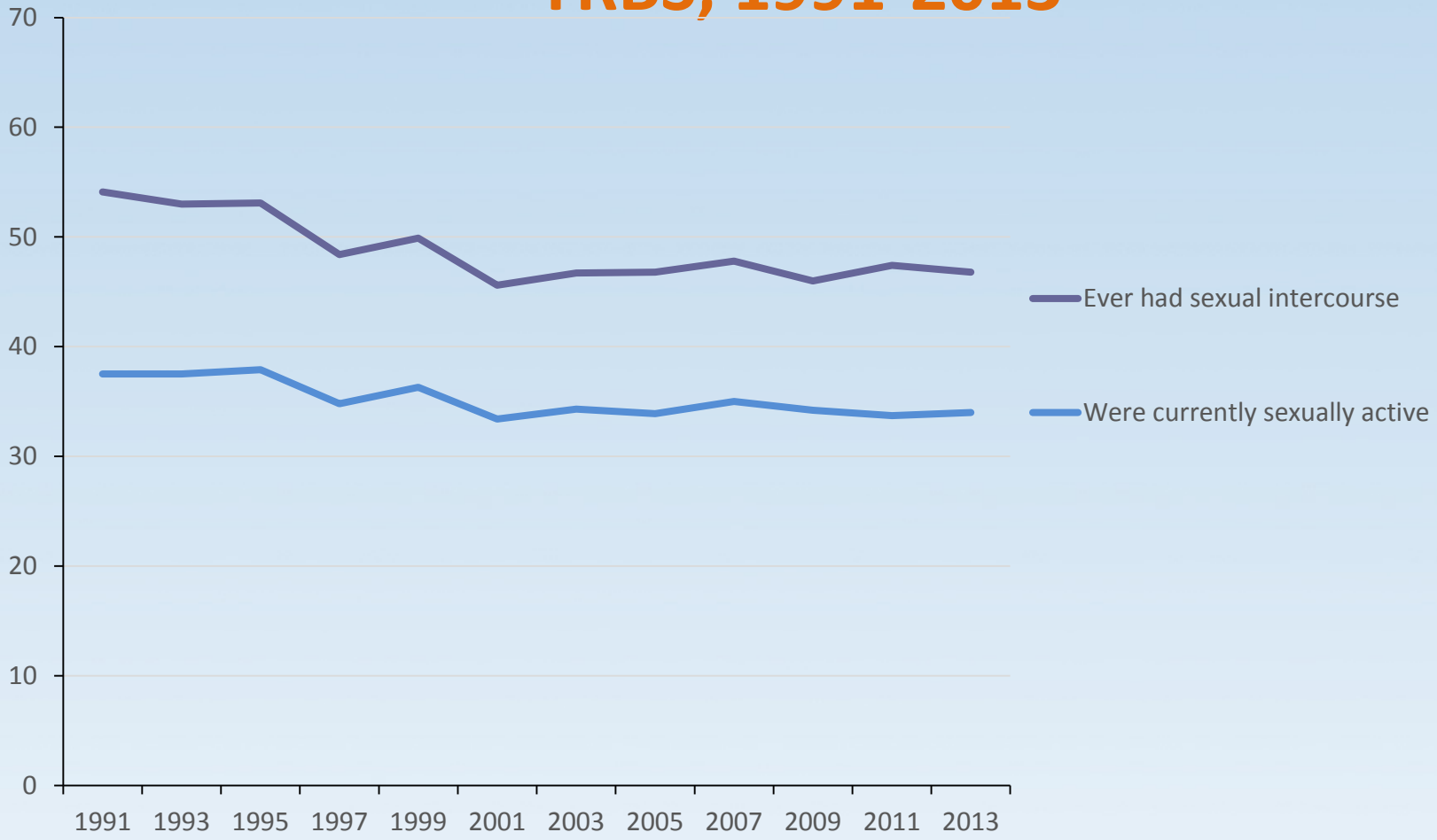
Reality Check: The Truth About Teen HIV Risks

The 2015 National HIV Prevention Conference

Stephanie Zaza, MD, MPH

National Center for HIV/AIDS, Viral Hepatitis, STD, and TB Prevention
Division of Adolescent and School Health

Trends in Sexual Activity among US Teens, YRBS, 1991-2013



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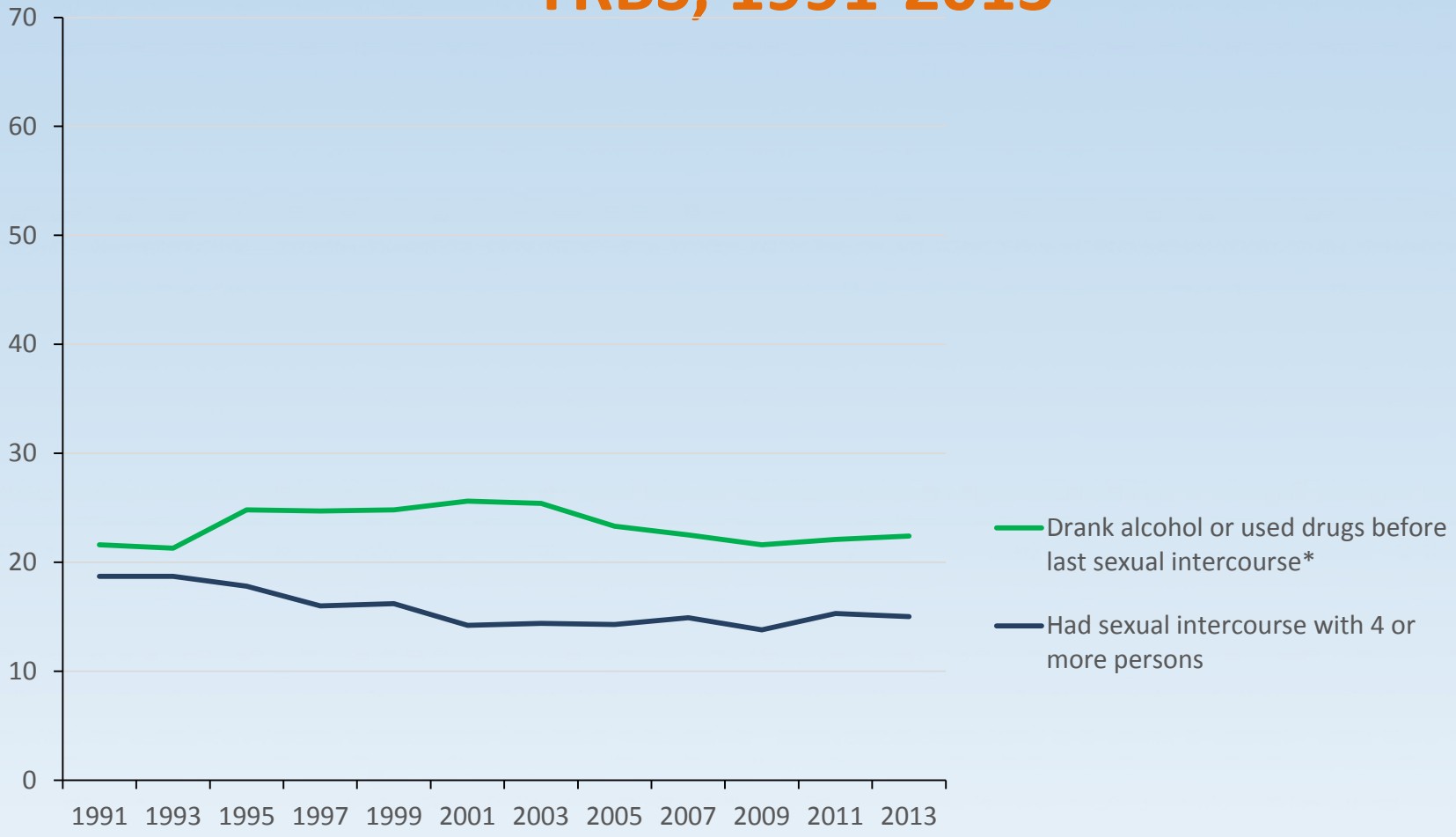

