

Nebraska Adult Sexual Literacy Program | NASLiP

Background

The Nebraska Adult Sexual Literacy Program (NASLiP) came out of the 2012 NE Sexual Health Summit. This scientific study assessed the sexual health knowledge of Nebraskans across the state. The measures within this survey explored the sexual knowledge and the level of comfort and confidence that Nebraskans have when discussing sexual topics.

Surveys were sent to 3000 households plus an additional 1000 racial and ethnic minority households. The survey (available in both Spanish and English) consisted of basic demographic questions, 57 knowledge questions, and 64 questions about comfort and confidence in discussing sexual topics. There were a total of 565 completed surveys.

Results

Many Nebraskans **mistakenly** believe that teens that have abstinence only education wait longer to have sex.

Nebraskans are most comfortable talking about prenatal care, body self-esteem, and sexual assault and less comfortable discussing gender identity with others.

Sexual Health Knowledge Grade For Nebraska's Adults

D-

People with increased sexual health knowledge, including women and people with more education, were more comfortable talking to others about sex.

Nebraskans were more comfortable discussing sexual topics with their own children than with others; however, most adults don't have the knowledge necessary to relay this information.

Implications

Greater levels of comfort with one's own child may be beneficial for relaying sexuality information; however, the results indicate that **parents are not equipped with medically accurate information.**

If we continue to rely on parents to talk to kids about sex, we will be left with kids who are unprepared to make healthy and informed decisions.

When given the opportunity to increase knowledge on gender identity, contraception, and sexual health, future generations of Nebraskans stand to benefit from evidence-based scientifically accurate sexual health information.