



# Sexual Education in Riley County, Kansas

Kayla Brock  
MPH Candidate



## Graduate Committee:

Ellyn Mulcahy, Ph.D., MPH

Dana Vanlandingham, Ph.D., M.S., F.R.E.S.

Kathryn Reif, MSPH, Ph.D.

## Applied Practice and Integrated Learning Experience Site:

Democratic Republic of the Congo, Université Protestante au Congo (UPC)

Riley County Health Department, Manhattan, Kansas

## Site Preceptor:

Carole McArthur, Ph.D., M.D.

Leslie Campbell, RN and Aryn Price, RN

# Overview

- Introduction
- Project Description
- Results
- Discussion
- Conclusion/Recommendations
- Student Attainment of MPH Foundational Competencies
- Infectious Disease and Zoonosis Competencies
- Acknowledgements
- References

# Introduction



## Democratic Republic of the Congo

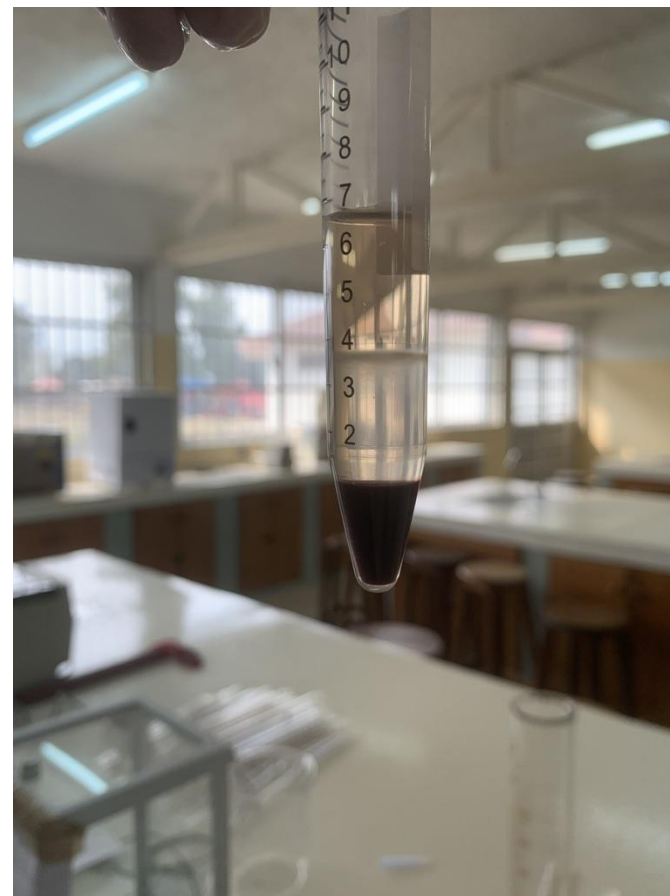
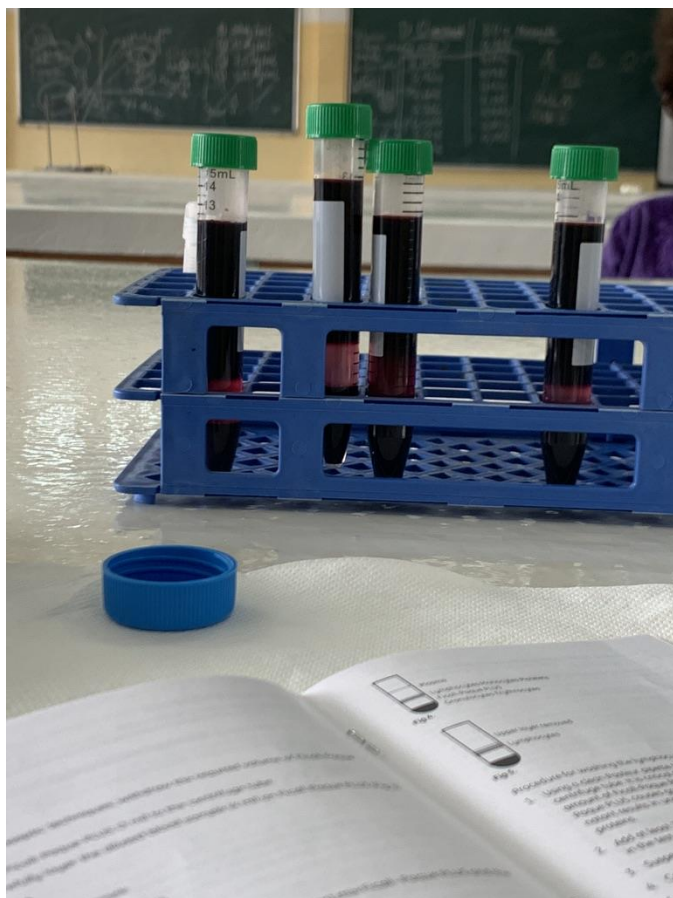
- Kinshasa, Capital city
- ~ 80 million people
- 73% live in extreme poverty<sup>7</sup>
- Country has had conflict since 1996 with the First Congo War
- Government and organizations associated with the government are corrupt
- Demonstrations are common

# Project Description

The objective of working at UPC with Dr. Carole McArthur and her team...

