Sexual Health Frameworks & STD Prevention - What & How

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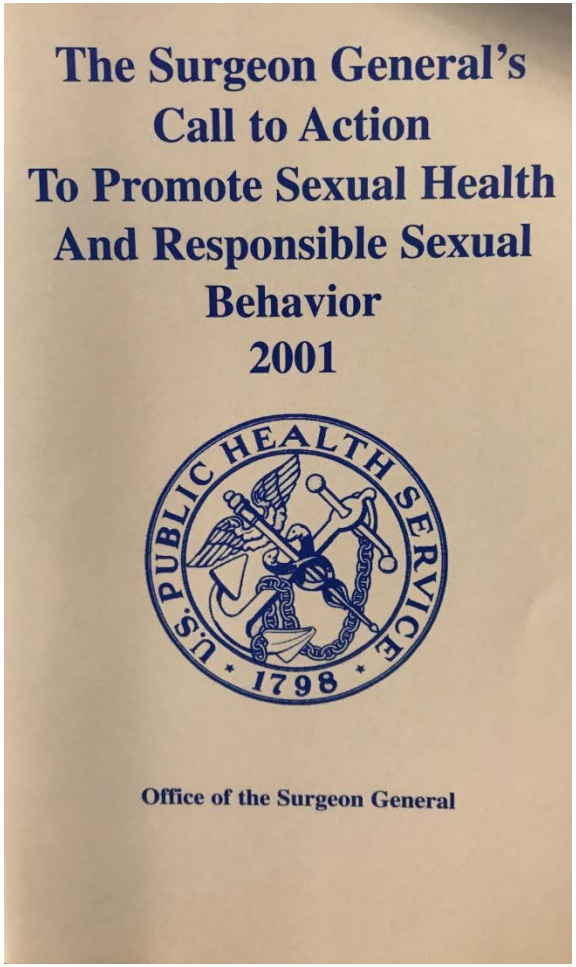
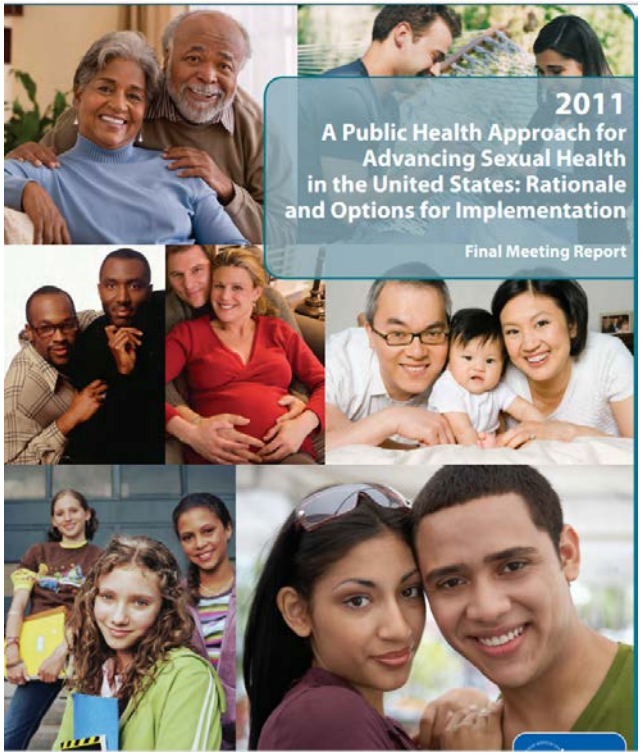
Objectives

By the completion of the session, participants will be able to:

- ✓ Identify at least 2 models for conceptualizing sexual health
- ✓ Generate at least 1 strategy for using a sexual health framework in STD prevention work
- ✓ Identify at least 1 ally that can support promotion of sexual health

Call to Action…





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What is sexual health?