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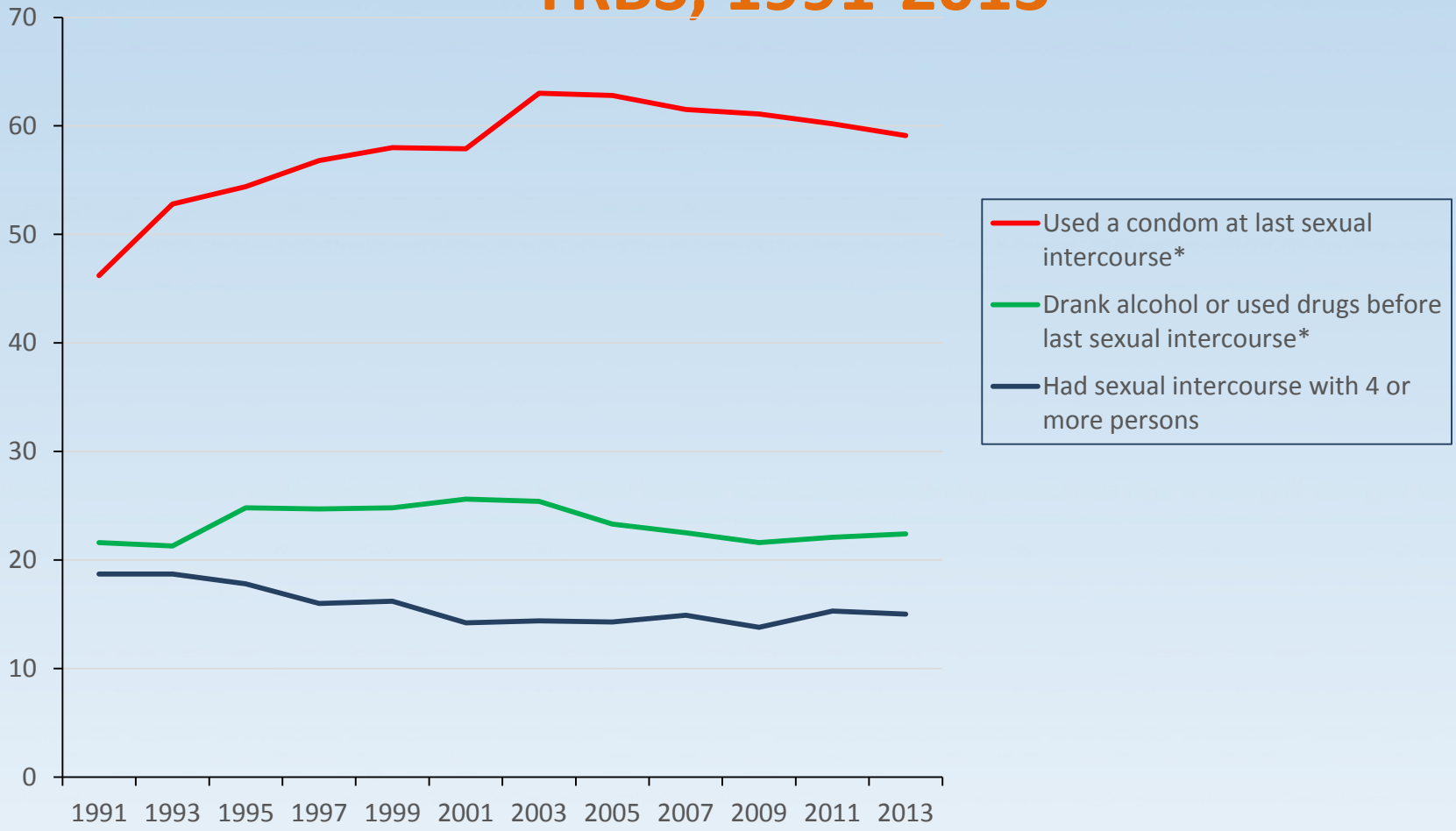

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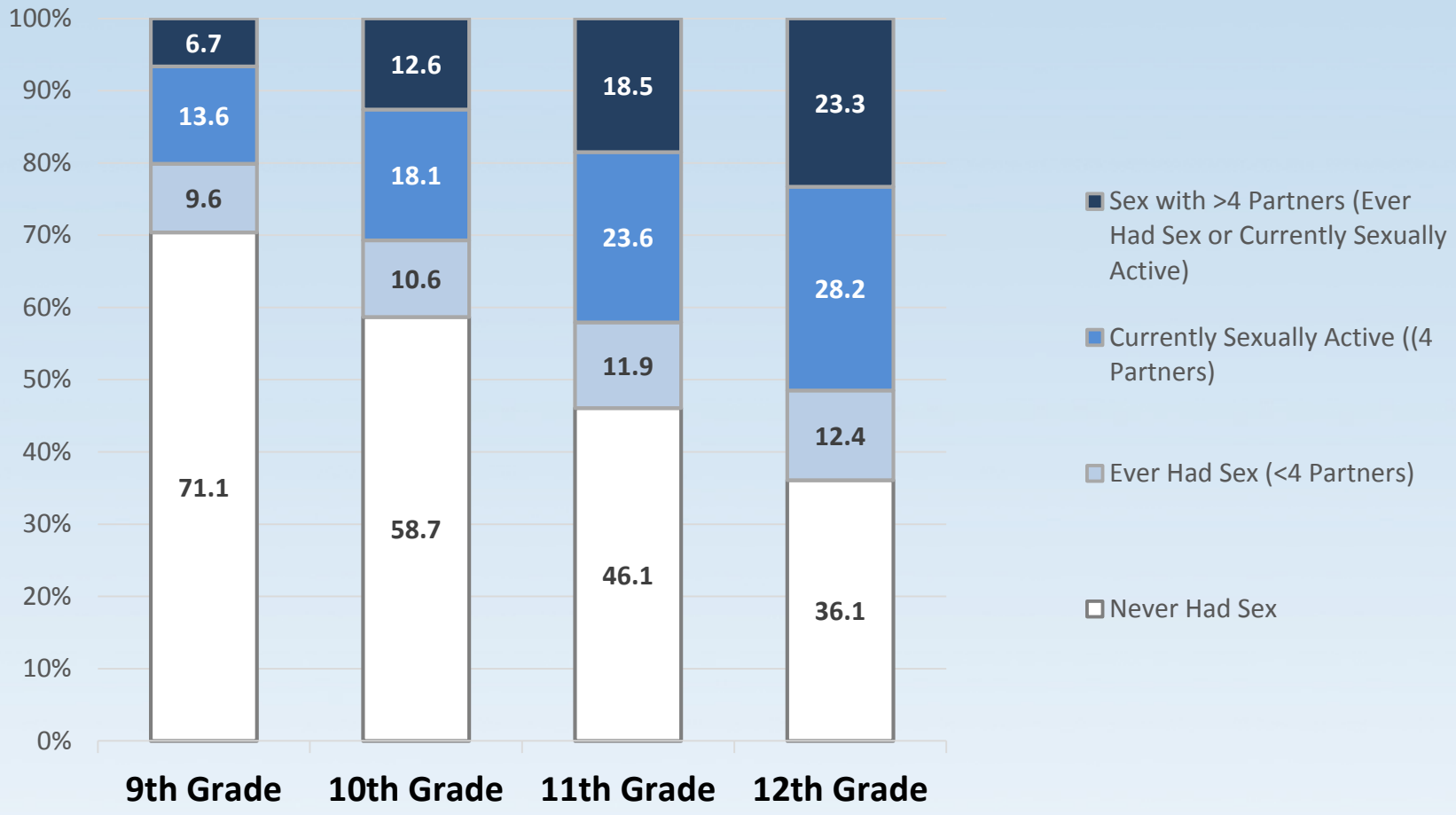
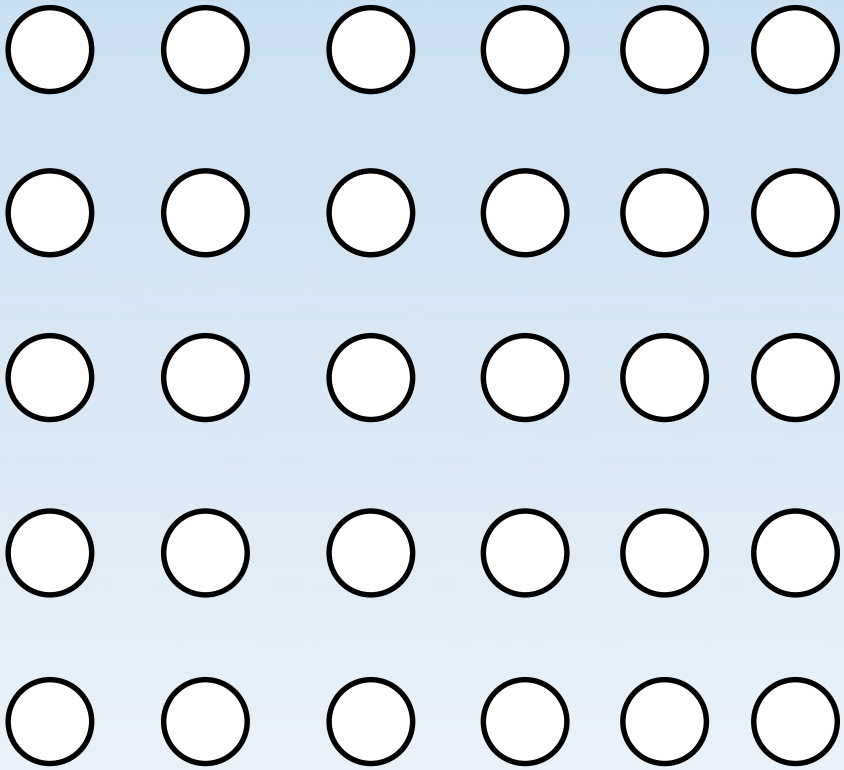