- ☐ Learn about HIV/AIDS in the DRC
  - ☐ The team was collecting samples for research on mother-to-child transmission of HIV
- ☐ Goal: Finalize the protocol for peripheral blood membrane mononuclear cells (PBMC) freezing
- ☐ Protocol would allow samples from Hepatitis B positive patients to be shipped to the United States

# Results



# Attainment of MPH Foundational Competencies

- Competency 6: Discuss the means by which structural bias, social inequities and racism undermine health and create challenges to achieving health equity at organizational, community, and societal levels

We had to be aware of cultural norms, being a part of the minority population and how this impacted our ability to interact with the community. Also, while working, we were very aware of the socioeconomic situation and extreme poverty in the country.

# Attainment of MPH Foundational Competencies

- Competency 7: Assess population needs, assets and capacities that affect communities' health

Investigating mother to child HIV transmission as well as working to start the Hepatitis B project, since there are high rates of both.



# Discussion

- Through this project I was able to see public health on a global scale
- Grant approval and funding
- Investment



# Introduction

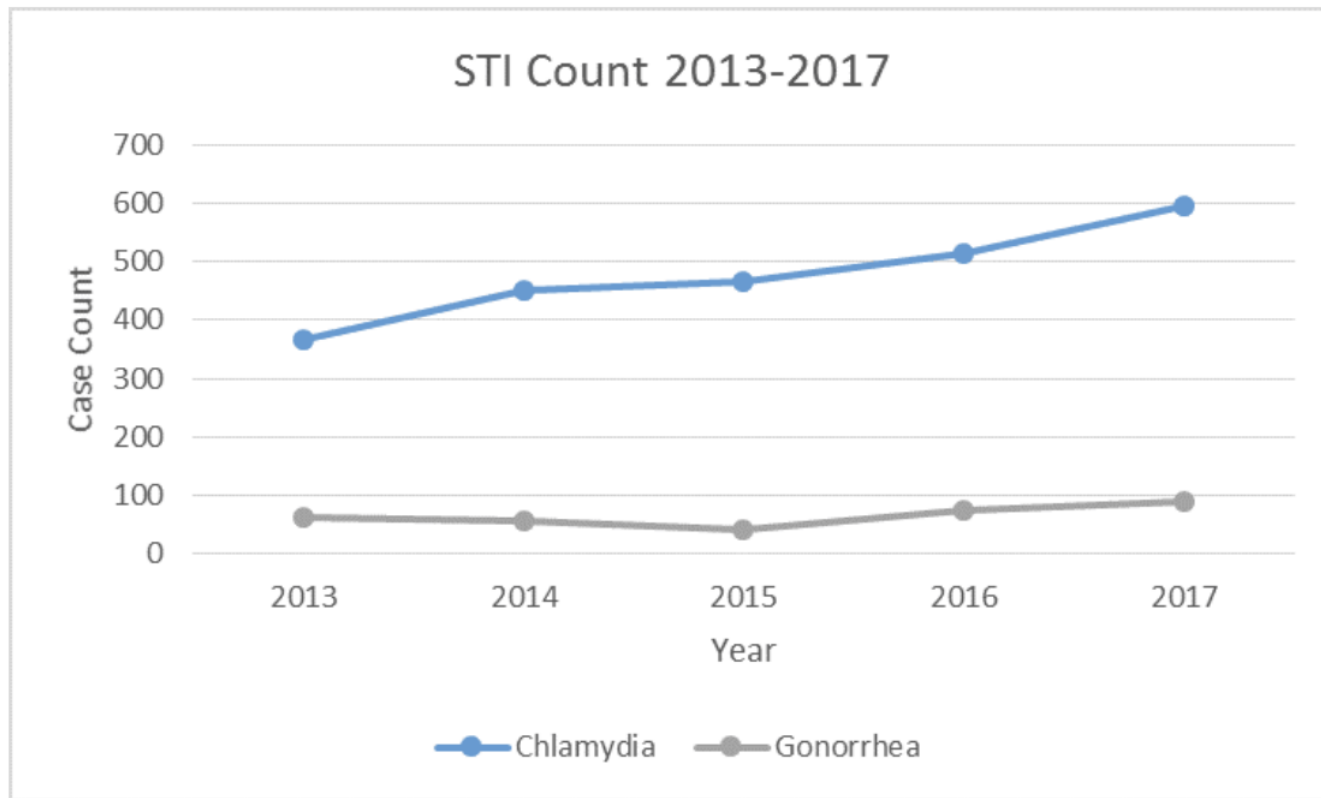
- From July to September 2019 I served as a clinical intern at the Riley County Health Department (RCHD)
- RCHD
  - Over 50 years of service to the community
  - Serves the 74, 232 residents of Riley County <sup>3</sup>
  - Provides over 20 services to the local community including reproductive health services, testing and treatment for STIs and an HIV/AIDS program

