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Sexual Health Information in Schools

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Medical Association for the Promotion of Womens' (Sexual) Health (NGO)

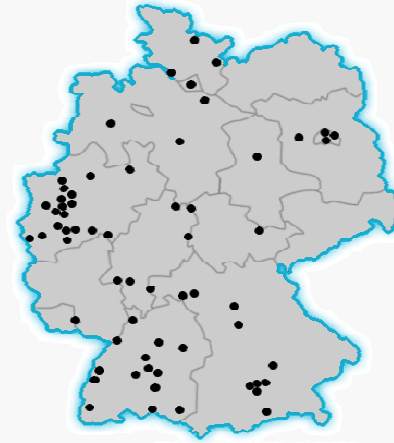
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Chair: Cordula Layer, Gisela Gille, Birte Hinzpeter

ÄGGF

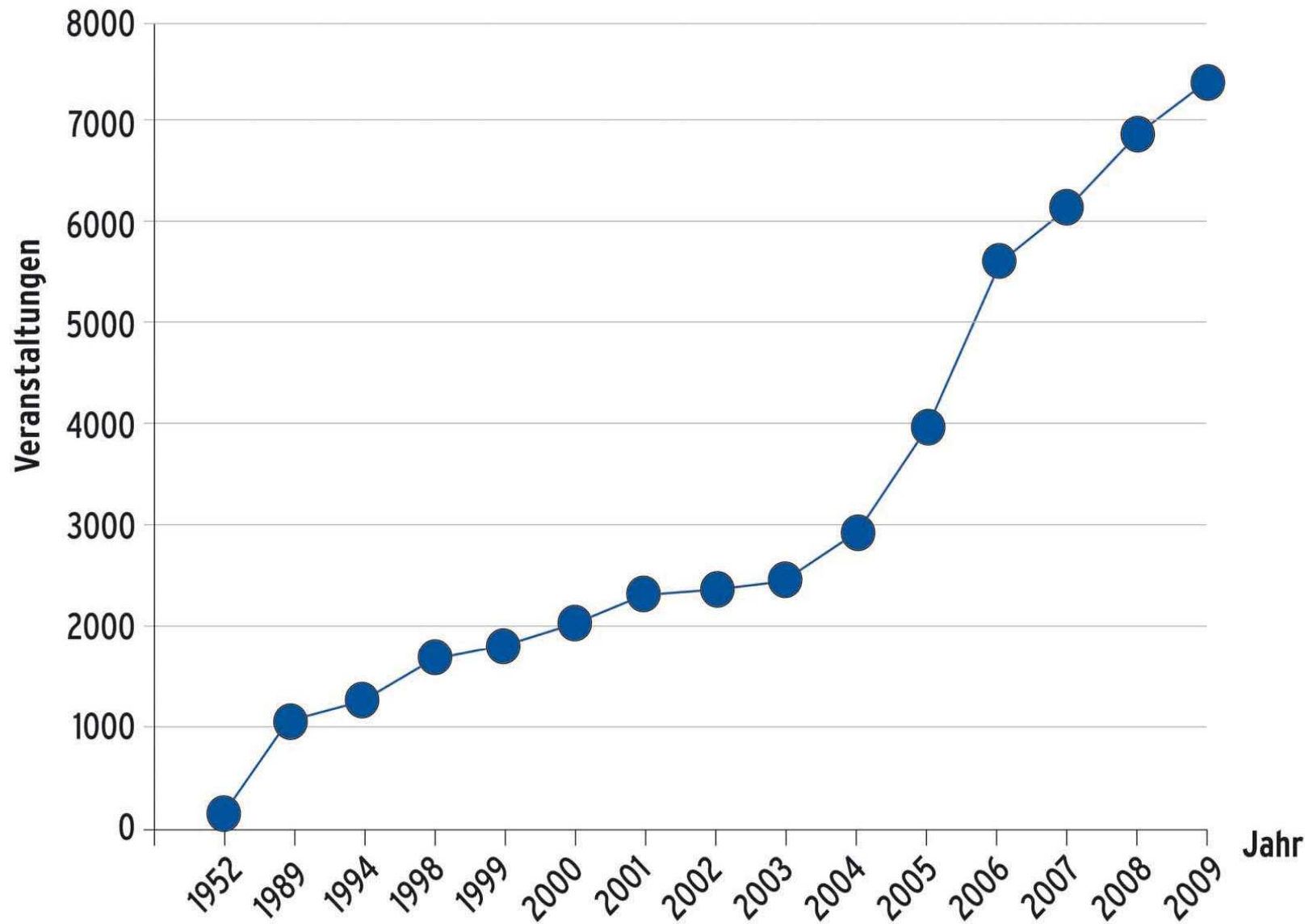
Ärztliche Gesellschaft
zur Gesundheitsförderung der Frau e.V.

