



Sexual Health: A Youth Centered Approach

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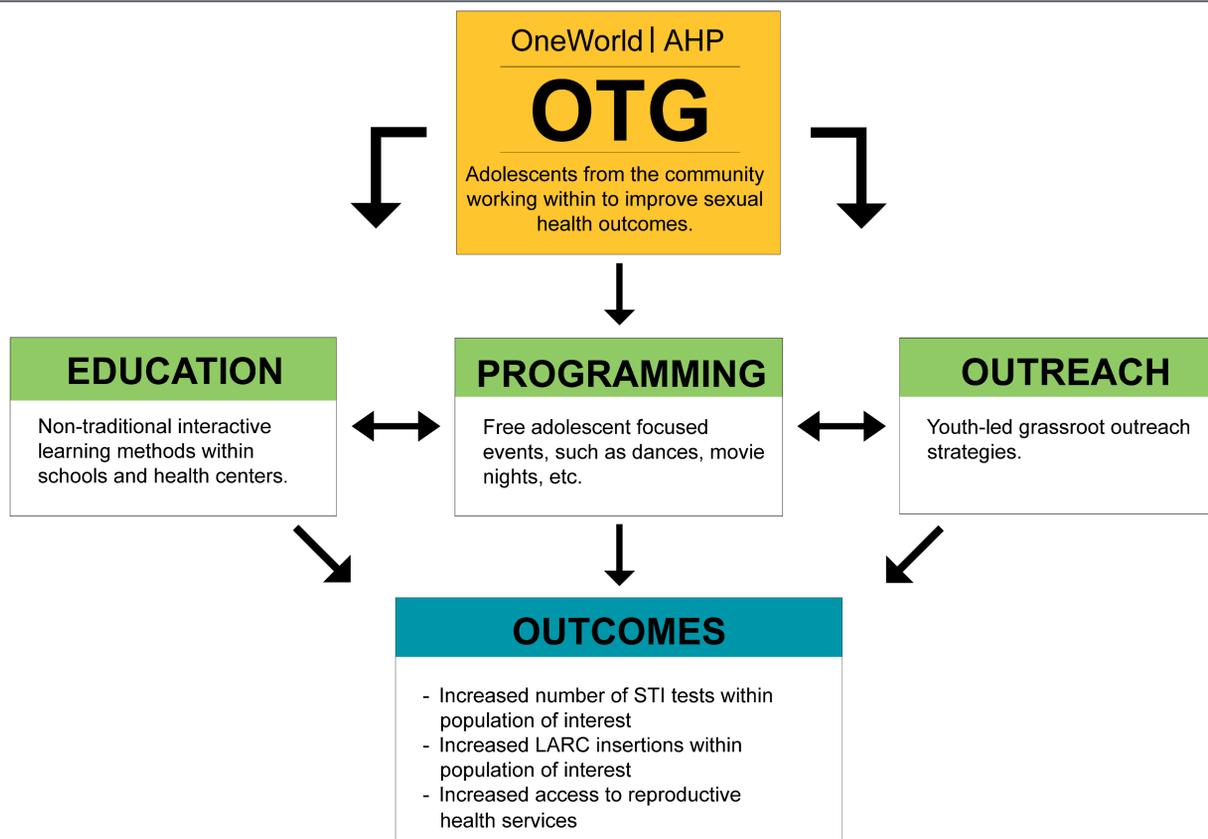


Overview

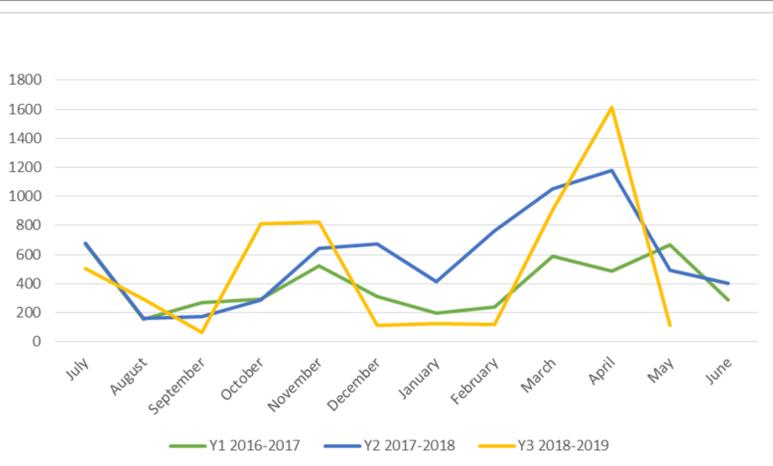
Based at a Federally Qualified Health Center, through the use of a method known as Youth Centered Approach, we are able to effectively engage young people and adolescents in sexual health education through a variety of different routes. Our project has a main component in which our ideas are thought out, synthesized and practiced. This component is our peer adolescent group, known as OTG (Omaha Teen Generation); a group of 15 high school/early college area youth which through reoccurring meetings, discussions, and activities directly and indirectly influence the decision making of our outreach strategies, community events, and educational sessions.