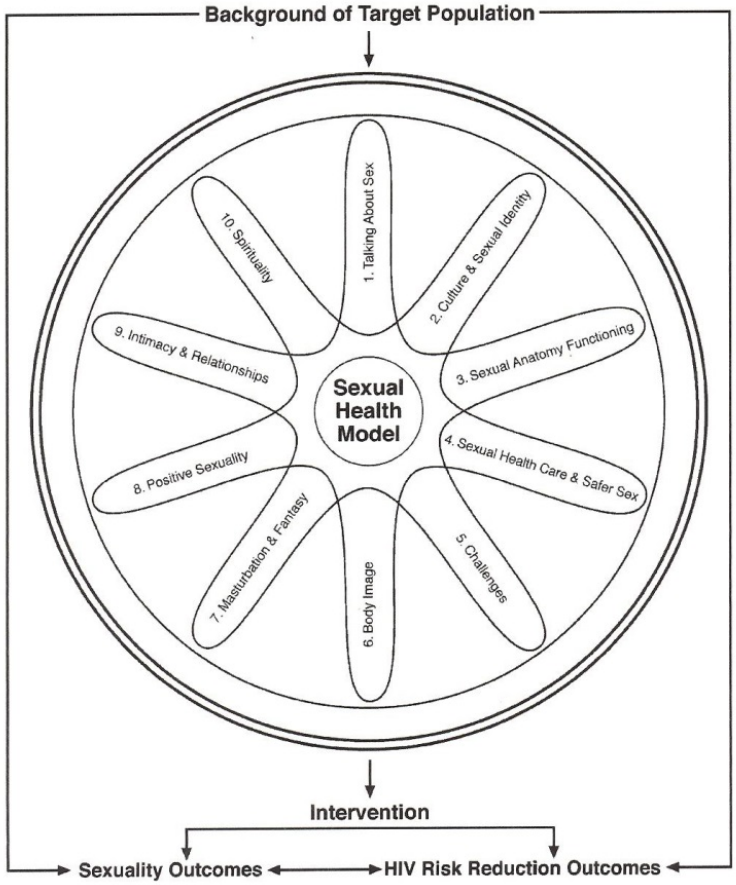
Sexual health (World Health Organization, working definition)

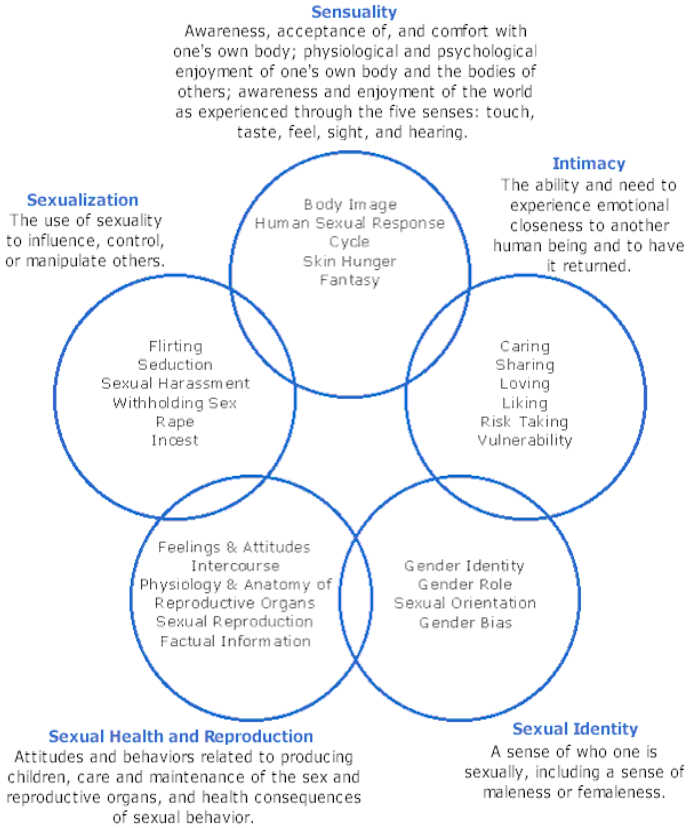
- Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.