Who and where we are, what we are working for



- ⇒ Founded 1952
- ⇒ Non-profit NGO
- ⇒ 85 family and job-experienced female doctors
- ⇒ Preventive medical engagement for the healthy physical and psychological development of adolescent girls
- ⇒ Medical expertise, credibility and empowerment for adolescents alongside of schools sex education

„Doctor's Lessons“ 1952 - 2009



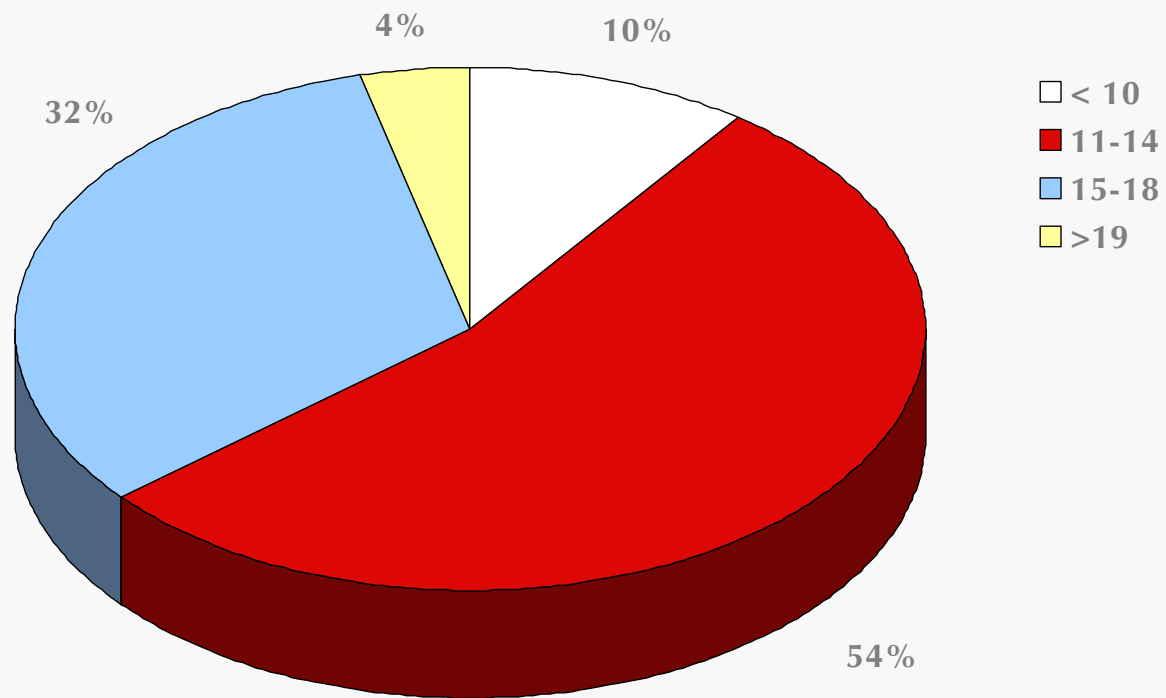
Medical Health Promotion

Primary prevention/ “Doctor’s Hour”

Question Time

- ⇒ With girls and young women
- ⇒ In schools
- ⇒ Developmentally guided (4th-12th grade)
- ⇒ Complementary to school’s sex education
- ⇒ Gynecological focussing/alignment
- ⇒ Holistic approach
- ⇒ Social compensatory approach