# Introduction

- Required Trainings
  - HIPAA Training;
    - HIPAA awareness-module 1
    - HIPAA allowable disclosures and safeguards-module 2
    - HIPAA right to access and documentation-module 3
  - Bloodborne pathogen training
  - Title X family planning and orientation; family planning basics
  - Quality family planning services; putting QFP into practice series
  - Counseling adolescents about sexual coercion and abuse

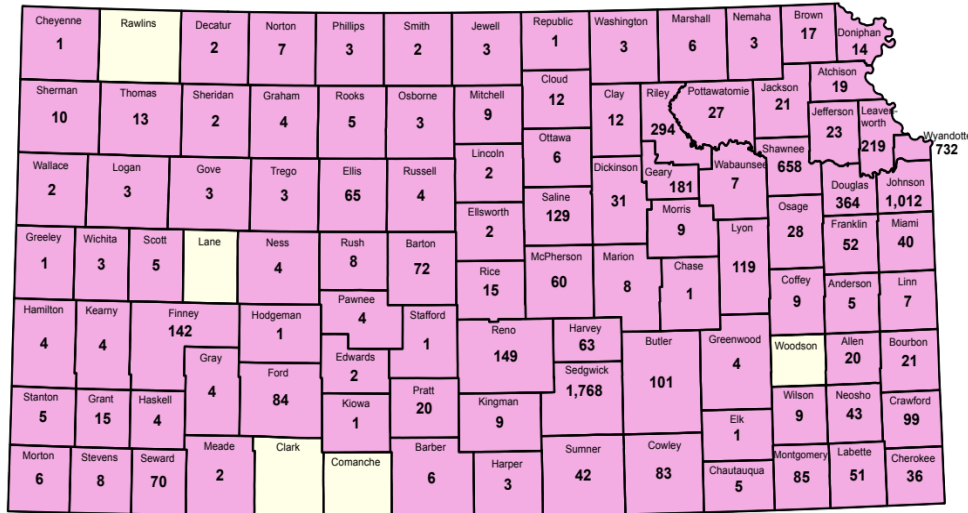
# Introduction

- From 2013-2017, sexually transmitted infection (STI) rates, specifically Chlamydia, Gonorrhea, and Syphilis have been on the rise in Riley County.<sup>8</sup>



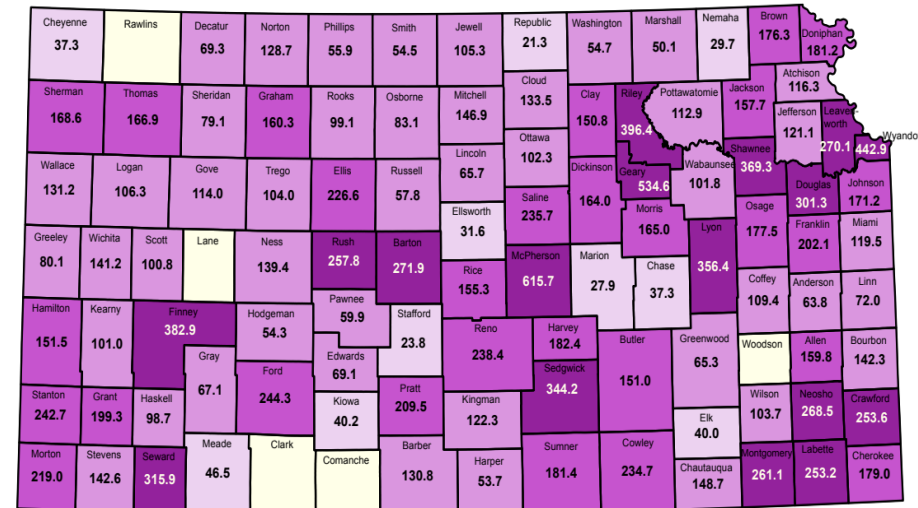
# Chlamydia

## State of Kansas Reported Cases of Chlamydia by County January - June 2019



Data Source: Estimated Population from CY 2017, Kansas Information for Communities and Epi-Trax database.  
Provided by: KS Department of Health and Environment, Bureau of Disease Control and Prevention

