



The “Bruins and the Bees” Program: Sex Ed for Los Angeles High School Students

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INTRODUCTION

- Young people aged 15-24 years in 2017:
 - Made up 17% of the population³
 - Accounted for half of all sexually transmitted infections (STIs)³
- During 2016-2017:
 - Chlamydia and gonorrhea rates among those aged 15-19 years increased by 7.5% and 15.5%, respectively³
- To date:
 - Many sexual education interventions are available
 - Few are taught directly by healthcare providers⁴

STUDY AIMS

- To evaluate the effectiveness of the “Bruins and the Bees” program to increase:
 - Adolescent perceived knowledge of STIs and contraception
 - Adolescent intent to use condoms and contraception

METHODS

- Step 1:** Created curriculum and taught one-hour class to 11th and 12th grade high school students
- Step 2:** Surveyed students (N=100) from one Los Angeles high school with a 12-item sexual health survey based on the Illustrative Questionnaire for Interview-Surveys with Young People

Table 1. Demographics

Age	N	Race/Ethnicity	N	Gender	N
18	35	Asian	12	Male	35
17	53	Hispanic	34	Female	61
16	12	African-American	21	Other	4
		White	32		
		Other	1		

- Step 3:** Analyzed data using the Wilcoxon signed rank test with continuity correction.

RESULTS

Figure 1. Comparison of Students' Preferred vs. Actual Source for Information on Sex-Related Matters