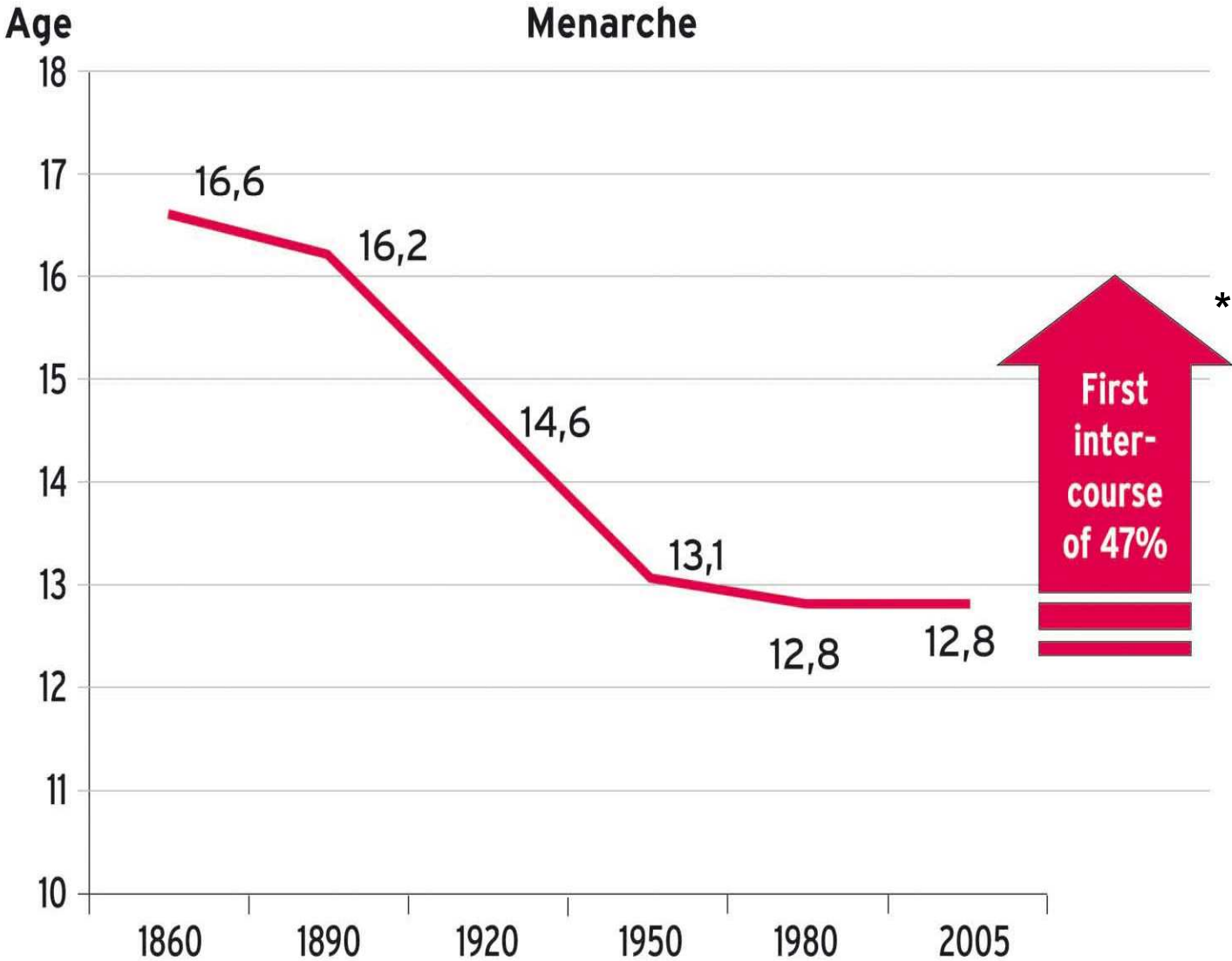
Presentations – Age Pattern



7.374 Presentations
>120.000 Participants

Age of first Menstruation (Germany)

(Gohlke, Woelfle, 2009, KiGGS 2007)