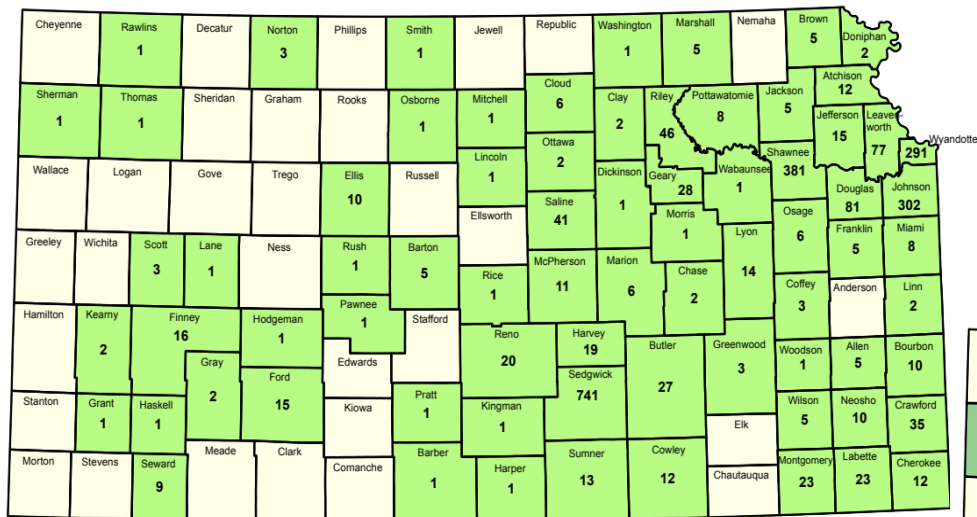
## Chlamydia - Rates by County: January - June 2019



Data Source: Estimated Population from CY 2017, Kansas Information for Communities and Epi-Trax database.  
Provided by: KS Department of Health and Environment, Bureau of Disease Control and Prevention

# Gonorrhea

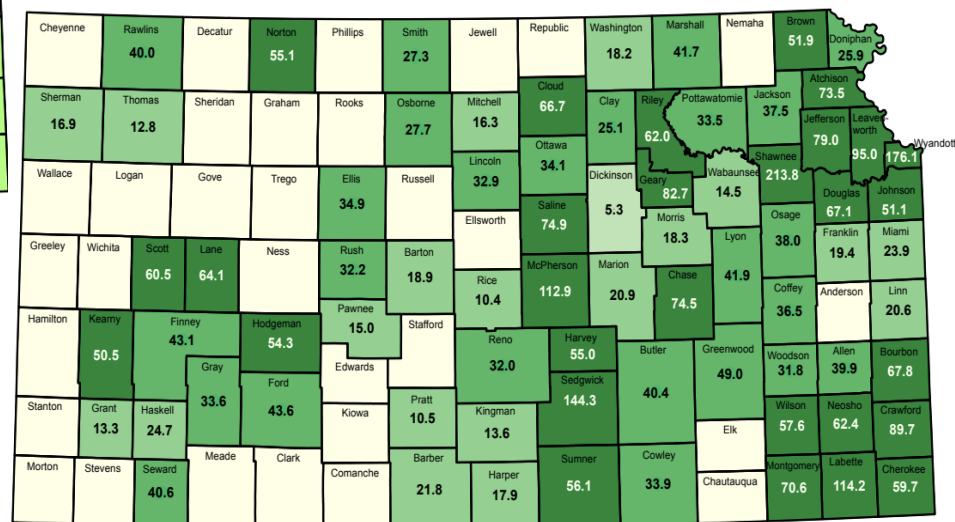
## State of Kansas Reported Cases of Gonorrhea by County January - June 2019



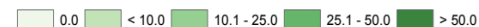
2,412 Total Cases

Data Source: Estimated Population from CY 2017, Kansas Information for Communities and Epi-Trax database.  
Provided by: KS Department of Health and Environment, Bureau of Disease Control and Prevention

## Gonorrhea - Rates by County: January - June 2019



Rate (per 100,000 population) Confirmed Case(s):



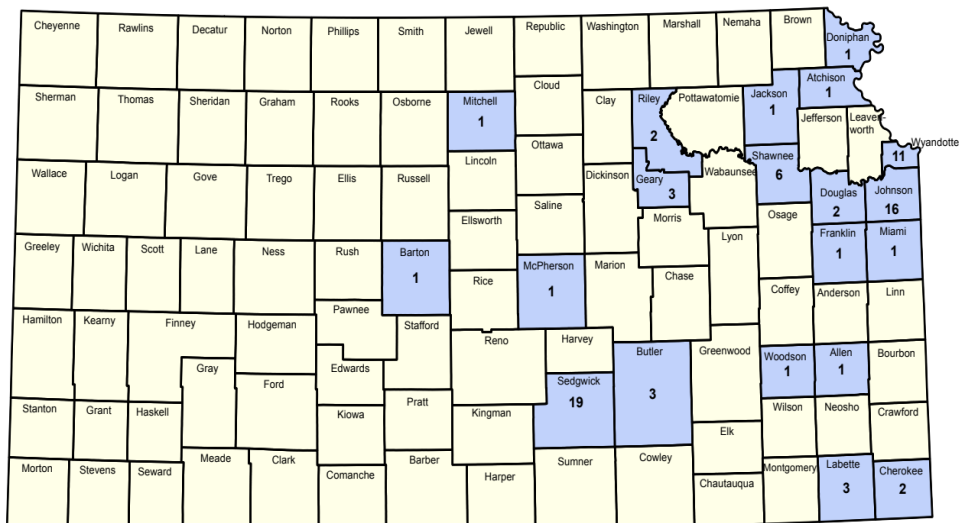
Note: The total rate of Gonorrhea for Kansas was 82.8 per 100,000 population.

