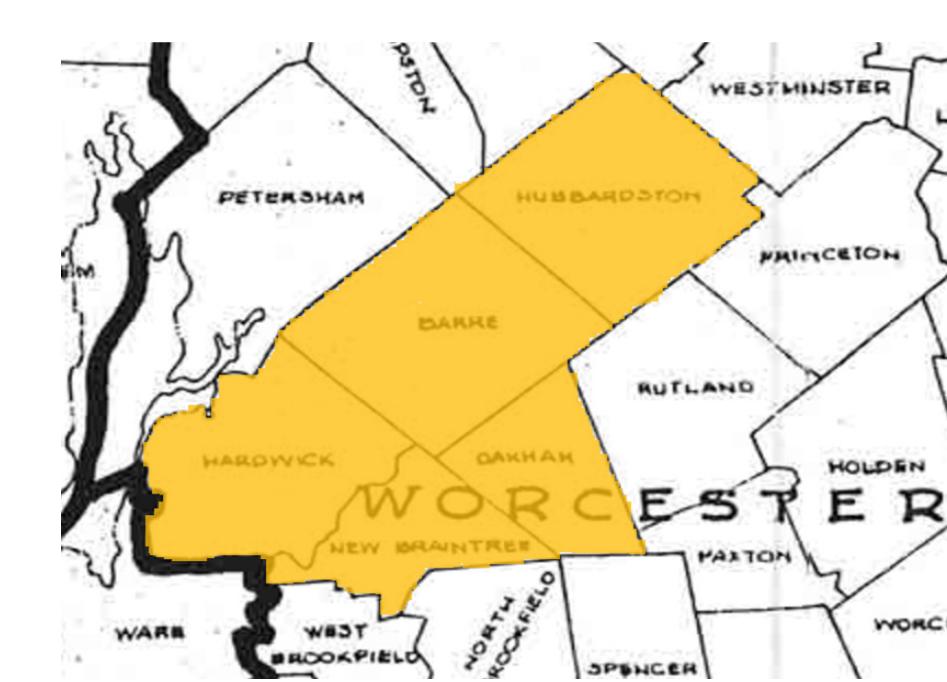
The Barre Family Health Center (BHC) has formulated a Girl Talk curriculum to provide sexual health education to teenage girls and boys of the Barre community. The BHC has asked us to investigate the needs of the community. Following this needs assessment, we were to plan a way to provide sexual education to the community in a manner that satisfies the needs of the students, their parents, and the faculty of Quabbin Regional High School.

Background

- The Barre Family Health Center has run two Girl Talk programs in the past:
 - year 1: 12 girls
 - year 2: 3 girls
 - no participants
- Girl Talk curriculum, instructed by physicians at the BHC, is a 2 hour class from 5:30pm to 7:30 pm, one night a week for 12 weeks.
- The curriculum includes discussions regarding anatomy, sex, healthy relationships, pregnancy, abortion, adoption, etc.
- There is no current program for boys, a Guy Talk curriculum has been drafted.
- The Quabbin Regional High School in Barre, MA has no current sexual education program. Health class is provided, but not required.
- Several medical residents have started a Teen Clinic at the BHC in May 2016. It is designed to allow confidential visits for teenagers, but only five students out of 706 have utilized the clinic.
- BHC is not the location of PCPs for all students.

Quabbin Regional Demographics

- Includes 5 towns: Barre, Hubbardston, Hardwick, Oakham and New Braintree
- Enrollment
 - Middle school: 429 students
 - High school: 706 students
- High school attendance rate of 91%
 - 26.9% chronically absent
 - 43.6% with >9 unexcused absences
 - dropout rate 3.8%
- 17.8% of students academically disadvantaged
- 30.9% of students high needs
- 67.6% of students go on to attend college
- 90.7% of student body Caucasian



