

Public Child Welfare Training Academy

“Sexual Health Conversations”

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The Harvey Institute:

Improving Health Care Through Integration of Sexual Health

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Goals and Objectives:

- Demonstrate one model of sexual health legislative public policy
- Define and give historical context to the term sexual health
- Teach three specific skill sets for having a sexual health conversation
- Reflect upon personal and professional sexual health attitudes and values



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Hypothesis:

Current rates of unplanned or unwanted pregnancy, HIV, sexually transmitted infections, and non-consensual or exploitive sexual circumstances will change when communities integrate sexual health conversation skills within existing trauma treatment and Child Welfare systems of care

Prepare:

To better prepare trauma treatment and Child Welfare and their community partners to engage in sexual health conversations within all areas of their clinical practice and public policy.

Sexual Health Conversation Skill

Sets:

1. Demonstrate the ability to suspend judgment within trauma treatment and Child Welfare sexual health situations or conversations.
2. Define and differentiate the six fundamentals of sexual health
3. Integrate youth sexual and reproductive health policy with the Fundamental Elements of Sexual Health



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A Model for Sexual Health Legislative Public Policy: **California Senate Bill 245**

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30-year low of unintended pregnancies among teens and young adults

(Finer & Zolna, 2016)

- **52%** of California foster youth have been **pregnant at least once** by age 19, a number almost 3 times higher than that of youth not in foster care.
- More than **two-thirds** of these young women describe their pregnancies as **unwanted**.

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- About **43%** report their last pregnancy ended in **miscarriage or stillbirth** compared to just 14% in youth not in foster care
- **34%** of young women in foster care will **give birth** to a child **by age 21**.
- Almost **40%** of foster youth who have a child before age 18 will **have repeat births**.

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ACL 16-82

September 30, 2016

Social workers *shall* inform foster youth in a manner appropriate to the age or developmental level of the youth of their rights, including their reproductive and sexual health care rights, upon entry into foster care and at least once every six months at the time of a regularly scheduled placement agency contact.

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ACL 16-82

September 30, 2016

Social workers *shall* provide youth and NMDs with access to age-appropriate, medically accurate information about sexual development, reproductive and sexual health care, the prevention of unplanned pregnancies, abstinence, use of birth control, abortion, and the prevention and treatment of sexually transmitted infections (STI's)

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World Health Organization



Health Dimensions

Spiritual Mental Physical **Sexual**

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Inextricable element of human health

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Sexual and Reproductive
Health Problems Account
for **18%** of the total global
burden of disease



32% of the Total Global Burden
of Disease Among Reproductive
Aged Women is from Sexual
and Reproductive Health
Problems





What is Sexual Health?

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Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

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World Health Organization(2006)

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absence of disease, dysfunction or infirmity.

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sexual
rights of all persons must protected

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World Health Organization(2006)

pleasurable and safe

rights

protected

sexual

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World Health Organization(2006)

pleasurable and safe

sexual rights protected

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World Health Organization(2006)

sexual rights protected

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World Health Organization(2006)

World Association for Sexual Health



pleasurable and safe

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World Health Organization(2006)



What is a sexual health **conversation**?

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Where do sexual health conversations happen?

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Sexual Health Conversations Happen:

- Anytime
- At the last minute
- Anywhere
- At work
- With yourself



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Components of a Sexual health conversation?

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Suspending Judgment

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Preparation for integrating sexual health
into professional health care
requires
developing sufficient levels of a health care
professional's
comfort, knowledge and ability

Harris, S. M., & Hays, K. W. (2008). Family therapist comfort with and willingness to discuss client sexuality. *Journal of Marital and Family Therapy*, 34(2), 239-250.

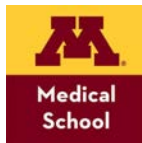
University of Minnesota Medical School, Department of
Family Medicine and Community Health, Program in
Human Sexuality:

Summit on Medical School Education in Sexual Health

“Summit on Current State of Medical School Education on Sexual Health”

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Coleman, E., Elders, J., Satcher, D., Shindel, A.,
Parish, S., Kenagy, G., ... & Lunn, M. R. (2013).
Summit on medical school education in sexual health:
report of an expert consultation. *The journal of sexual
medicine*, 10(4), 924-938.



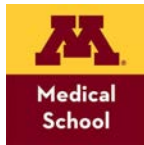
“Repeated studies show that medical students and health professionals do not feel **comfortable** or **able** to adequately address patients’ sexual health needs”



Coleman, E., Elders, J., Satcher, D., Shindel, A., Parish, S., Kenagy, G., ... & Lunn, M. R. (2013). Summit on medical school education in sexual health: report of an expert consultation. *The journal of sexual medicine*, 10(4), 924-938.