National Youth Risk Behavior Survey, 2013

What does this look like in the classroom?

9th Grade Classroom



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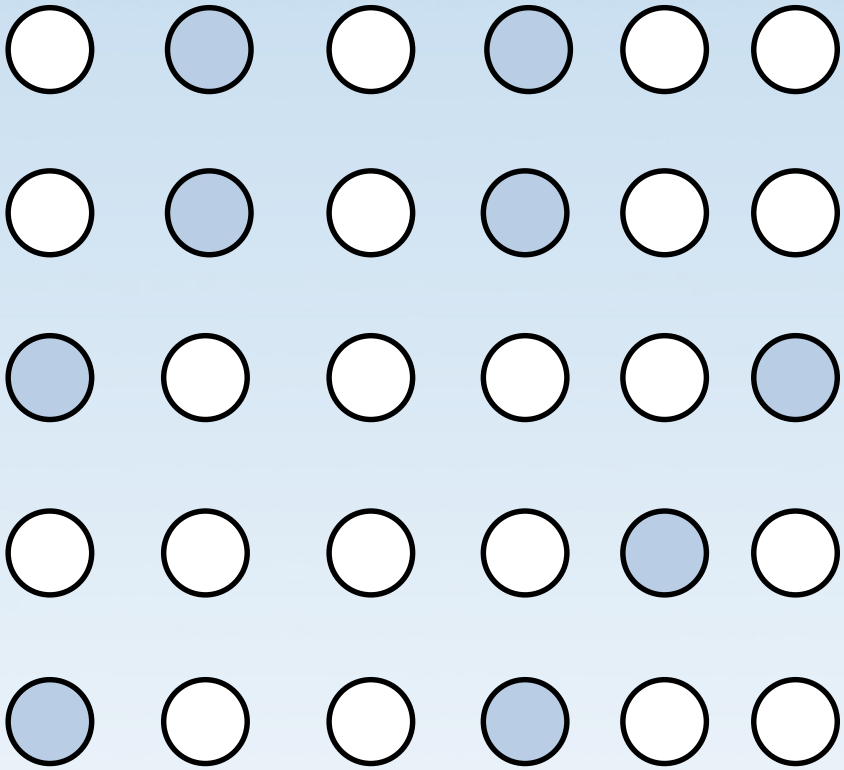

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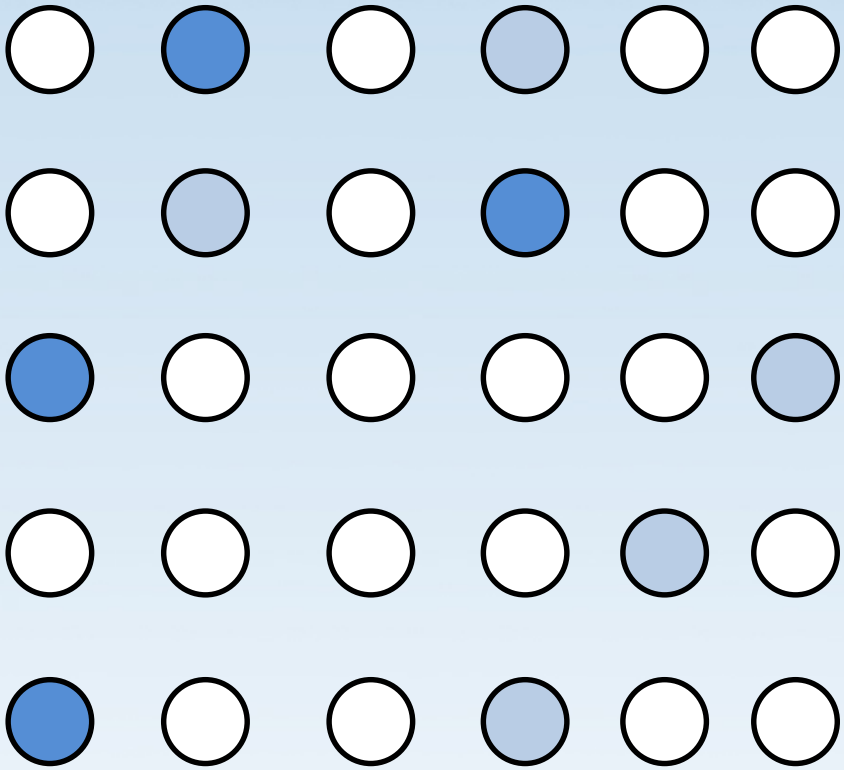

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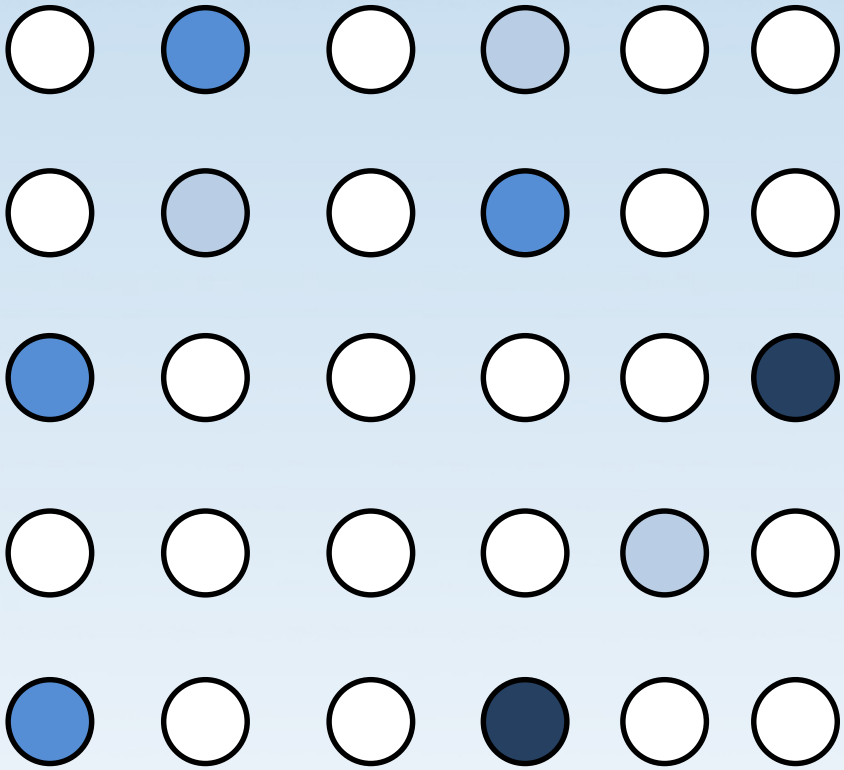

