An Examination of College Student Sex Practices and History of Formal Sex Education

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Teen Sexual Activity

- 44% of 10th graders
- 56% of 11th graders
- 65% of 12th graders

(Eaton et al, 2008)

Abstinence Only Education

- Abstinence is the only certain method to avoid unplanned pregnancy and exposure to sexually transmitted diseases (STD's)
- Excludes the discussion of other forms of contraception

Comprehensive Sex Education

- Physical changes of adolescence
- Sexually transmitted disease
- Contraceptive options

Abstinence Only Until Marriage (AOUM)

- All programs receiving federal funding must:
  - Teach that abstinence is the only certain method to avoid unplanned pregnancy and STD exposure
  - Can not teach contraceptive options outside of failure rates

(Duffy, 2008)
Abstinence Only

  - No significant effect on teenage sexual activity or rates of unprotected intercourse

Comprehensive Sex Education

- Peterson et al, 2007
  - Comprehensive sex education reduces risky sexual behavior
- Chung-Park, 2008
  - Knowledge about contraceptives results in increased use and lower pregnancy and STD's rates
- Kohler et al, 2008
  - Comprehensive sex education results in lower pregnancy rates but abstinence only education had no significant effect on teenage pregnancy
- Kirby et al, 2007
  - "...the evidence is strong that programs do not hasten or increase sexual behavior but, instead, some programs delay or decrease sexual behaviors or increase condom or contraceptive use."

Teen Pregnancy
Lubbock County 1999 - 2003

- Lubbock County (10–17 y/o) 106.6 per 1,000
- Texas (13-17 y/o) 27.6 per 1,000
- US (15-17 y/o) 22.4 per 1,000

Source: Texas Department of State Health Services – Family Health Research & Program Development Unit

Reported Cases of Chlamydia


Chlamydia and Gonorrhea: Cases & Rates by Count (2005)

Materials and Methods

- Students participating in a Texas Tech University sponsored health fair
- Voluntarily completed a survey
  - Age
  - Gender
  - Race

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<th>LOCATION</th>
<th>2005 Chlamydia RATES*</th>
<th>2005 Gonorrhea RATES*</th>
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* Rates represent cases per 100,000 Population.
Source: Teen Straight Talk: 2005 Texas HIV/STD Surveillance Report (Texas Department of State Health Services)
**Sex Survey**

- **Sex Education in High School**
  - Abstinence only
  - Abstinence and contraception or STD’s
  - Abstinence, contraception and sexually transmitted diseases

- **Sex Practices**
  - Sexually active
  - Age when they first had oral sex
  - Age when they first had vaginal/penile sex
  - Use of condoms
  - Use of other forms of birth control

**Data Summary**

- 988 surveys completed
- Mean age of 20.66 (SD 2.44)
- Males: 506 (51.2%)
- Females: 482 (48.8%)
- Mean age of initiation of sexual activity
  - Oral sex: 16.74 (SD 1.94)
  - Vaginal/penile sex: 17.09 (SD 1.92)
- Significance $p \leq 0.001$

**Type of Sex Education**

- Sex education
- Abstinence
- Abstinence Plus
- Comprehensive

**Type of Sexual Activity**

- Sexually active
- Vaginal/Penile
- Oral

**Number of Partners**

- Number of Lifetime Partners
- Partners in Last 12 Months
Conclusions

- Type of sex education appears to influence reported sexual activity
- Those with comprehensive sex education are less likely to engage in risky sexual behavior
- Those with a history of abstinence only education were no more likely to report using condoms than those with no history of formal sex education

References