Method

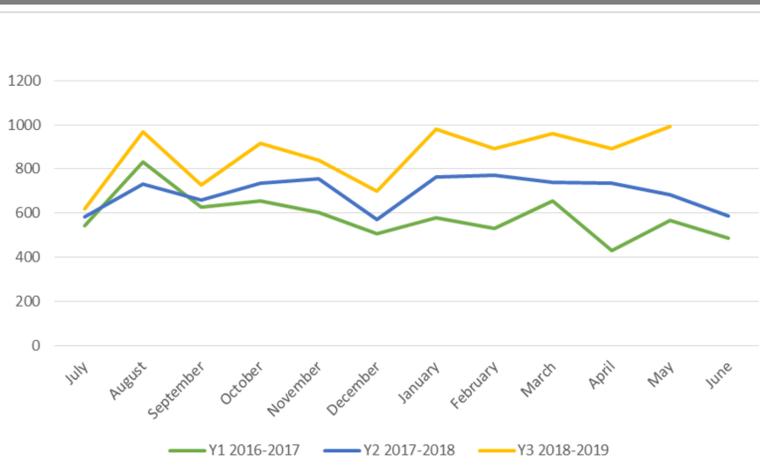


Community Outreach



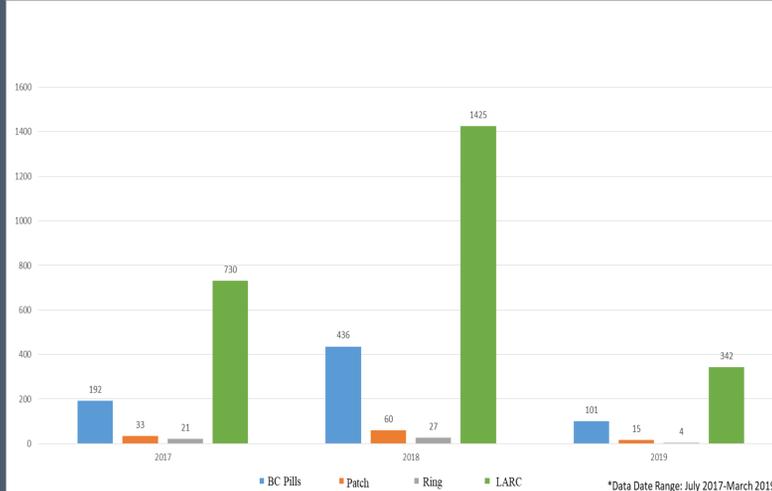
Youth-led grassroots outreach in the last three years. Outreach is an essential component of being in the community. However, grass root outreach implies intentionally seeking out youth at places where they might gather and at times of the year when it is more likely to encounter them. Concentrating efforts during specific times of the year can lead to better outcomes regarding number of people reached.

Sexually Transmitted Infection Tests



Number of conducted chlamydia and gonorrhea tests over the last 3 years. There has been a substantial increase in the number of tests. Increased concentrated outreach efforts has led to this observed outcome. It is noteworthy to analyze the sudden increase in the number of tests in certain months of the year, especially during the beginning of the fall and spring school semester, respectively.

Contraceptives Rates



Total numbers of birth control methods prescribed during the last three years. The values represent LARCs, birth control pills, patches, and vaginal rings. The rate of prescription of contraceptives, specifically LARCs, has significantly increased over the last year due to increased access and awareness. Education and outreach efforts are concentrated during the fall and spring semesters of the school year. A positive correlation between contraceptive prescription and outreach encounters can be concluded.

Next Steps

- Enhance the analysis between youth-centered approach and clinical contact through detailed reporting.
- Sustain and continue developing programs where young people are empowered about their health and sexual health.
- Create and establish a youth specific space where adolescents can congregate for their needs and for their interests.

Acknowledgements

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