Assumptions/Hypothesis

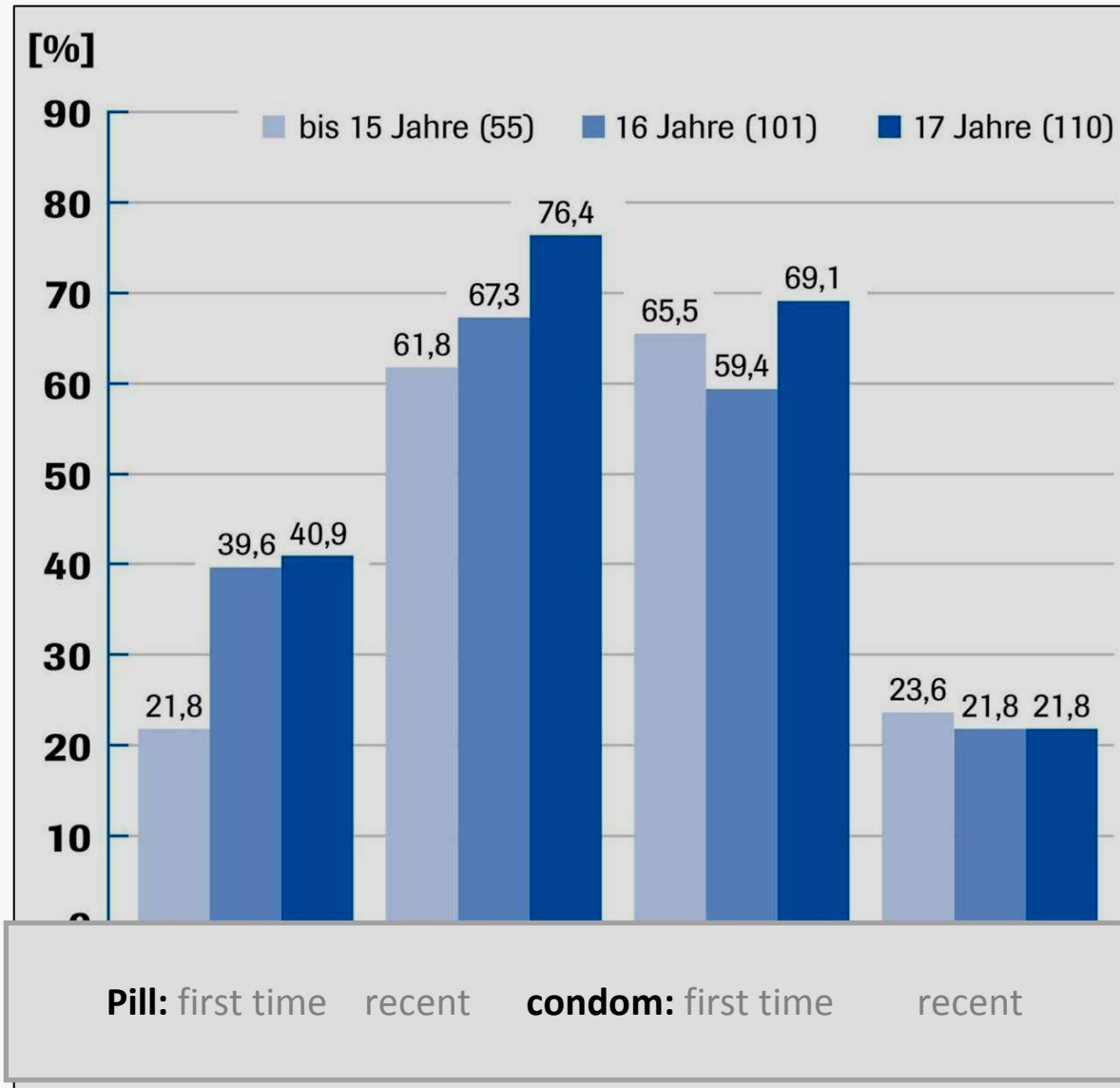
- Effective primary prevention requests as a first step a broad and lasting improvement of knowledge
- This specific knowledge/education should be imparted very early, before starting sexual activities
- The health educating concept of the „ÄGGF“ is particularly suitable

Sexual Behaviour - Special Risks

Focus

- 1. Teenage - Pregnancy
- 2. Sexually Transmitted Infections

Contraceptive Pill and Condom-Use (first/recent intercourse)