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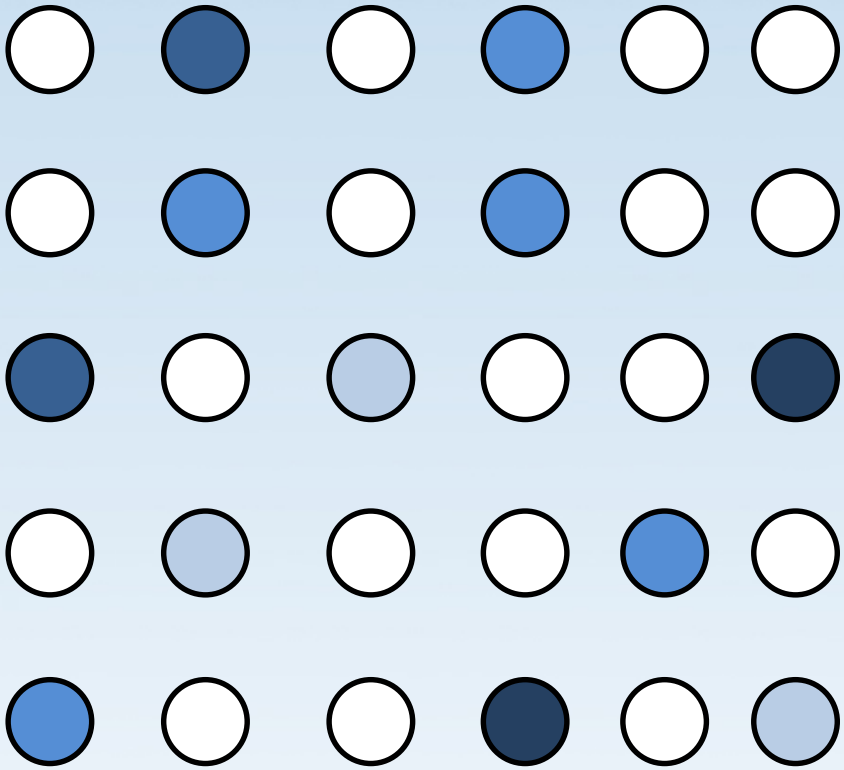

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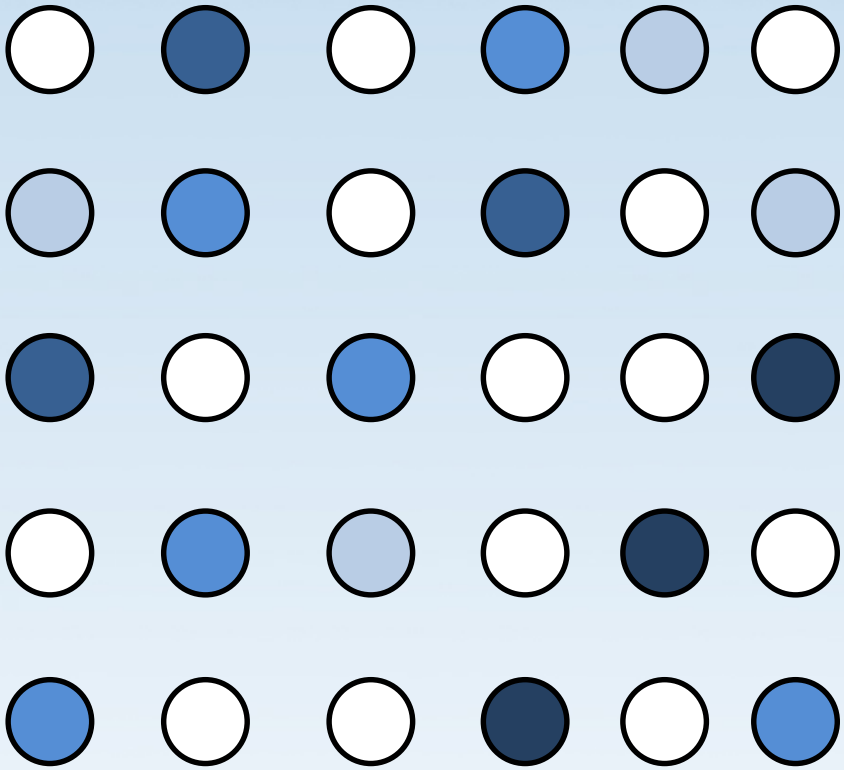
11th Grade Classroom



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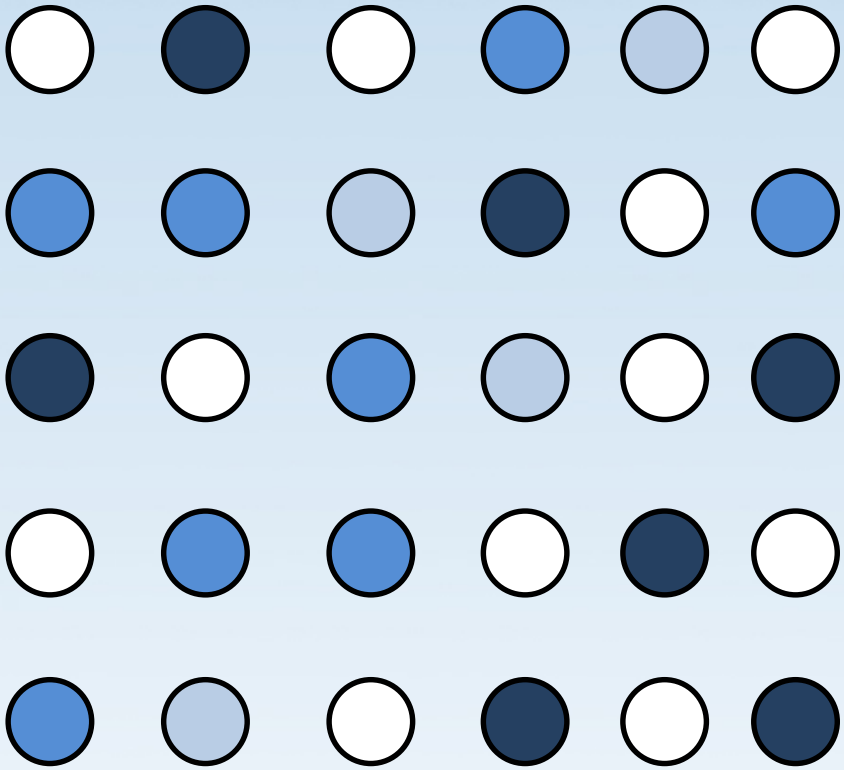
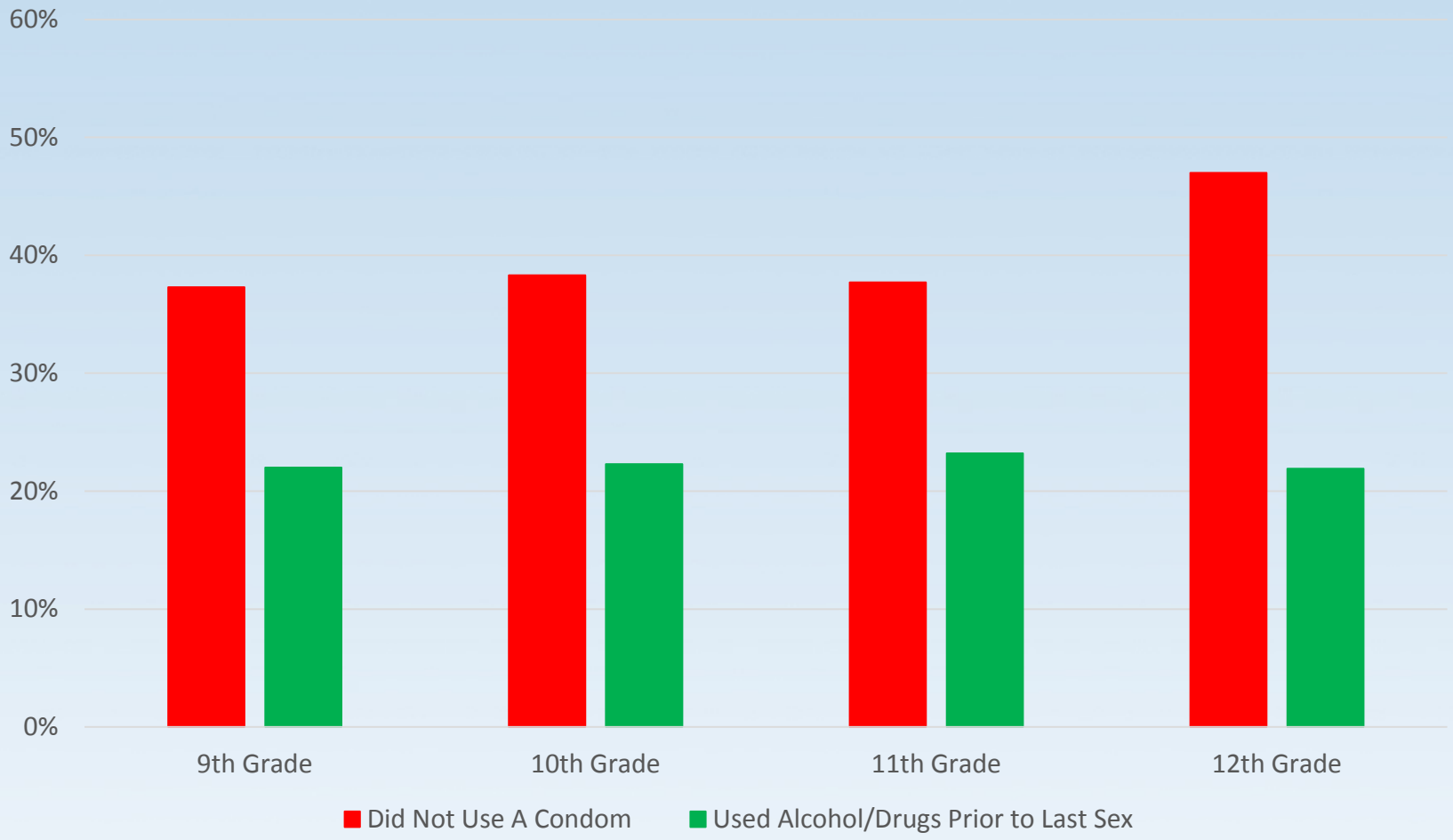