Acknowledgments

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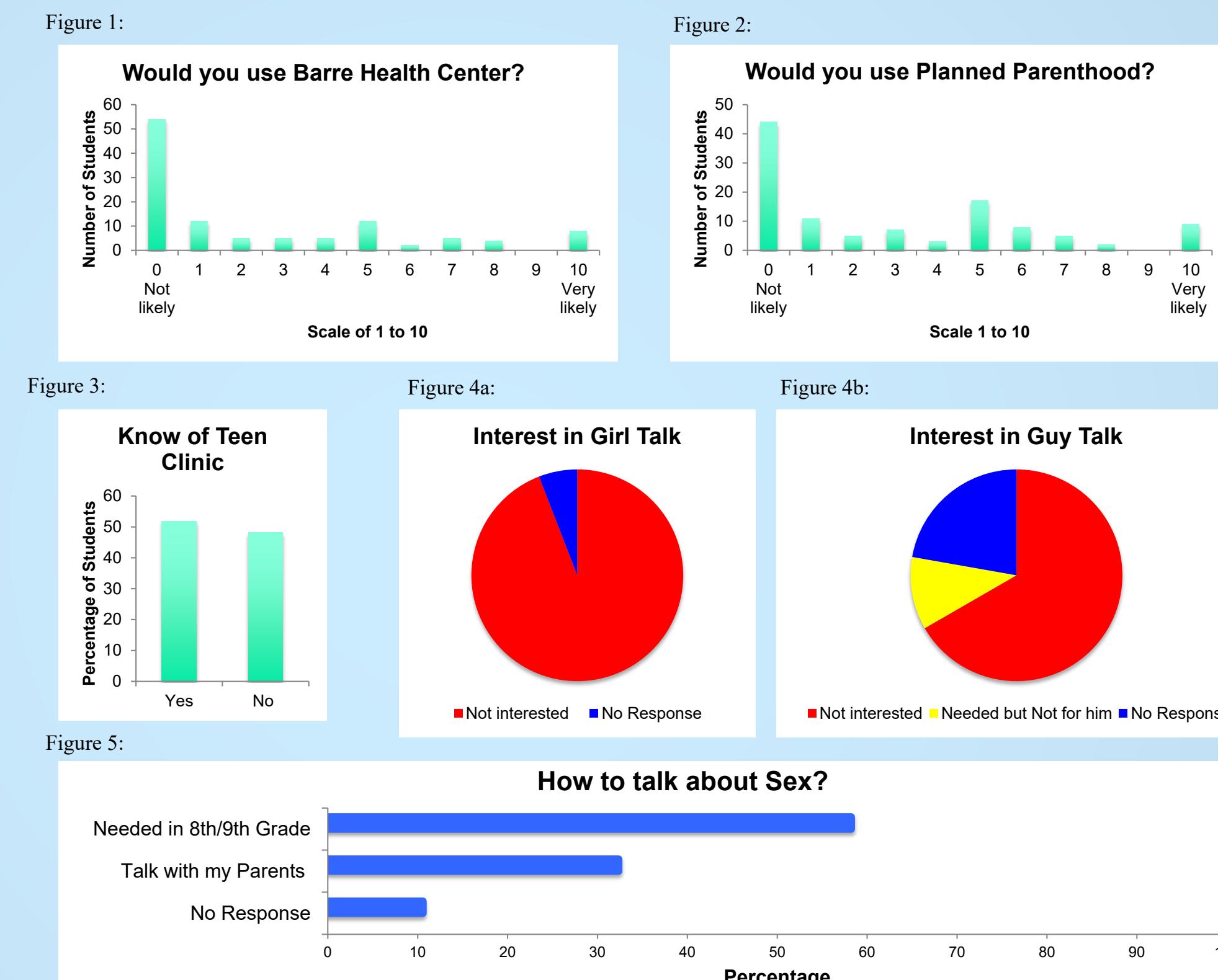
GOALS

STUDY

RECOMMENDATIONS

Service Project Summary

- Needs assessment for sexual health education at the middle school and high school level.
- Gather information from school nurse about current population of students and high risk population.
- Speak with high school faculty about current health curriculum available for students.
- Inform staff at BHC about adolescent health topics and how providers can speak with this population of patients.
- Review and update Girl Talk and Guy Talk curriculum.



Student Surveys:

Analyzed:

- Health Center use (Figure 1)
- Planned Parenthood use (Figure 2)
- Knowledge of Teen Clinic (Figure 3)

Student Feedback:

"I just want to learn how to put on a condom. It's important for me to learn to keep myself safe and I just don't know how"

"Sex ed should be implemented at the latest in middle school"

"It's very important to provide sex ed for people who are or think they may be gay/lesbian/LGBT+"

Health Education Faculty:

- Science Teachers
- Not specific to health, rather a biologic background.

"You could have a week [to teach Sex Ed]!"

Problems Found:

- No mandatory Sexual Education provided
- Students want Sexual Education in two forms: Parents or in School
- Lack of interest in using:
 - Barre Health Center
 - Girl Talk/Guy Talk
 - Planned Parenthood
 - Teen Clinic

Progress:

• Modify Girl Talk:

- Revamped the Girl Talk curriculum into smaller sessions (5, one hour sessions or 10, 30 min sessions) that can be utilized during flex block time or classroom time.
- Made the curriculum male/female/LGBTQ inclusive
 - Focus of Curriculum:** -Body Image -Sexuality -Healthy Relationships -Safe Sex -Substance Abuse
- Work to schedule sexual health education seminars for all of the 9th grade biology classes.
- Work with School Board Committee to make this mandatory for students.
- Advertise as Capstone Project for Medical or DNP student to follow and carry out the program.

• Parent involvement:

- Create a pamphlet for parents on how and what to talk to their teens about puberty and sexual health to be provided at BHC.
- Advise physicians to incorporate "How to talk to your teen" within Adult Interview/Physical Exam.

• Advertising Teen Clinic and Barre Health Center:

- Create a more appealing and teen friendly advertisement for Teen Clinic to be displayed at Quabbin High School and on social media.
- Incorporating an Open House or BHC presence in the community.

Conclusions:

The students of Quabbin Regional High School not only need sexual health education, but want sexual health education. The best way to implement a comprehensive sexual health education program is within the school day in both biology classes as well as during their flex block time. The Barre Health Center has a unique opportunity to partner with the school district to provide sexual education to the teens of the Quabbin Regional community.