Data Source: Estimated Population from CY 2017, Kansas Information for Communities and Epi-Trax database.  
Provided by: KS Department of Health and Environment, Bureau of Disease Control and Prevention



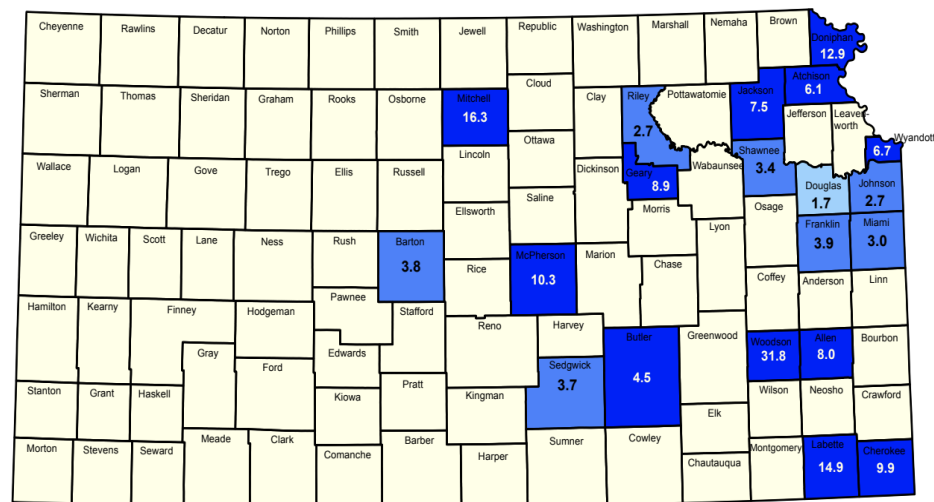
# Primary and Secondary Syphilis

## State of Kansas Reported Cases of Primary and Secondary Syphilis by County January - June 2019



Data Source: Estimated Population from CY 2017, Kansas Information for Communities and Epi-Trax database.  
Provided by: KS Department of Health and Environment, Bureau of Disease Control and Prevention

## Primary & Secondary Syphilis - Rates by County: January - June 2019



**Rate (per 100,000 population) Confirmed Case(s):**  
 0    < 1.0    1.1 to 2.0    2.1 to 4.0    > 4.0  
**Note: The total rate of primary/secondary syphilis for Kansas was 2.6 per 100,000 population.**

Data Source: Estimated Population from CY 2017, Kansas Information for Communities and Epi-Trax database.  
Provided by: KS Department of Health and Environment, Bureau of Disease Control and Prevention

# Project Description

- Review current sexual health and education plan in Riley County
- Evaluate Legislation in Kansas regarding sexual education
- Learn what national recommendations there are for sexual education in the schools
- Use interviews and outreach to learn about sexual education
- Goal: Make a recommendation to the county commissioners on how to help Riley County improve sexual health education



# Step 1: Sexual Health and Education in Riley County

- Riley County: Focuses on an abstinence only curriculum
- 4<sup>th</sup>-6<sup>th</sup> grade use a program called P&G
- Sex education and health is not a required part of teaching in high school besides half a semester at the 9<sup>th</sup> grade level

# Step 2: Evaluate Legislation in Kansas regarding sexual education

2108 Kansas Standards for Sexual Education	
End of 4 <sup>th</sup> Grade	Family life and sexuality
End of 8 <sup>th</sup> Grade	Describe ways to reduce risk related to adolescent growth and development Development of male and female reproductive organs Risks and preventions of sexually transmitted infections
Graduation	Adapting to changes associated with puberty Adapting to change within the family Changing responsibilities from adolescence to adulthood Responsible behaviors within relationships Potential outcomes of sexual activity Impact of media and technology on sexual behaviors Laws associated with sexual behaviors Differences between individual family, community, and global values.

# Step 3: National Recommendations

## CDC 19 sexual health education topics

- Communication and negotiation skills
- Goal-setting and decision-making skills
- How to create and sustain health and respectful relationships
- Influences of family, peers, media, technology, and other factors in sexual risk behavior
- Prevention care that is necessary to maintain reproductive and sexual health
- Influencing and supporting others to avoid or reduce sexual risk behavior
- Benefits of being sexually abstinent
- Efficacy of condoms
- Importance of using condoms consistently and correct
- Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy
- How to obtain condoms
- How to correctly use condoms
- Methods of contraception other than condoms
- How to access valid and reliable information, products, and services related to HIV, STDs, and pregnancy
- How HIV and other STDs are transmitted
- Health consequences of HIV and other STDs and pregnancy
- Importance of limiting the number of sexual partners
- Sexual Orientation
- Gender roles, gender identity or gender expression