Among All Currently Sexually Active Teens…



National Youth Risk Behavior Survey, 2013

Schools' Role in Reducing Risk

- Implementing Effective Sexual Health Education
- Providing or Referring Students for Sexual Health Services
- Creating Safe and Supportive Environments

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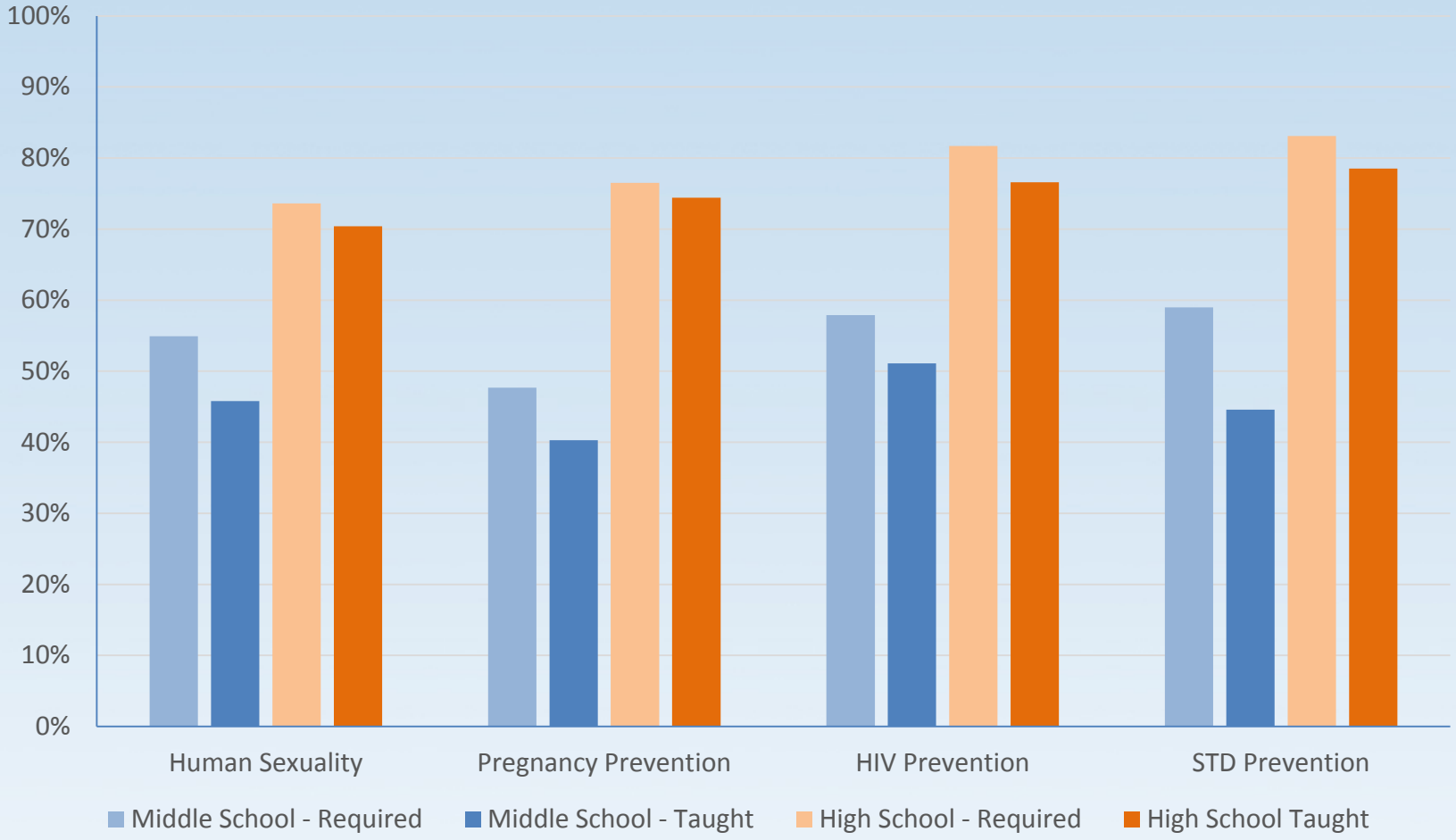
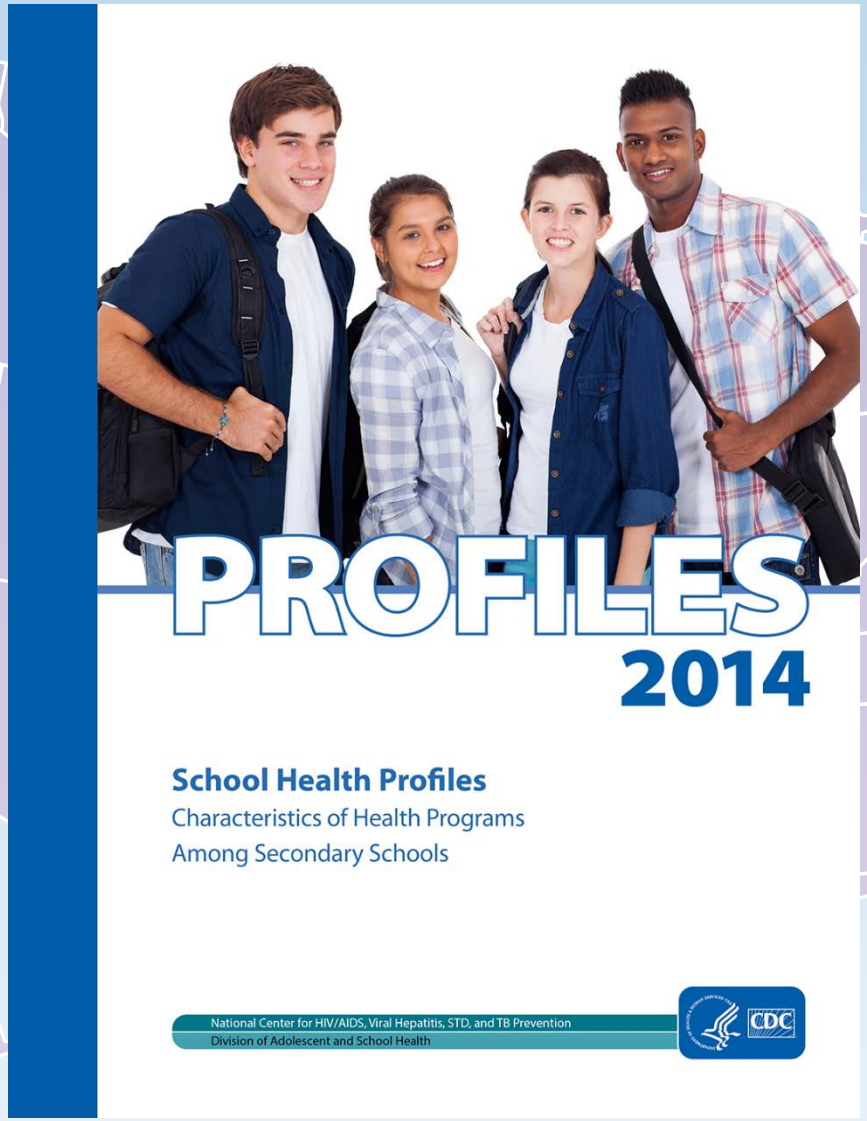
Percent of US Secondary Schools Which Required and Taught…