CT-Prevalence
Survey ÄGGF
Girls < 18 years
Berlin 2004

N = 266

Effects of „Doctor’s Lessons“ Questionnaire

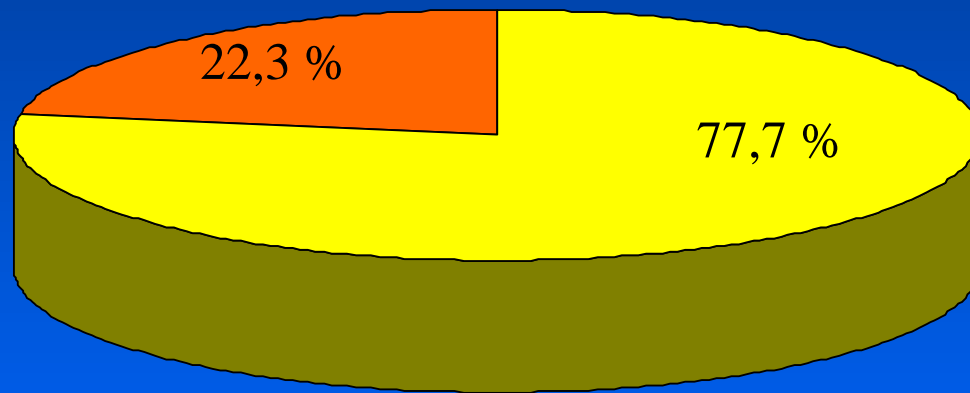
Questions concerning:

- 57 Knowledge
- 62 Opinions and self-assessment
- 14 Socio-Epidemiological issues
- Participants: n=1.911

Topics of the Questionnaire

- Puberty (physical development)
- Genital hygiene
- Menstrual problems
- Unintended pregnancies/contraception
- STD/STI (HIV, HPV, Chlamydia)
- Gynaecologist
- Vaccination
- Health Promotion

Self-assessment of knowledge about STD – girls 9th-10th Graders (Academic) High School



- Very good-satisfactory informed
- Not sufficient informed

- "fühle mich sehr gut/gut/befriedigend informiert"
- "fühle mich nicht ausreichend informiert"