# Step 3: Continued

2017-2018 Kansas School Health Profile		
	% Achieved in Grade 6-8	% Achieved in Grade 9-12
Taught all 19 sexual health education topics	14.3%	24.4%
Benefits of sexual abstinence	73.3%	88.5%
How to access valid and reliable information, products, and services for HIV, STI, and pregnancy	57.4%	81.3%
Create and sustain health and respectful relationships	68.9%	87.8%
Preventative care necessary to maintain reproductive and sexual health	51.4%	74.5%
How to correctly use a condom	22.9%	43.9%
Teaching methods other than condoms	46.2%	69.1%
Teaching about sexual orientation	27.9%	40.9%
Teaching about gender roles, gender identity, or gender expression	30.7%	44.2%

# Step 4: What do other states do?

- Of the 50 states<sup>10</sup>...
  - 27 require both HIV and sex education
  - 2 mandate sexual education
  - 10 only mandate HIV education
  - 17 require information to be medically accurate
  - 9 require information to be unbiased against race, sex, and ethnicity
- States with strong sexual health education programs
  - Rhode Island
  - District of Colombia

# Step 5: Meetings and Interviews

- Susanne: Relate 360
- Dustin: Positive Connections
- School Nurses: USD 383

# Step 6: Programs on a National Scale

- Our Whole Lives (OWL)
- FLASH
- Advocates for Youth: 3Rs
- Teaching Sexual Health
- Get Real
- Choosing the Best

# Results

- From the six national programs I narrowed the field to three options
  - Our Whole Lives (OWL)
  - FLASH
  - Advocates for Youth: 3Rs



# Results

- Our Whole Lives<sup>6</sup>

Our Whole Lives (OWL)					
K-1		4th-6th		7th-9th	
1	Our Wonderful Bodies Part 1	1	Sexuality and values	1	What is Sexuality?
2	Our Wonderful Bodies Part 2	2	Images in Popular Culture	2	Examining Values
3	Healthy Bodies, Safe Bodies	3	Body Images	3	The Language of Sexuality
4	Families	4	Changes in puberty	4	You, As a Sexual Being
5	Families and Feelings	5	Gender	5	Anatomy and Physiology
6	Babies and Families	6	Feelings and Attractions	6	Personal Concerns about Puberty
7	Birth of a Baby	7	Reproduction and Staying Healthy	7	Body Image
8	Celebrations	8	Decisions and Attractions	8	Gender Identity
		9	Reproduction and Staying Healthy	9	Sexual orientation
		10	Decisions and Actions	10	Guest Panel
		11	Consent and Peer Pressure	11	Sexuality and Disability
		12	Healthy Relationships and Celebration	12	Healthy Relationships
				13	Relationship Skills
				14	Sexuality Social Media and the Internet
				15	Bullying and Bystander Responsibilities
				16	Redefining Abstinence
				17	Love-making
				18	Consent Education
				19	Sexually Transmitted Infections
				20	Pregnancy, Parenting, and Teen Parenting
				21	Unintended Pregnancy Options
				22	Contraception and Safer Sex
				23	Sexual Decision Making
				24	Communicating with a Sexual partner
				25	Self Care, Celebration, and Closure
10th-12th		Young Adult		Adults	
1	Sexual Health-Learning About our Bodies	1	Young Adults and Sexuality	1	Sexuality and Values
2	Sexual Health-Taking care of our Sexual Self	2	Mind and Body	2	Sexuality and Communication
3	Sexual Health-Making Safer Choices	3	Sexual Pleasure	3	Sexuality and Spirituality
4	Lifespan Sexuality-Exploring our Sexual Development	4	Keeping your Body Healthy	4	Discovering the Sexual Self
5	Lifespan Sexuality-Becoming a Parent	5	Exploring Gender	5	Experiencing the Sexual Other
6	Lifespan Sexuality-Expression of Sexuality	6	Sexual orientation	6	Sexual Attraction and Early Relationships
7	Building Healthy Sexual Relationships-Communication	7	Communication Workshops 8 and 9: Relationships	7	Sexuality and Developing Relationships
8	Building Healthy Sexual Relationships-Intimacy	8	Boundaries and Boundary Violations	8	Sexuality and Committed Relationships
9	Building Healthy Sexual Relationships-Recreation	9	Family Matters	9	Sexual Diversity
10	Sexuality and Social Issues-Reproductive Rights	10	Sexual Fantasy and Variation	10	Sexuality and Family
11	Sexuality and Social Issues-Power and Control	11	Advocacy and Education	11	Sexuality and Aging
12	Sexuality and Social Issues-Equality	12	Closing	12	Sexual Health