School Health Policies and Practices Study 2014

The Status of Sexual Health Education in the United States

State Estimates from the 2014 School Health Profiles



Available online at www.cdc.gov/healthyyouth/data/profiles

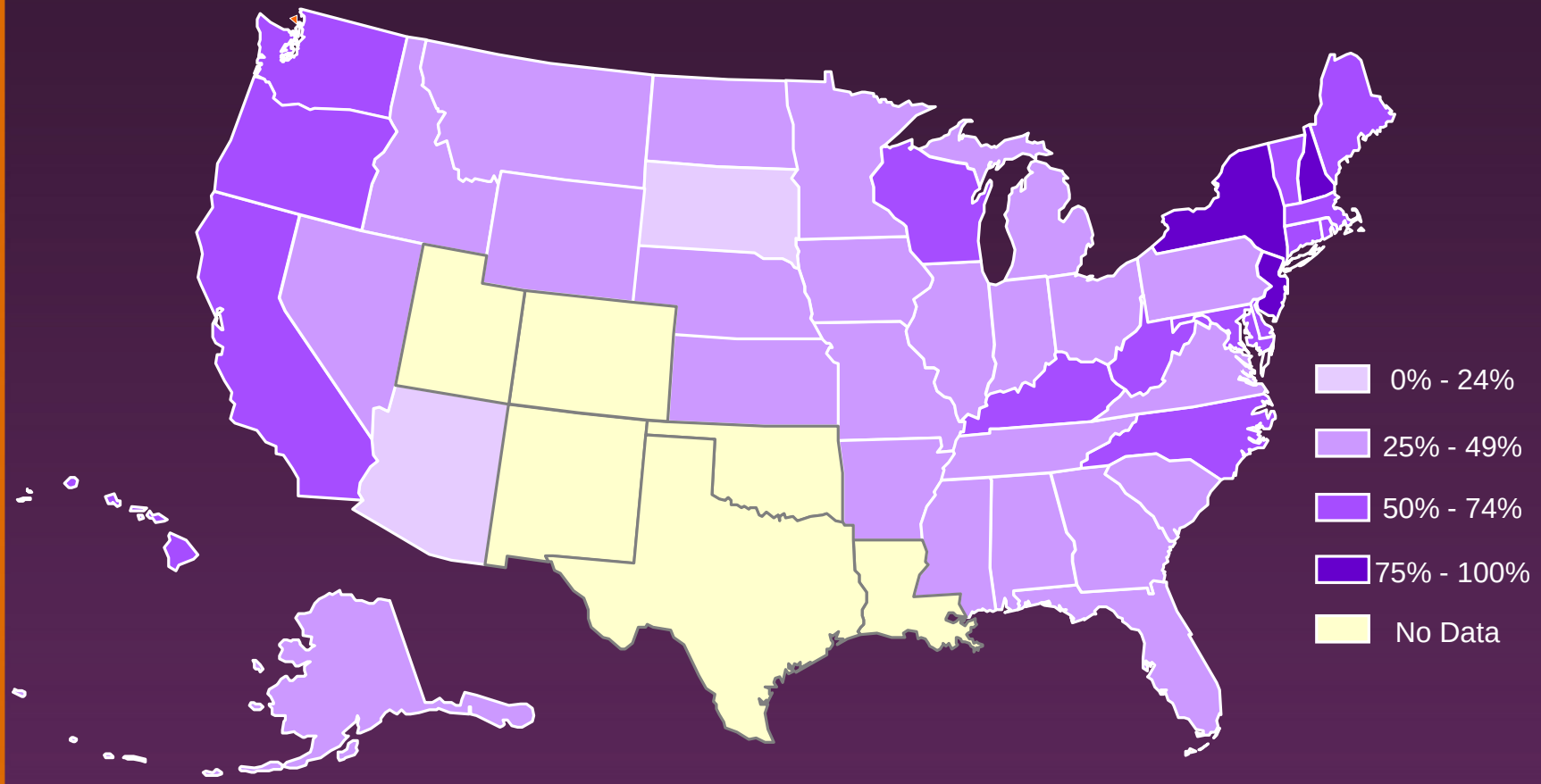
16 Critical Sex Ed Topics

1. How to create and sustain healthy and respectful relationships
2. Influences of family, peers, media, technology and other factors on sexual risk behavior
3. Benefits of being sexually abstinent
4. Efficacy of condoms
5. Importance of using condoms consistently and correctly
6. Importance of using a condom at the same time as another form of contraception to prevent both STDs and pregnancy
7. How to obtain condoms
8. How to correctly use a condom

16 Critical Sex Ed Topics

9. Communication and negotiation skills
10. Goal-setting and decision-making skills
11. How HIV and other STDs are transmitted
12. Health consequences of HIV, other STDs and pregnancy
13. Influencing and supporting others to avoid or reduce sexual risk behaviors
14. Importance of limiting the number of sexual partners
15. How to access valid and reliable information, products and services related to HIV, STDs, and pregnancy
16. Preventive care that is necessary to maintain reproductive and sexual health

High Schools:
Teach All 16 Sex Ed Topics



School Health Profiles, 2014

Middle Schools:
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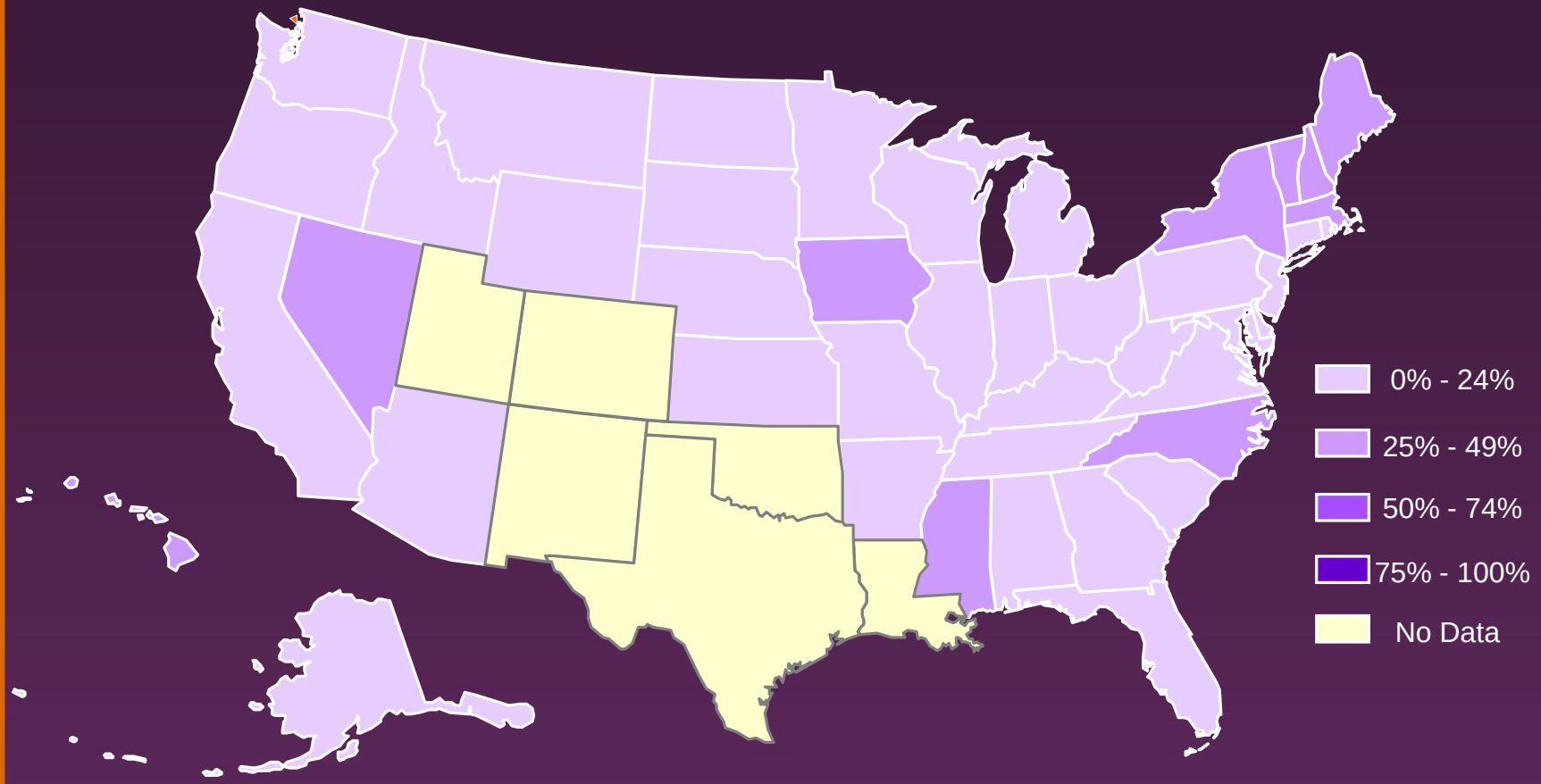