- Sexual health is the integration of the somatic, emotional, intellectual, and social aspects of sexual being, in ways that are positively enriching and that enhance personality, communication, and love. Fundamental to this concept are the right to sexual information and the right to pleasure.

http://www.who.int/reproductivehealth/topics/sexual_health/sh_definitions/en/

Sexual health framing…





(Robinson et al., 2002; Gochros et al./Daily/Advocates for Youth)

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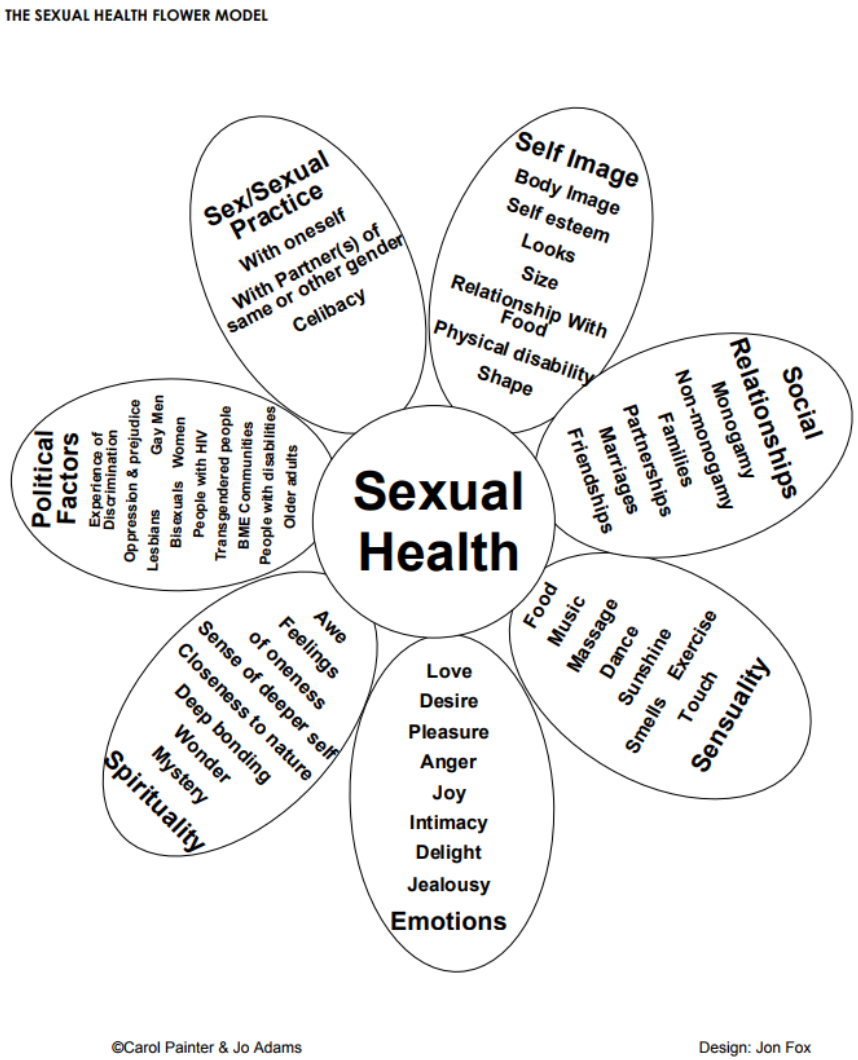
Sexual health framing (self esteem, mental health)…



(Painter & Adams, 2003 - http://www.sexualhealthsheffield.nhs.uk/wp-content/uploads/2015/03/Explore-Dream-Discover.pdf)