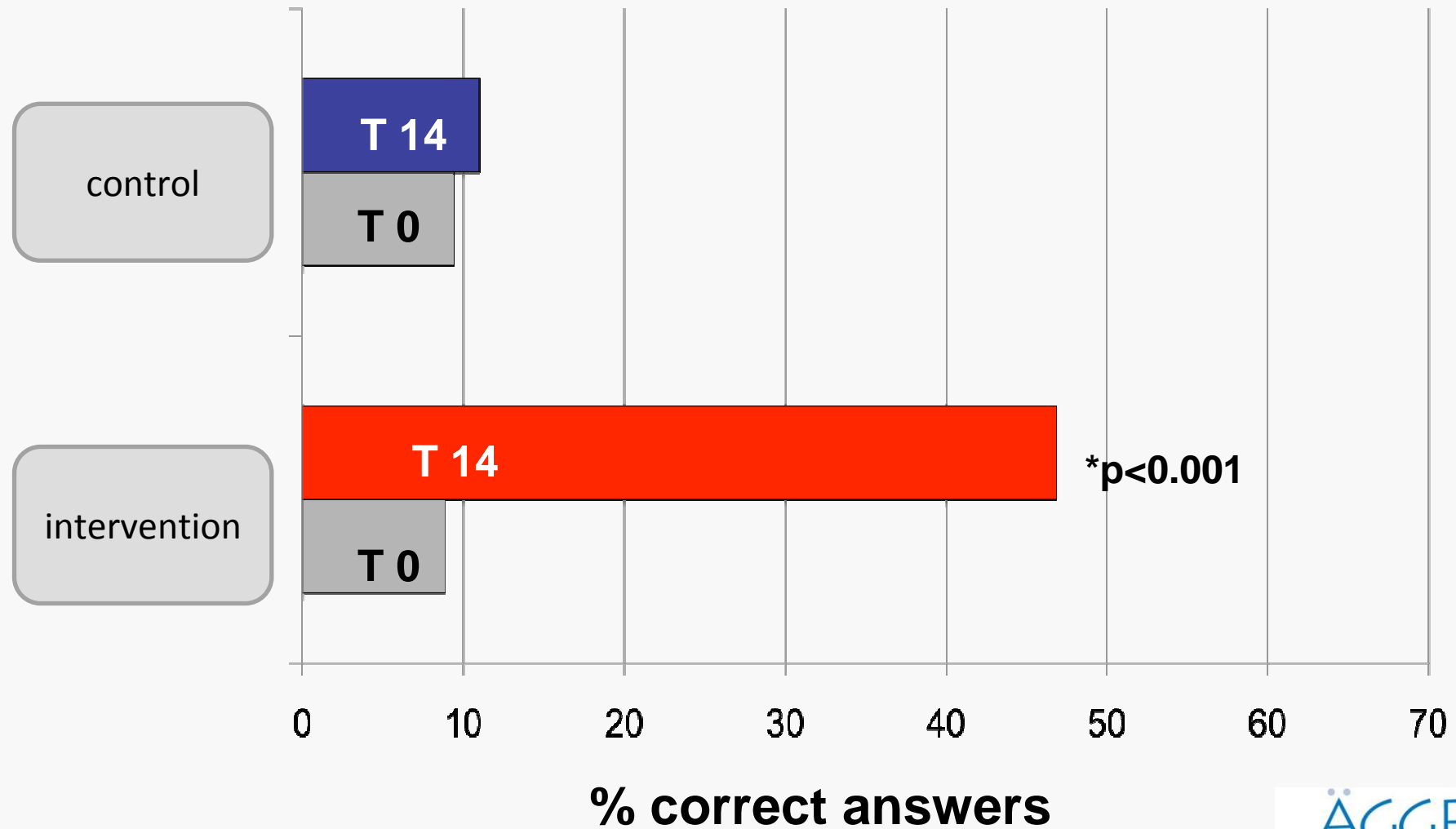
Knowledge STD/STI 9th graders

The facts are exactly the opposite

9th /10th Graders (Academic)High-School n =1.030 :

- 22% good to satisfactory knowledge
- 78% dissatisfying knowledge

Questionnaire: Infection with Chlamydia by Sexual Intercourse?