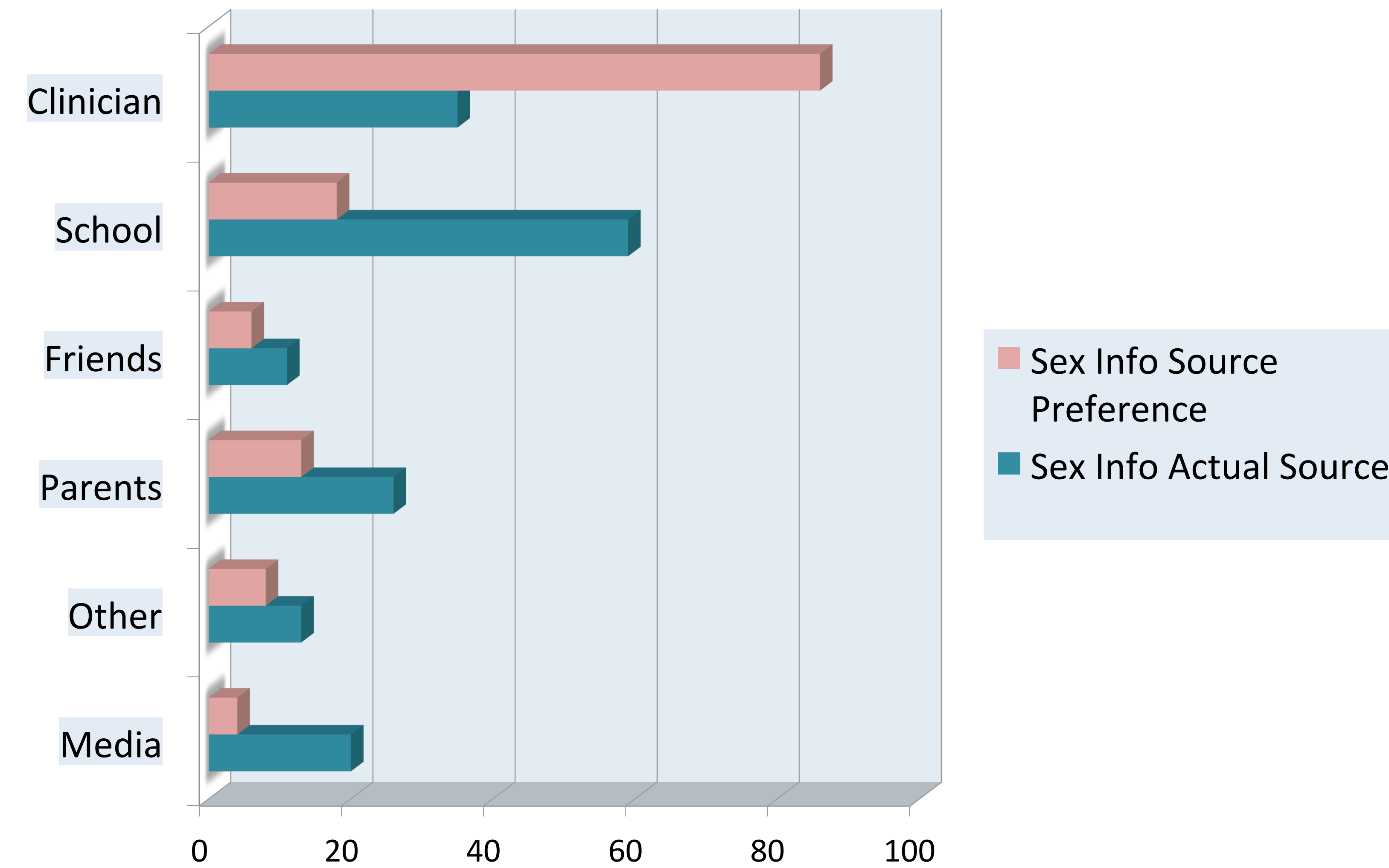
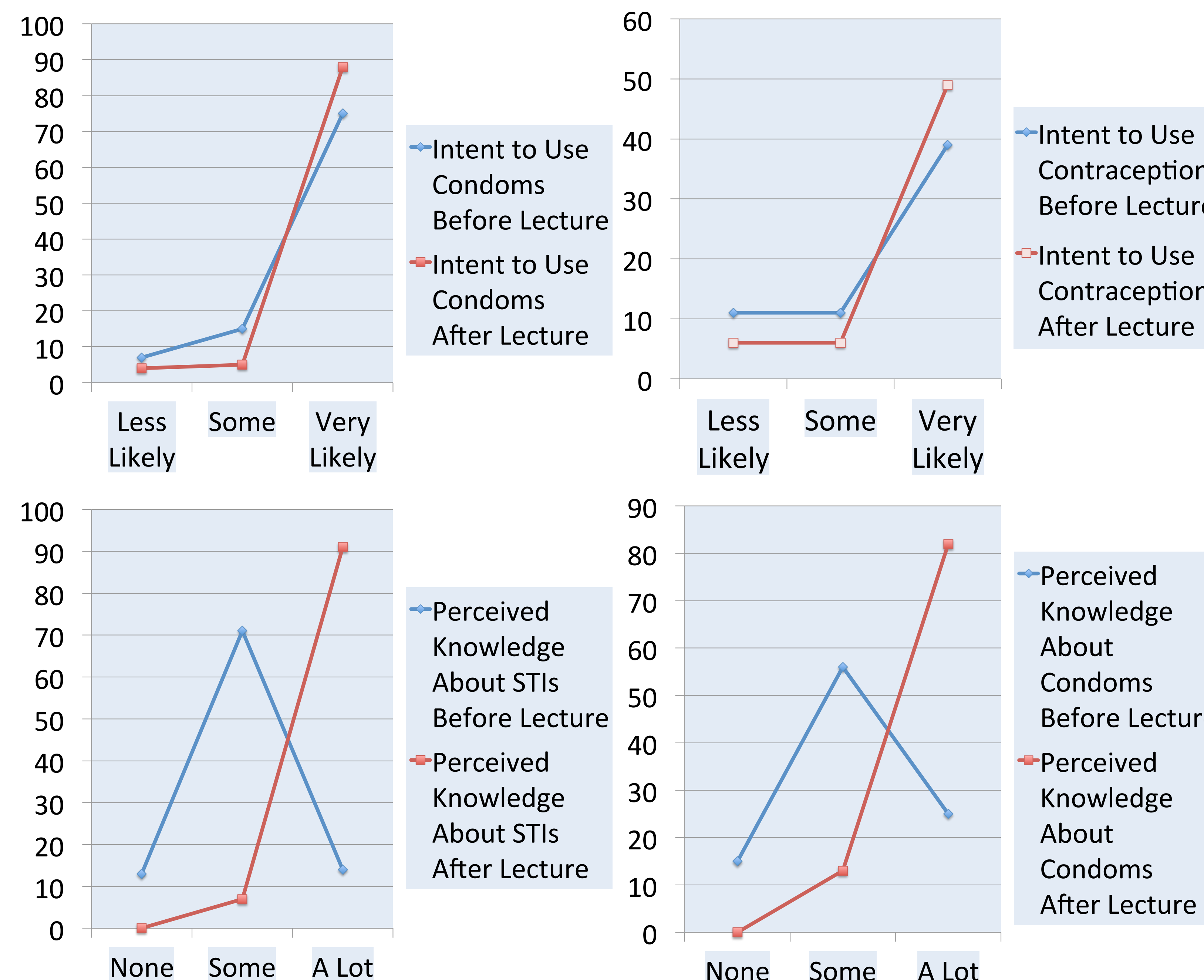


Figure 2. Effect of Clinician-Led Class on Students' Perceived Knowledge and Intent to Use Condoms/Contraception



DISCUSSION

- This intervention program:
 - Provides school-based sexual health counseling to a group of adolescents in as much time as a well-adolescent visit
 - Increased adolescent intent to use condoms and contraception.
- High school students may benefit from sexual education by clinicians in a school setting.
 - There is no single intervention for success in improving adolescent sexual health outcomes
 - Pediatricians and family medicine physicians have the opportunity to provide longitudinal sex education as part of community engagement and preventive health care¹

FUTURE DIRECTIONS

- Address gaps in research:
 - Lack of replication studies
 - Need for diverse intervention programs to meet unique needs of local communities in Los Angeles
 - Underrepresentation of Latino youth and other high-risk populations²
- Engage school communities near UCLA's Mid-Valley Comprehensive Health Center in Van Nuys, California

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