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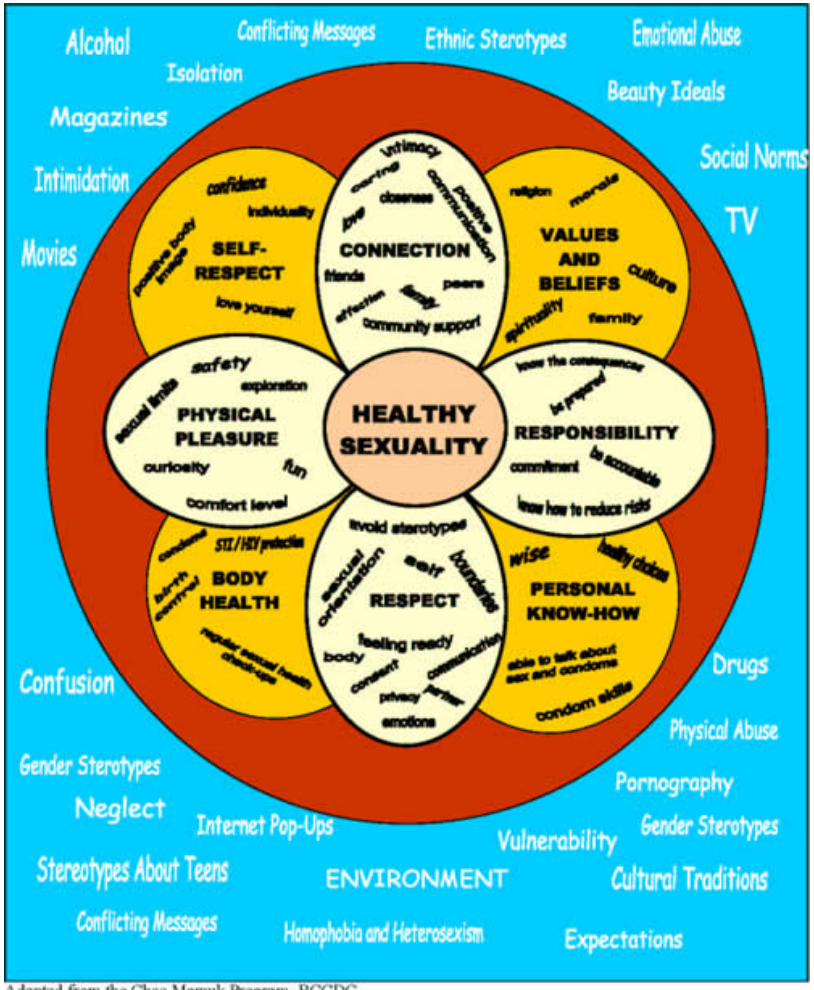
Sexual health framing (adolescents)…



Adapted from the Chee Mamuk Program, BCCDC

(Vancouver Costal Health, 2003)

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Sexual health framing (general public)…

Action Steps to Good Sexual Health

There are five key steps you can take to help you achieve good sexual health. These steps apply regardless of your age or the relationships you choose to have:

1. Value who you are and decide what's right for you
2. Get smart about your body and protect it
3. Treat your partners well and expect them to treat you well
4. Build positive relationships
5. Make sexual health part of your health care routine

(NCSH, 2017 - https://nationalcoalitionforsexualhealth.org/sexual-health/what-is-sexual-health)

What is your sexual health framework?

or

In small groups, discuss the following & record your answers:

- What are the barriers to addressing sexual health promotion in your institution?
- What sexual health framework components might work in your oddslot setting?
- Who are your allies for partnering when you experience barriers to addressing sexual health?

Ally Possibilities…

- ✓ Community-based organizations
- ✓ Academic institutions
- ✓ Professional societies & organizations
- ✓ Faith-based organizations
- ✓ Content experts
- ✓ Community members
- ✓ Schools, libraries, book stores
- ✓ Health professionals & practices
- ✓ Communication & technology experts
- ✓ Social & sport clubs
- ✓ Who else?

How will you move beyond disease, disaster, dysfunction to a model of sexual health & well-being?

Additional Resources

*Sexual Health Competencies for Undergraduate Medical Education in North America - https://www.ncbi.nlm.nih.gov/pubmed/28202322

*Competencies to Improve Health Care for Individuals who are LGBT, Gender Nonconforming, or Born with DSD – https://aamc.org/lgbtdsd

*Sexual Health & Your Patients: A Provider's Guide - http://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers

*AASECT, SSSS, WAS, ISSWSH, SMSNA, IASR, GLMA, WPATH, NCSH, NAFSO

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