

## *“Sexual Health Conversations”*

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Al Killen-Harvey, LCSW  
[www.TheHarveyInstitute.com](http://www.TheHarveyInstitute.com)

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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

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# 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.

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# 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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WITHOUT HOMES

## 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



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



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# 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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not merely the  
absence of disease, dysfunction or infirmity.

possibility of having  
pleasurable and safe sexual experiences, free of coercion,  
discrimination and violence.

sexual  
rights of all persons must                      protected

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World Health Organization(2006)

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pleasurable and safe

rights

protected

sexual

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World Health Organization(2006)

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pleasurable and safe

sexual rights protected

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World Health Organization(2006)

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sexual rights protected

Harvey Institute

World Health Organization(2006)

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World Association for Sexual Health



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pleasurable and safe

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World Health Organization(2006)

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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.

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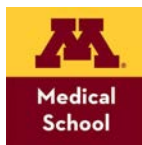
University of Minnesota Medical School, Department of Family Medicine and Community Health, Program in Human Sexuality:

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.



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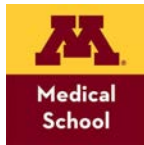
“Repeated studies show that medical students and health professionals do not feel **comfortable** or **able** to adequately address patients’ sexual health needs”



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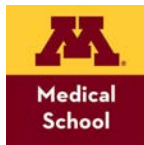
To Provide Optimal Sexual Health Care:  
“Shift from disease focused training to **comprehensive sexual health**”



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,  
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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

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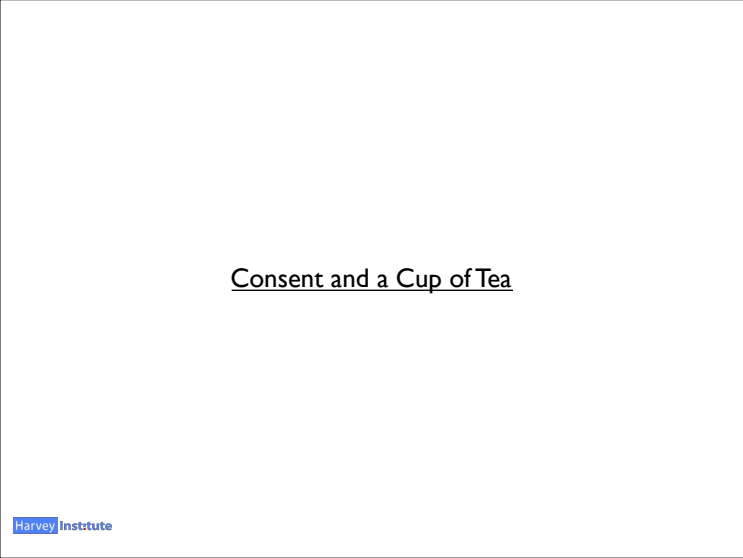
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## Consent and a Cup of Tea



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How to sequence of a sexual health conversation?

**Non-Consent**

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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”

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How to sequence of a sexual health conversation?

specific details that clearly state the behavior

***State the sexual health principle***

“without consent”

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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”

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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.”

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## **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."

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"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."

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## 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.

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What youth populations might be most susceptible to exploitation?

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**Thank you for your honesty**

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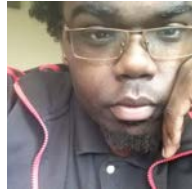
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"PrEP is my wake up call to a reality that I need to protect myself and stop putting my life in others' hands."

via Christopher Wilson  
Rochester, NY

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<http://myprepexperience.blogspot.com>

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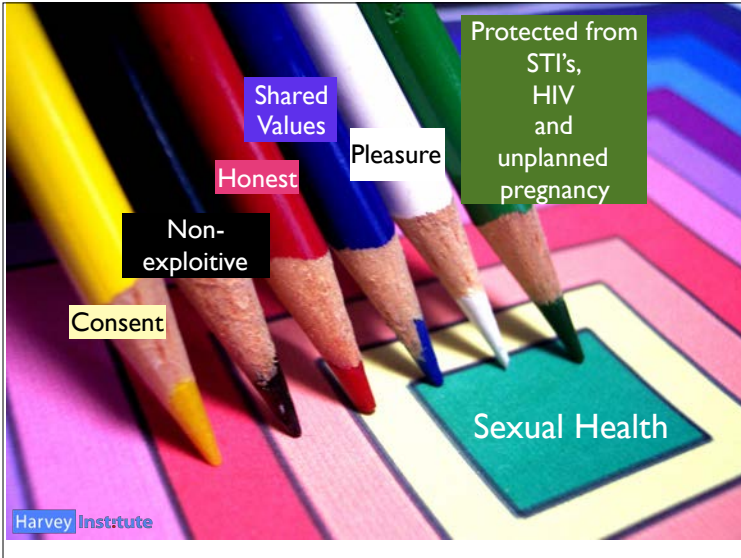
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Number one source of information for teens about sex is their friends (Reznik and Tebb 2008)

"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)

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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

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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

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

## Sexual Response

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Positively valued feelings induced by sexual stimuli

## Sexual Pleasure

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

## Orgasm

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

## Sexual Self-Esteem

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