Promoting a Sex-Positive Culture on Campus

Healthy Miner Sex Positive Peer Education Program
The University of Texas at El Paso
Overview

• Background
• Healthy Miner Program
• Peer Educator
• Development & Evaluation
• Cultural Norms
• Community Efforts
Learning Objectives

• 1. The attendees will be able to discuss strategies to adapting an evidence-based curriculum, which promotes a sex positive campus at a Hispanic Serving Institution.

• 2. The attendees will be able to discuss the roles of peer educators for promoting sexual health on a college minority serving institution.

• 3. The attendees should be able to identify regional and cultural norms shaping, risky sexual behaviors among minority population on college campuses.
Session will also include...

- Explore the many facets of developing a minority student peer educator professionally
- How the peer-driven programming integrates local community efforts in teen pregnancy prevention and healthy sexuality.
Program

• University Wellness Program
  • The University of Texas at El Paso

• Funded-Paso del Norte Health Foundation
  • Two Should Know Initiative
    • to effect long-term improvements in sexual health across the life-span
    • Reduce negative health outcomes in the Paso del Norte Region

• Two year grant
  • Eileen Aguilar (PI), Dr. Thenral Mangadu (co-Pi)
  • November 1, 2014-October 31, 2016
  • $543,951
Purpose

• Empower students to make well-informed decisions about their sexual health & well-being
• Influence a **sex positive culture** on campus & Community
  • Based on the philosophy
    • *that people should learn as much as possible about their bodies, minds and personal beliefs in order to keep themselves and the people they care about happy & healthy*
    • *Everyone is entitled to honest, non-biased, medically accurate information.*
• Increase self-efficacy among college students (18-24)
  • Successfully engaged in healthy relationships
  • prevention HIV/AIDS, STI
  • Unintended pregnancies
• Increase availability of positive sexuality education through peer education
• Implement effective high impact sexual health prevention strategies
• Promote Campus Student Health Center & Campus services & programs & community Services
• Sustainability
Positive Sexuality Approach

- Two Should Know (strategic plan) initiative based on a Positive Sexuality approach
  - Promote a sex positive society where
    - every touch is a wanted touch
    - Sexual Health across the life span is recognized as an integral human need for healthy development & nurturing

- Research-sexually healthy persons—persons who are
  - Sexually literate
  - Comfortable and competent
  - More likely to make sexually healthy choices, including Decisions concerning sexually risky behaviors

- Collective Impact model Using
  - Positive interventions including
    - Advocacy
    - Collaboration & coordination
    - Media
    - Evidence based education

- [Paso del Norte Health Foundation](http://www.pdnhf.org/images/TSK%20Strategic%20Plan%202014%202017.pdf)
Explanation of Need

• Unintended pregnancies & STI’s are significant health issue for college students
• High Priority health issues for college students
  • Sexual health
    • AIDS
    • STD/STI
    • Pregnancy
    • Sexual violence
• College students do not generally see themselves as being at risk
• No other sexual health program on campus (peer education)
Personnel

- Eileen Aguilar, University Wellness Manager
- Dr. Thenral Mangadu, Program Evaluator
  - Research Assistant (evaluation)
- Silvia Martinez & Diana Ortiz-Program Coordinator
- Peer Educators
  - 5 Graduate Positions (2 hired)
  - 20 Undergraduate Positions (20 hired)
## Program

### Four Main Components

<table>
<thead>
<tr>
<th>Component 1</th>
<th>25 Student Peer Educators</th>
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<tbody>
<tr>
<td>Component 2</td>
<td>1 ½ - 2 hour workshops conducted by peer educators</td>
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<tr>
<td>Component 3</td>
<td>The Live Well Miner Hut Tabling Events</td>
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<td>Component 4</td>
<td>Development of website, social media tools, text messaging</td>
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Peer Educators

- Health Promotion/Public Health (Year 1)
- Open to all Disciplines (Year 2)
- Training (20 hour core)
- Developing peer educator professionals
  - Orientation, STD/STI, birth control, relationships 101
  - Workshop training, classroom management, ADA & Disability Etiquette
  - Social Marketing
  - Safe Place
  - Effects of Alcohol
  - Jeanne Clergy Act, Campus Authorities, conflict resolution
  - Team Building
  - Sexual Assault Prevention
  - Focus Groups
Roles of Peer Educators

- Health Leaders on campus
- Resource for students
- Provide support for sexual health education
- Raise awareness about sexual health issues
- Develop slogans & digital media
- Create Partnerships
Workshops

• Safe Sex Efficacy Workshops
  • Designed for college students, peer education-Evidence based
  • Recommended by
    • The Program Archive on Sexuality, Health, and Adolescents (PASHA)

• Design
  • Increase college students’ self efficacy to prevent HIV/AIDS, other sexually transmitted infections, unintended pregnancies
  • Social learning theory
  • Role-play, skill building exercises
    • Modifications
  • Offer students opportunity to be health leaders on campus
Curriculum outline

• Introduction
• Discussion of AIDS information, STD/STI information and personal risk
• Negative aspects of changing behavior
• Talking about safer sex with partners and others
• Making safer sex fun
• Closing
Adapting curriculum

Hispanic Serving Institution

• Made changes on the evaluation procedure - it is more visually explained
• Highlighted important information relevant to pretest
• Added the section of what happens when STD's are not treated
• Updated statistics (e.g. Texas HIV surveillance report (we have 2012 update to 2014 info)
• Asking the participant if they are allergic to latex and included alternatives (non latex gloves)
• Updated resources that have changed
Curriculum adaptations

- Initial Core training (Year 1)
  - Staff, campus partners and peers identified sections of the curriculum that were not inclusive of all students on campus
    - LGBTQ youth-role play scenarios were adjusted to include same sex couples situations
    - Professionals (campus/community) who worked with LGBTQ youth on campus reviewed scenarios and gave recommendations
    - Instead of using the terms boyfriend or girlfriend, replaced with partner
Evaluation

IRB approval
Pretest/posttest design
Follow up
Focus groups (Peers & Participants)
IRB Resubmission, changes
Regional & Cultural Norms

- What regional & cultural norms are shaping risky sexual behaviors among the UTEP population?

- Gender Roles
- Relationships
- Family
- Peers
Community Efforts

• Teen Pregnancy Prevention
  • El Paso Teen Pregnancy Prevention Coalition
    • Committees
    • Stay Teen Day
  • Local Non-Profit Collaboration
    • Other peer education programs—Teen Talk
    • Department of Public Health
    • Project Vida

• Healthy Sexuality
  • Trojan Consent Campaign
Questions
Thank you!

- Eileen Aguilar, MS
  - University Wellness Program Manager
- Diana Ortiz
  - Healthy Miner Sex Positive Program Coordinator
- Brittany Huerta
  - Peer Educator
- Adriano Perez
  - Peer Educator

- Visit our website!
  - Healthyminer.utep.edu