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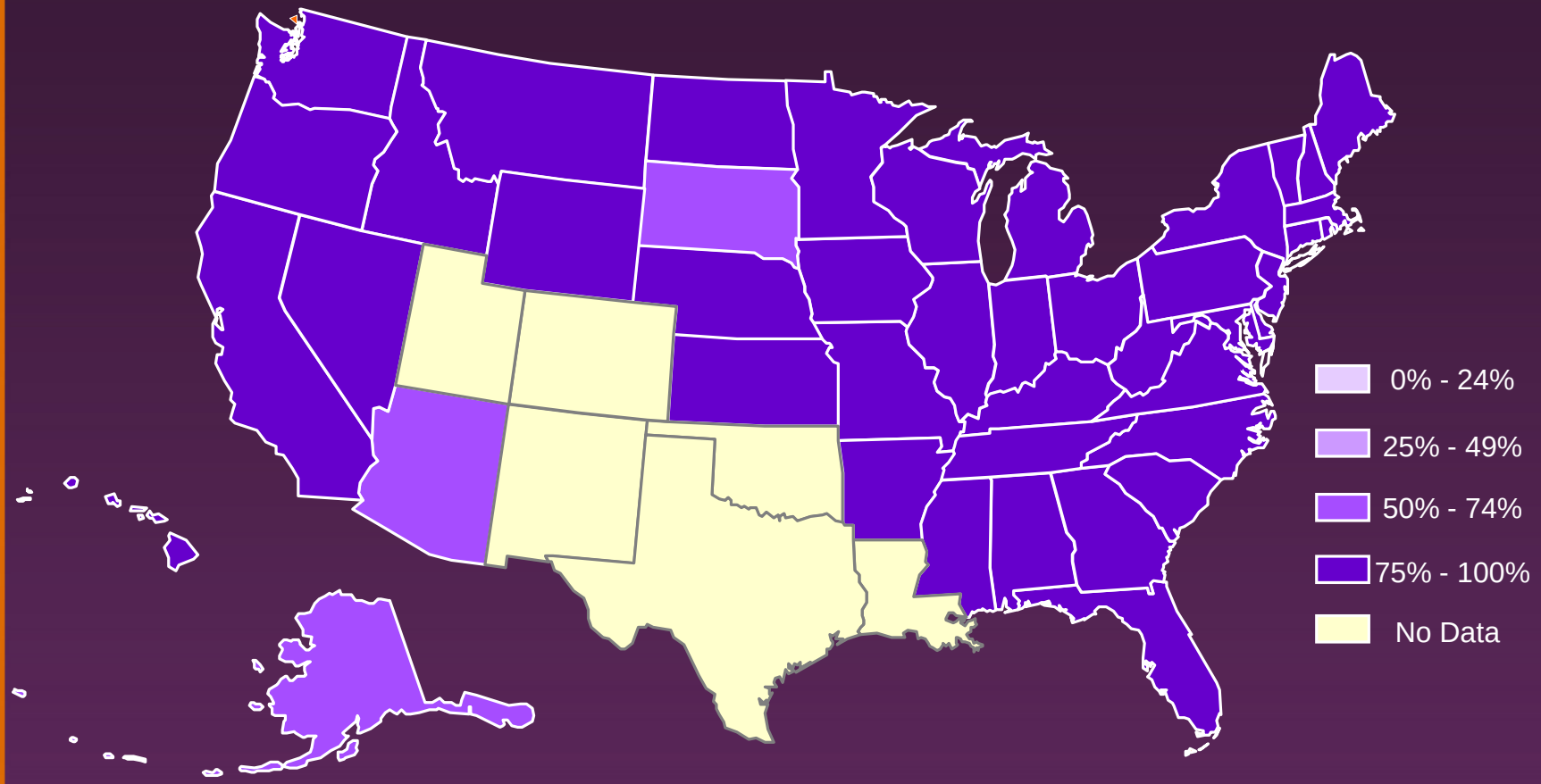
High Schools:
Teach the Benefits of Being Sexually Abstinent



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High Schools:
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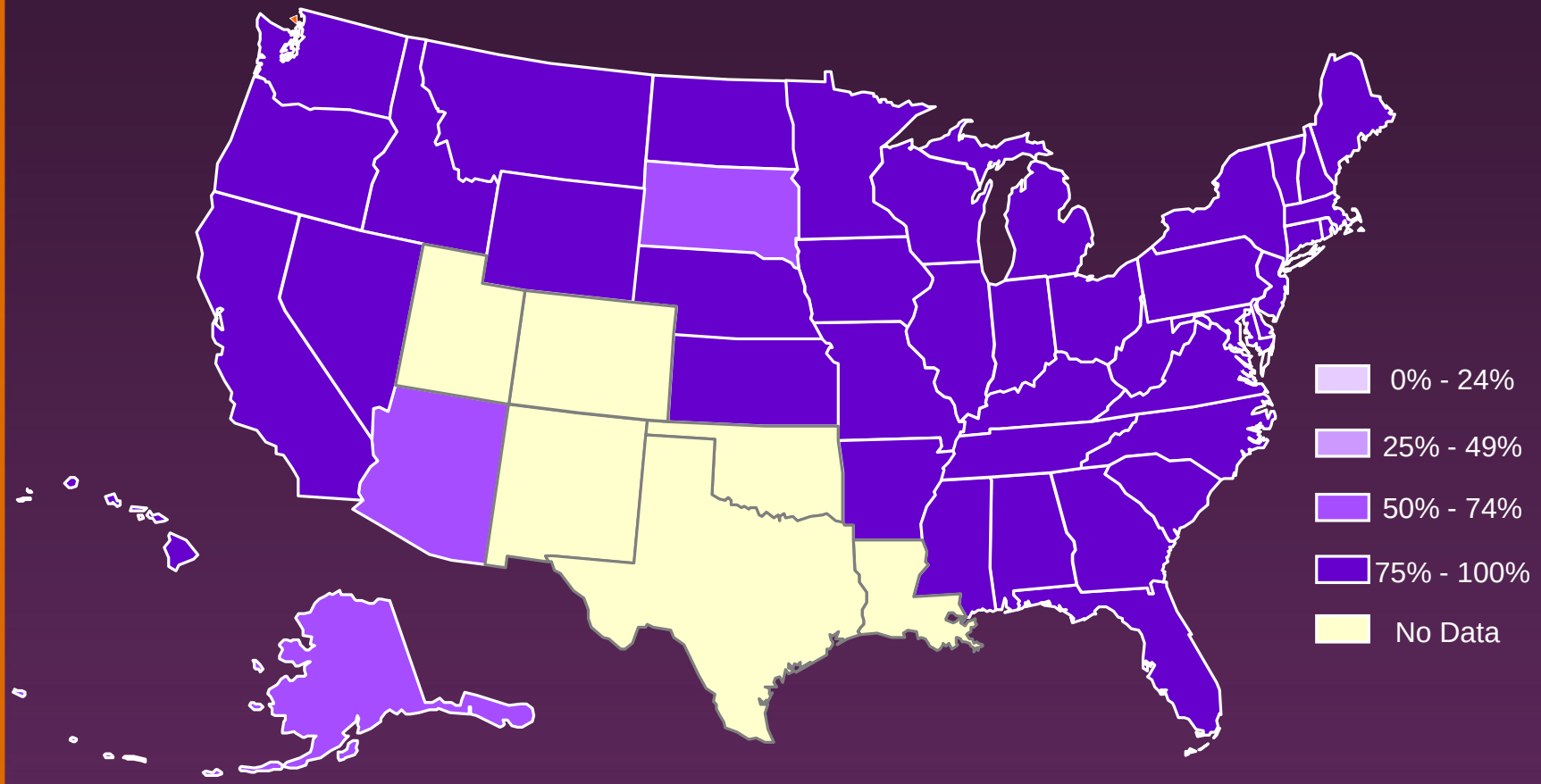

