

Service Distinction Track 2014  
Teen Sexual Health Program  
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#### I. Mission Statement

To educate the teenage community about sexual and reproductive health by creating an environment that is free of judgment and offers a comfortable and supportive place to learn and ask questions. We strive to learn more about the specific needs of various communities in order to provide them with accurate information and resources that will benefit the community.

#### II. Getting Involved

The project began as a request to Mobile Clinic from the members of the Proteus migrant camp community who wanted their teenagers to have comprehensive sexual health education. I have always had an interest in teen and women's health and was excited to develop a program to meet the community's need. The program was developed to cover basic anatomy, menstruation, contraception, sexually transmitted infections and disease, and common myths. The lesson plan was reviewed with the Regional Director of Proteus for approval and to ensure that the program was in line with the request of the community. The program has now completed its third year of existence. In addition to the Proteus community, the program was also given to students involved in the Upward Bound program in Iowa City.

#### III. Resources Needed:

The program needs at least one male and one female instructor; it is desirable to have two of each. A Spanish interpreter is not necessary, but can be helpful if Proteus personnel are not present for the event.

The program needs to have a female and male anatomy pelvic model and also a contraception kit containing various forms of birth control and STD prevention. An additional important part of the program includes the educational portion of how to properly place a condom. For this activity, condoms and bananas are used. Educational incentives such as healthy snacks were given throughout the program.

In the third year of the program we received IRB approval to perform a survey of community needs and also pre-test and post-test to assess the impact of the program.

See attached Excel spreadsheet for supplies needed for program.

#### IV. Timeline

Summer Programs 2011:  
Teen Clinics: July 19<sup>th</sup> and 26<sup>th</sup>

Summer Programs 2012  
Proteus Teen Clinics: July 17<sup>th</sup> and July 24<sup>th</sup>  
Upward Bound: July

Summer Programs 2013 (Used Surveys; IRB needed)  
Proteus Teen Clinics: July 16<sup>th</sup> and July 30<sup>th</sup>

Summer Programs 2014: to be continued.

#### V. Outcomes-Measurable

- 1) Sustainability of the Program
  - Continued annual programs
  - Number of repeat participants
  - New populations
- 2) Knowledge and Application
  - Teens are able to demonstrate correct method of using a condom
  - Pre-test knowledge compared to post-test knowledge
  - Teens learned at least one new fact

#### VI. Assessment/Evaluation Methods

- 1) Needs Assessment
  - Survey of demographics and content related to sexual health.
- 2) Process Evaluation
  - Each program was completed as outlined
  - Attendance of event
  - Apply new knowledge of needs assessment as applicable to future programs.
- 3) Outcome Evaluations/Impact Evaluation
  - Able to demonstrate the correct method for condom use
  - Learned at least one new piece of information
  - Learned something that was different from what they thought they knew
  - Pre-test comparison to post-test comparison
  - Attendance of more than one program