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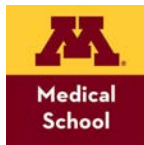
To Provide Optimal Sexual Health Care:
“Shift from disease focused training to **comprehensive sexual health**”



Coleman, E., Elders, J., Satcher, D., Shindel, A., Parish, S., Kenagy, G., ... & Lunn, M. R. (2013). Summit on medical school education in sexual health: report of an expert consultation. *The journal of sexual medicine*, 10(4), 924-938.

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To Provide Optimal Sexual Health Care:
“Increase **non-judgmental, inclusive** and **normalizing** sexual health discussions”



Coleman, E., Elders, J., Satcher, D., Shindel, A., Parish, S., Kenagy, G., ... & Lunn, M. R. (2013). Summit on medical school education in sexual health: report of an expert consultation. *The journal of sexual medicine*, 10(4), 924-938.

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Sexual Health Definition

Pan American Health Organization, WHO and WAS (2000)

Responsible sexual behavior is expressed at individual, interpersonal and community levels. It is characterized by autonomy, **mutuality, honesty, respectfulness, consent, protection**, pursuit of **pleasure**, and wellness. The person exhibiting responsible sexual behavior does not intend to cause harm, and **refrains from exploitation, harassment, manipulation and discrimination.**



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Sexual Health Definition

Pan American Health Organization, WHO and WAS (2000)

**mutuality, honesty,
consent, protection,
pleasure,
refrains from exploitation**

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Sexual Health Definition

Pan American Health Organization, WHO and WAS (2000)

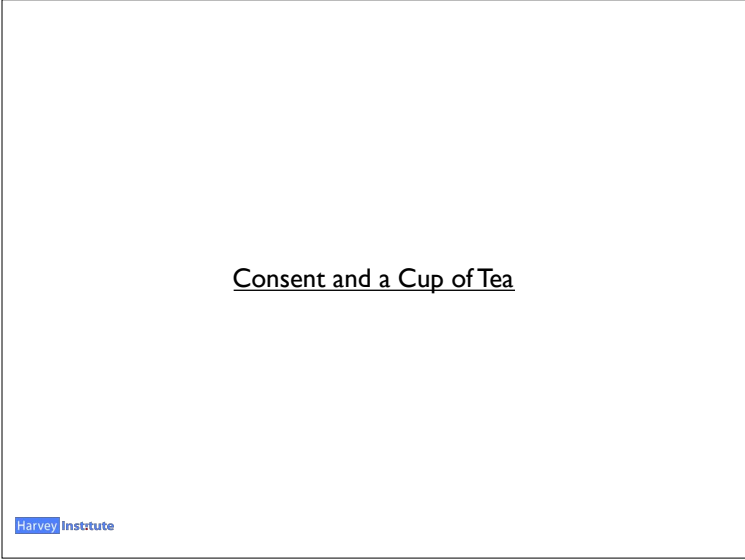
**mutuality,
honesty,
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Sexual Health Principles

- 1. Consent
- 2. Non-exploitation
- 3. Protection from HIV/STI's & unintended pregnancy
- 4. Honesty
- 5. Shared values
- 6. Mutual pleasure



Consent and a Cup of Tea



How to sequence of a sexual health conversation?

Non-Consent

How to sequence of a sexual health conversation?

specific details that clearly state the behavior

“If you give a woman, or a man for that matter, without his or her knowledge, a drug, and then have sex with that person”

How to sequence of a sexual health conversation?

specific details that clearly state the behavior

State the sexual health principle

“without consent”

How to sequence of a sexual health conversation?

specific details that clearly state the behavior

State the sexual health principle

Use everyday language for this behavior and violation of a sexual health principle

“that's rape”

How to sequence of a sexual health conversation?

specific details that clearly state the behavior

State the sexual health principle

Use everyday language for this behavior and violation of a sexual health principle

State the sexual health value

“And I think this country, any civilized country, should have no tolerance for rape.”

Non-Consent Sexual Health Conversation

"if you give a woman, or a man for that matter, without his or her knowledge, a drug, and then have sex with that person without consent, that's rape. And I think this country, any civilized country, should have no tolerance for rape."



"if you give a woman, or a man for that matter, without his or her knowledge, a drug, and then have sex with that person without consent, that's rape. And I think this country, any civilized country, should have no tolerance for rape."



Psychological Exploitation

- **Conceal** aggressive intentions and behaviors.
- **Know the psychological vulnerabilities** of the the other person to determine which tactics are likely to be the most effective.
- Have a sufficient level of **ruthlessness** to have no qualms about causing harm to the person if necessary.

Simon, G. K., & Foley, K. (2011). *In sheep's clothing*. Tantor Media, Incorporated.