# Results

- FLASH<sup>2</sup>

FLASH			
Grades 4-6		Grades 9-12	
Lesson 1	Introduction	Lesson 1	Climate Setting
Lesson 2	Family	Lesson 2	Reproductive System
Lesson 3	Self-Esteem	Lesson 3	Pregnancy
Lesson 4	Gender Roles	Lesson 4	Sexual Orientation and Gender Identity
Lesson 5	Friendship	Lesson 5	Undoing Gender Stereotypes
Lesson 6	Decision-Making	Lesson 6	Healthy Relationships
Lesson 7	Sexual Exploration Day 1	Lesson 7	Coercion and Consent
Lesson 8	Sexual Exploration Day 2	Lesson 8	Online Safety
Lesson 9	Puberty Day 1	Lesson 9	Abstinence
Lesson 10	Puberty Day 2	Lesson 10	Birth Control Methods
Lesson 11	Reproductive System Day 1	Lesson 11	Preventing HIV and Other STDs
Lesson 12	Reproductive System Day 2	Lesson 12	Condoms to Prevent Pregnancy, HIV and others STDs
Lesson 13	Pregnancy Day 1	Lesson 13	Testing for HIV and Other STDs
Lesson 14	Pregnancy Day 2	Lesson 14	Communication and Decision Making
Lesson 15	HIV/AIDS Year 1 Day 1	Lesson 15	Improving School Health
Lesson 16	HIV/AIDS Year 1 Day 2		
Lesson 17	HIV/AIDS Year 2 Day 1		
Lesson 18	Review and Resources		
Grades 6-8		Pricing	
Lesson 1	Reproductive System and Pregnancy	Online Subscription: 49.99/year/license per teacher	
Lesson 2	Sexual Orientation and Gender Identity	Print Binders	
Lesson 3	Rules of Dating	High School and Middle School	
Lesson 4	Saying No	0-5 Binders 99.99 each	
Lesson 5	Preventing STDs	6-10 Binders 94.99 each	
Lesson 6	Condoms to Prevent HIV and Other STDs	11+ Binders 89.99 each	
Lesson 7	Birth Control Methods	K-4, Elementary and Special Ed	
		0-5 Binders 75.99 each	
		6-10 Binders 71.99 each	
		11+ Binders 67.99 each	
		Set of All Grade Level Binders	
		374.99	
5 Main Goals of FLASH			
1. Prevent Pregnancy			
2. Prevent HIV and other STDs			
3. Prevent Sexual Violence			
4. Improve Family Communication			
5. Improve Knowledge of Sexual and Reproductive Health			

# Results

- Advocates for Youth: 3Rs<sup>1</sup>

Advocates for Youth: 3Rs				
<b>Kindergarten</b>				
Lesson 1:	Different kinds of families	families		
Lesson 2:	Understanding our bodies the basics	anatomy and reproduction		
Lesson 3:	My space your space	consent		
<b>1st Grade</b>				
Lesson 1:	Friendship	relationships		
Lesson 2:	Gender roles	gender/gender roles		
Lesson 3:	The circle of life	anatomy and reproduction		
<b>2nd Grade</b>				
Lesson 1:	Understanding our bodies	anatomy and reproduction		
Lesson 2:	Bullying is never ok	accessing information/support/resources		
Lesson 3:	Cut it out making bullying and teasing stop	accessing information/support/resources		
Lesson 4:	Seeking help	accessing information/support/resources		
<b>3rd Grade</b>				
Lesson 1:	Respect for all	relationships		
Lesson 2:	Teasing harassment bullying	bullying		
Lesson 3:	Feeling Safe	accessing information/support/resources		
<b>4th Grade</b>				
Lesson 1:	Making sense of puberty	accessing information/support/resources		
Lesson 2:	Figuring out friendship	accessing information/support/resources		
Lesson 3:	Your body your rights	accessing information/support/resources		
Lesson 4:	Taking a stand against bullying	accessing information/support/resources		
<b>5th Grade</b>				
Lesson 1:	Sexual and reproductive anatomy	anatomy and reproduction		
Lesson 2:	Puberty and reproduction	anatomy and reproduction		
Lesson 3:	Learning about HIV	decision-making		
Lesson 4:	What is love anyway	decision-making		
Lesson 5:	Being clear with your friends	decision-making		
<b>6th Grade</b>				
Lesson 1:	Change is good	accessing information/support/resources		
Lesson 2:	Gender roles gender expectations	gender identity/transgender		
Lesson 3:	Understanding boundaries	understanding boundaries		
Lesson 4:	Communicating about a sensitive topic	abstinence		
Lesson 5:	More than friends	relationships		
Lesson 6:	Liking and Loving	abstinence		
Lesson 7:	3rs being a sex ed sleuth	accessing information/support/resources		
<b>7th Grade</b>				
Lesson 1:	Everybody got body parts, part 1	anatomy and reproduction		
Lesson 2:	Everybody got body parts, part 2	anatomy and reproduction		
Lesson 3:	Reproductive basics	accessing information/support/resources		
Lesson 4:	Great expectations	anatomy and reproduction		
Lesson 5:	Protecting your health	abstinence		
Lesson 6:	I am who I am	gender identity/transgender		
Lesson 7:	Blue is for boys pink is for girls	gender/gender roles		
Lesson 8:	Making SMART choices	decision-making		
Lesson 9:	Let's talk about sex	abstinence		
Lesson 10:	Being the change	advocacy		
Lesson 11:	Being smart staying safe online	accessing information/support/resources		
<b>8th Grade</b>				
Lesson 1:	Creating a safe School			accessing information support/resources
Lesson 2:	The world around me			accessing information support/resources
Lesson 3:	Healthy and unhealthy relationships			Lesson using the amaze videos
Lesson 4:	Choose your words carefully			Decision making
Lesson 5:	We need to talk			Anstinence
Lesson 6:	Talking without talking			Relationships
Lesson 7:	Warning signs			accessing information support/resources
Lesson 8:	Birth control basics			abstinence
Lesson 9:	Using condoms effectively			condoms and birth control
Lesson 10:	STD basics			abstinence
Lesson 11:	Lets talk about sex			abstinence
<b>9th Grade</b>				
Lesson 1:	They love me they love me not			Relationships
Lesson 2:	How well do I communicate			abstinence
Lesson 3:	It wasn't my fault			consent
Lesson 4:	Orientation behavior and identity			gender identity/transgender
Lesson 5:	Understanding gender			gender identity/transgender
Lesson 6:	Decisions decisions			abstinence
Lesson 7:	Sexual decision making			abstinence
Lesson 8:	Planning and protection			abstinence
Lesson 9:	What if			decision-making
Lesson 10:	STD smart			abstinence
Lesson 11:	Creating condom confidence			condoms and birth control
<b>High School</b>				
Lesson 1:	Rights respect responsibility			consent
Lesson 2:	Know your options			abstinence
Lesson 3:	We all have rights			accessing information support/resources
Lesson 4:	Let me tell you			decision-making
Lesson 5:	Using technology respectfully and responsibly			bullying
Lesson 6:	Our space safe space			accessing information support/resources
Lesson 7:	Trust it or trash it			accessing information support/resources
Lesson 1:	How do you see me			Relationships
Lesson 2:	My boundaries			Relationships
Lesson 3:	Is it abuse if			accessing information support/resources
Lesson 4:	Wanted qualified parent			pregnancy
Lesson 5:	Gender and sexual orientation			gender identity/transgender
Lesson 1:	What are my reproductive rights			Accessing information/resources
Lesson 2:	My life my decisions			decision-making
Lesson 3:	Sexual rights who decides			bullying
Lesson 4:	Getting savvy about STD testing			STD/HIV
Lesson 5:	Fantasy or reality			relationships