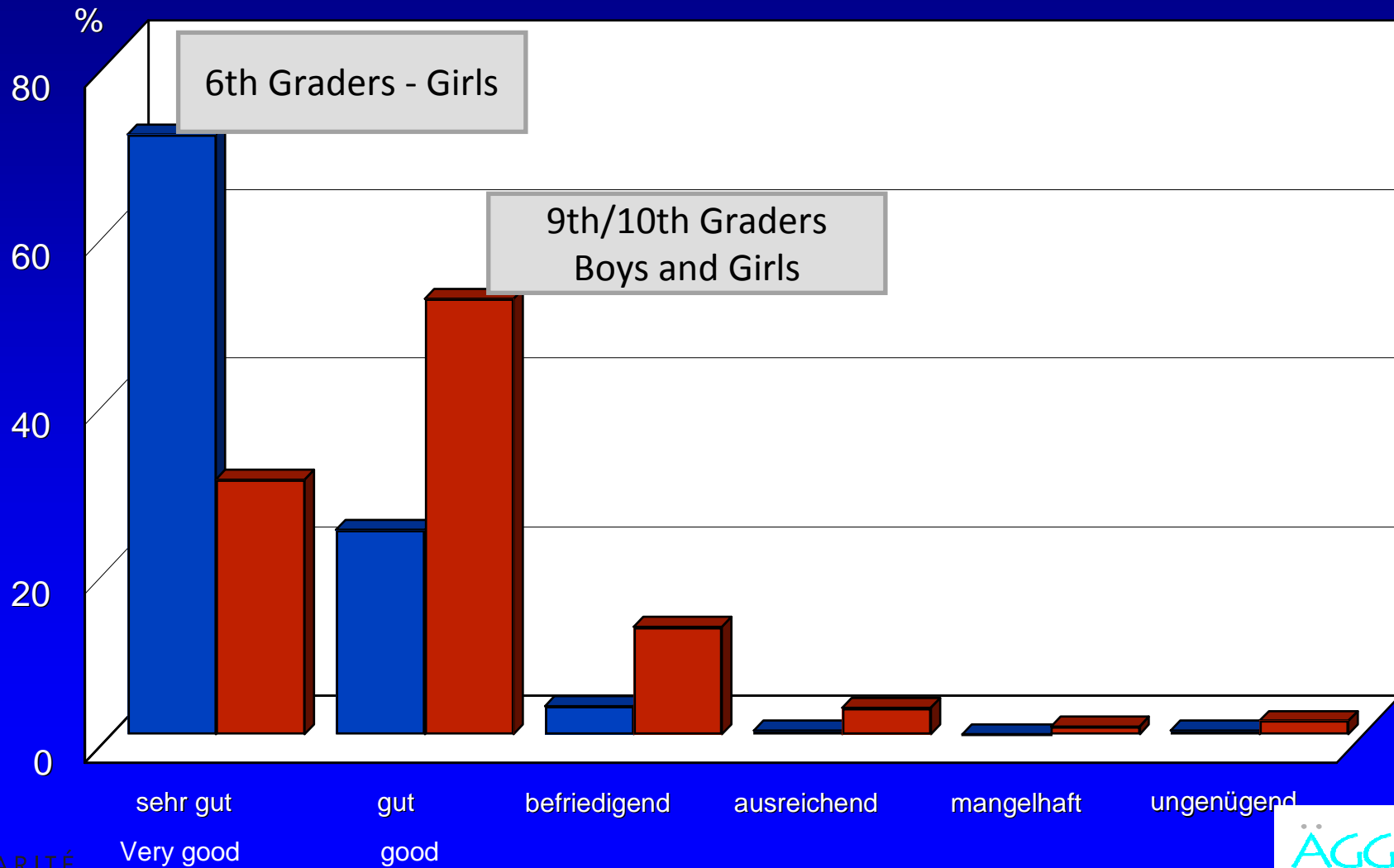


Results –significant effects on knowledge

Knowledge gain overall lasting for more than 2 weeks:

- **6 th graders (girls): 84%**
- **9th/10th graders (boys and girls): 32%**

Significant effects on Acceptance of Doctor's Lessons, Students Attitude



Important Issues for Girls and young Women

- Being able to have a baby
- Reproductive health as a positive value
- „normal“ adolescent development
- Feeling ones body worth being protected and demanding protection by the (sexual)partner
- Condom use runs with the girls demand

ÄGGF: semi-standardized concept of prevention

Presentation in schools: „Doctor’s Lesson“

- Gender specific approach
 - 4th grade boys +girls
 - 5th-8th grade only girls
 - >9th grade coeducational + girls alone
- If required: Presentations for teachers and parents
- Documentation, quality management, studies/surveys

Additional Project 2009:

Intercultural Health Care Education and Primary Disease Prevention for Women supported by EU



Subjects- Empowerment for Women and Mothers

- Providing and supporting knowledgegain for women and mothers to augment childrens` education and health
- Enhancing womens`/mothers` expertise and self-consciousness to be multipliers for reproductive health in families
- Promoting communication between children and mothers concerning issues of fertility and sexuality
- Reducing barriers to access to doctors` offices or public health services or other counseling

Summary

Situation of Youths in Germany

Early start of puberty/adolescence and sexual activity

Distinctive lack of knowledge and underestimation of health risks

Increase of STI/STD concerning youths 15-24 years, especially female in Europe – for Germany no representative data existing but similarly estimated

Effects of Doctor's Lesson in schools

Significant and lasting increase of knowledge

Setting is highly appreciated

Positive effects on opinions and attitudes

Structured, semi-standardized „Doctor's Lesson“ may contribute to STD prevention especially by a gender specific approach

National Cooperations, e.g.:

- Regional Ministry for Education, Science and Research Berlin
- Regional Ministry for Social Affairs, Family, Health and Consumer Protection Hamburg
- Charité University Medicine „Clinic for Obstetrics“ Berlin
- German Olympic Sports Alliance
- German Medical Society for Gynecology and Obstetrics
- National Working Group of Pediatric and Adolescent Gynecology
- German Academy for Pediatric and Adolescent Medicine
- Medical Associations of Berlin, Hamburg, NRW



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Thank you for your attention !



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