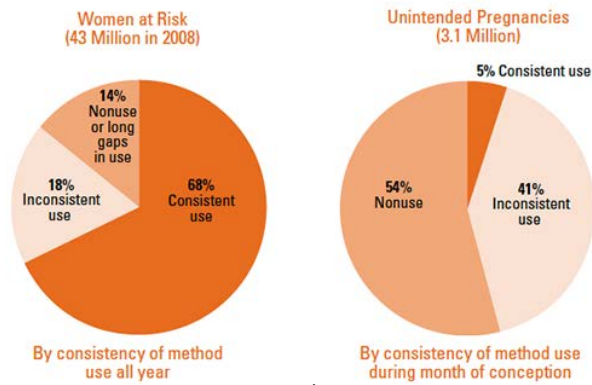
What youth populations might be most susceptible to exploitation?



Thank you for your honesty

Modern Contraception Works

The two-thirds of U.S. women at risk of unintended pregnancy who practice contraception consistently and correctly account for only 5% of unintended pregnancies.



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www.guttmacher.org

- Long-acting birth control is giving American women more say over when — and with whom — they have children.
 - [About half of the 6.6 million pregnancies a year in the United States are unintended](#)
- Colorado Study
 - Teen births plunged 40 percent from 2009 to 2013,
 - Abortions fell by 42 percent
 - Enrollment in WIC declined 23%

Long Acting Reversible Contraceptives (LARC) and Colorado Birth Rates

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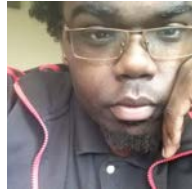
PrEP (pre-exposure

prophylaxis) refers to an antiretroviral (ARV) drug that can be taken by an HIV negative person before potential HIV exposure to reduce risk of HIV infection.

Prophylaxis is simply taking medications prior to germ or virus exposure to prevent infection. Taking Malaria pills before travel is an example.

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<http://myprepexperience.blogspot.com>

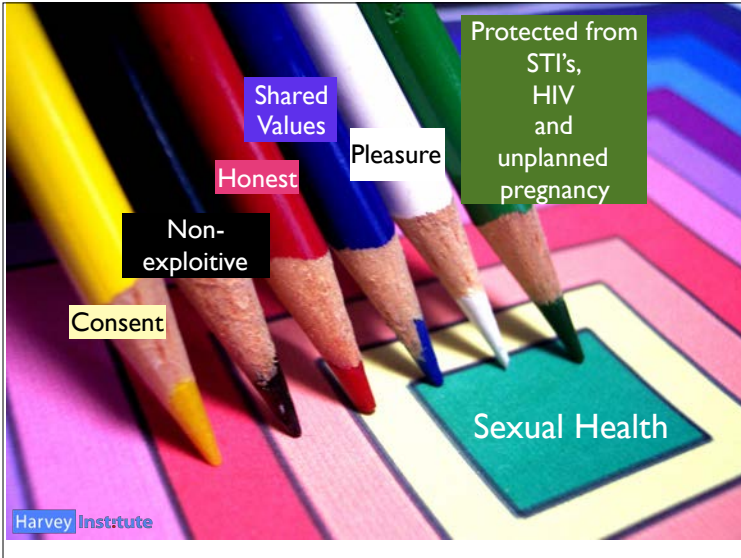


"PrEP is my wake up call to a reality that I need to protect myself and stop putting my life in others' hands."

via Christopher Wilson
Rochester, NY

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<http://myprepexperience.blogspot.com>



Number one source of information for teens about sex is their friends (Reznik and Tebb 2008)

"one reason for this may be that doctors, parents, and schools don't normally offer teens advice about PLEASURE" (KYLE RAGINS, YALE SCHOOL OF MEDICINE AND ISABEL CHEN, YALE SCHOOL OF PUBLIC HEALTH)



Components of sexual health conversations?

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Sexual Health Language

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The ability to achieve sexual desire, arousal and orgasm

Sexual Functioning

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The way in which one participates in or engages in a sex act with oneself or another

Sexual Behavior

Individual acts engaged in, including, but not limited to, fantasy, embracing, caressing, masturbation, kissing, oral-genital stimulation, oral-anal stimulation, anal intercourse, and vaginal intercourse

Sexual Activities

A sequence of physical and emotional changes that occur as a person becomes sexually aroused and participates in sexually stimulating activities

Sexual Response

Positively valued feelings induced by sexual stimuli

Sexual Pleasure

A peak of sexual pleasure characterized by a general euphoric sensation and physical or emotional release.

Orgasm

Positive regard for and confidence in the capacity to experience one's sexuality in a satisfying and enjoyable way.

Sexual Self-Esteem