# Recommendations

- After conducting interviews, researching, and learning about the curriculum in Riley County I was able to make a recommendation to the county commissioner
- Advocates for Youth: 3Rs<sup>1</sup>

# Discussion

- Concerns working on this project
  - “Advocates have faced an uphill battle to advance sex education in Kansas”<sup>10</sup>
- When searching for a new curriculum it needed to be comprehensive and inclusive
- Important that adolescents have to think deeper about the content



# Discussion

- This information was presented to the county commissioners
- What comes next?
  - Collaborate with schools
  - Present to school board
  - After implementation conduct surveys at the end of the each school year

# Conclusion

- I was able to recommend a program that is comprehensive, inclusive, age appropriate, and feasible for Riley County to implement
- This project allowed awareness to be raised on a need for updated sexual health education

# Attainment of MPH Foundational Competencies

- Competency 7: Assess population needs, assets and capacities that affect communities' health

Investigating what was lacking from the current education and what was needed.

- Competency 9: Design a population-based policy, program, project or intervention

Develop a plan that if they chose to; the health department could work with the school and after school programs to implement and work at giving a better more whole picture of sexual health and education.



# Attainment of MPH Foundational Competencies

- Competency 19: Communicate audience-appropriate public health content, both in writing and through oral presentation

Creating a database that contained major programs laid out and turning this information and statistics into a presentation that was able to convey the needs to a wide audience.

- Competency 21: Perform effectively on interprofessional teams

Worked with the clinical team including the clinical supervisor and nurses, the director of the health department, school nurses and community organizations in order to gather information and best practices to provide sexual education.

# Attainment of MPH IDZ Competencies

## MPH Emphasis Area: Infectious Diseases/Zoonoses

Number and Competency		Description
1	Pathogens/pathogenic mechanisms	DMP 710 - One Health, BIOL 530 - Pathogenic Microbiology
2	Host response to pathogens/immunology	DMP 850 – Immunology of Domestic Animals
3	Environmental/ecological influences	DMP 710 – One Health, MPH 802 – Environmental Health
4	Disease surveillance	MPH 754 – Into to Epidemiology, DMP 844 – Global Health, DMP 888 – Globalization, Cooperation, and the Food Trade
5	Disease vectors	DMP 710 – One Health, BIOL 530 – Pathogenic Microbiology, DMP 850 – Immunology of Domestic Animals

# Acknowledgements

- Graduate Committee
  - Dr. Mulcahy
  - Dr. Vanlandingham
  - Dr. Reif
- Barta Stevenson
- Dr. McArthur and her team in the DRC
- RCHD, Leslie, and Aryn

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