

# Multifaceted Plan Supporting Sexual Health in Young Adults at University



## INTRODUCTION

- Healthy relationships and sexual identity is an essential component of the healthy young adult<sup>1</sup>.
- The 15-24 year old age bracket has the highest incidences of Sexually Transmitted Infections (STIs) & are vulnerable to sexual adversity<sup>2</sup>.
- Young adults at university are known to have number of risk factors for sexual adversity<sup>3,4</sup>.
- Exacerbating this risk is the stigma that still remains associated with sexual health<sup>5</sup>.

## PURPOSE

- The purpose of this project was to develop and implement strategies to promote sexual health among young adults attending University through partnership between the University of New England and Hunter New England Area Health service.

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## METHODS

- Engagement with stakeholders
- Regular STI screening days
- Marketing
- Education to support sexual health

## RESULTS

- Positive student feedback
- Effective coordination required
- 13% incidence of positive STI tests
- Safer sexual health messages fosters knowledge and education.

## REFERENCES

- <sup>1</sup>Bungay, V., Handlovsky, I., Phillips, J. C. & Prescott, C. (2017). A scoping review of the literature on nursing practices with persons seeking care for sexually transmitted infections. *Journal of Clinical Nursing*, 26(1/2), 33-48. doi: 10.1111/jocn.13561
- <sup>2</sup>World Health Organization (2017). *Global incidence and prevalence of selected curable sexually transmitted infections*. Geneva: Author
- <sup>3</sup>Kirby Institute. (2017). *HIV, viral hepatitis and sexually transmissible infections in Australia: annual surveillance report*. UNSW Sydney.
- <sup>4</sup>World Health Organization. (2016). *Global strategy for the prevention and control of sexually transmitted infections: 2006-2021*. Geneva: Author.
- <sup>5</sup>East, L., Jackson, D., O'Brien, L., & Peters, K. (2012). Stigma and stereotypes: Women and sexually transmitted infections. *Collegian* 19, 15-21.



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