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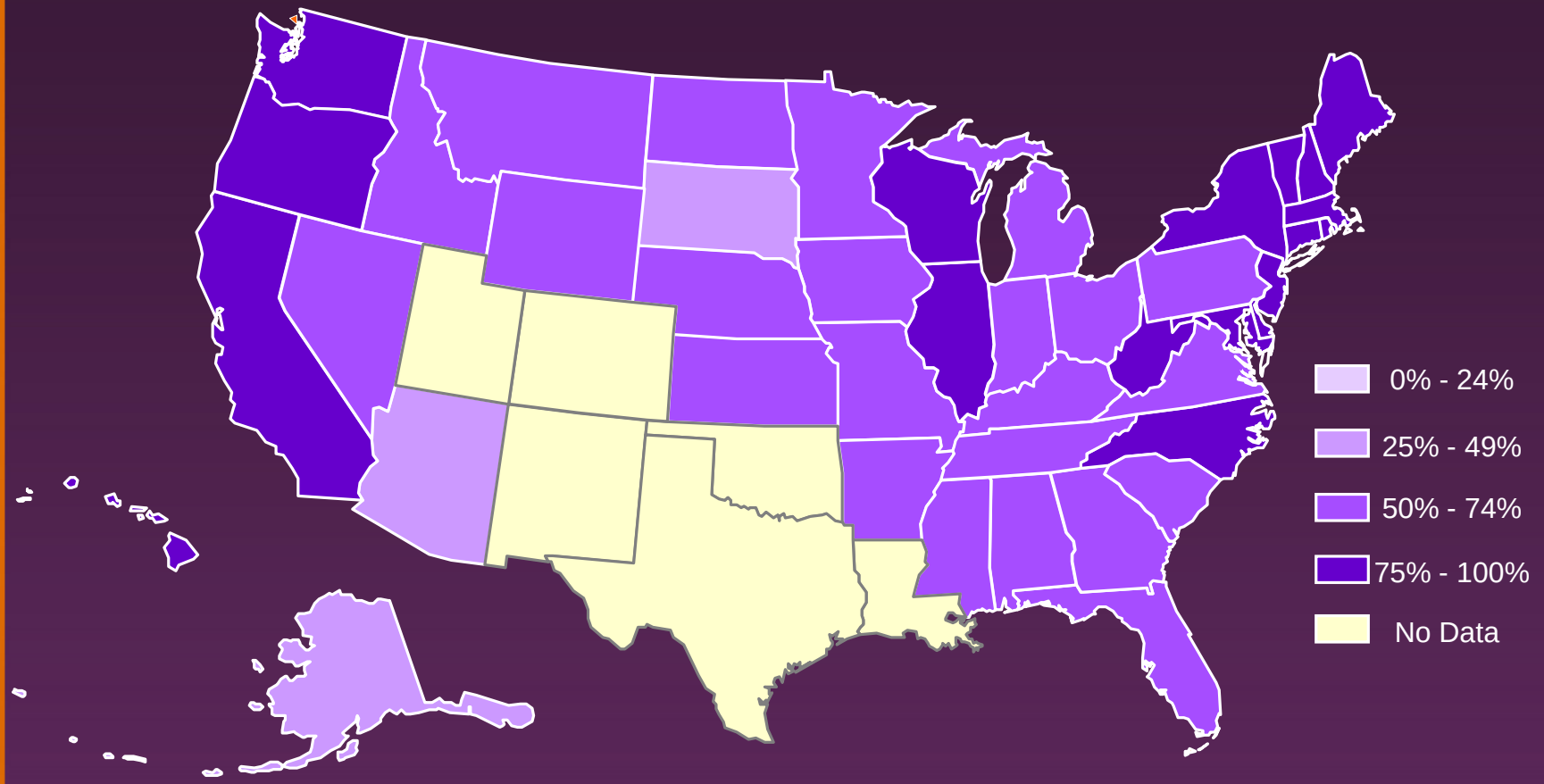

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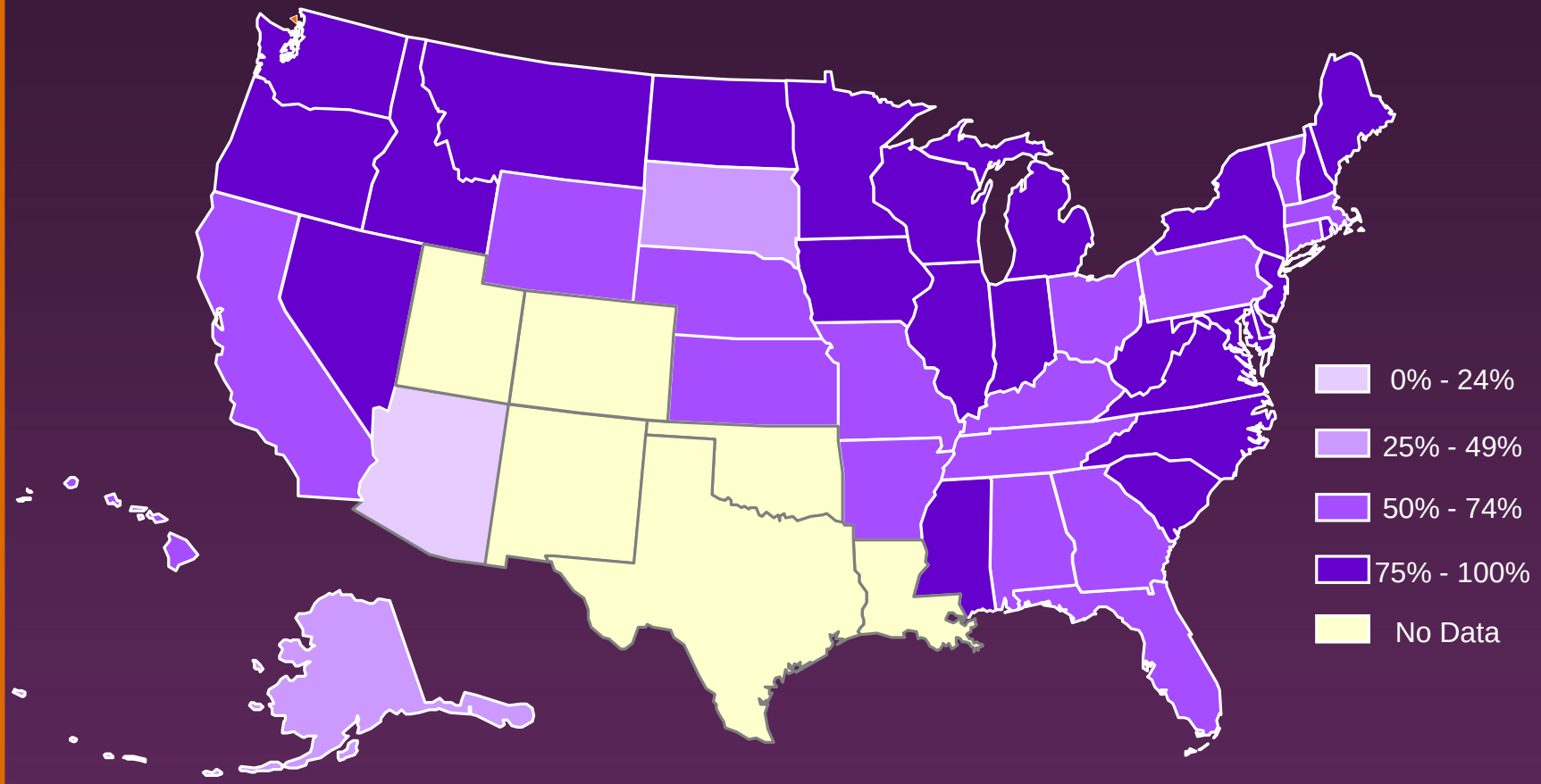

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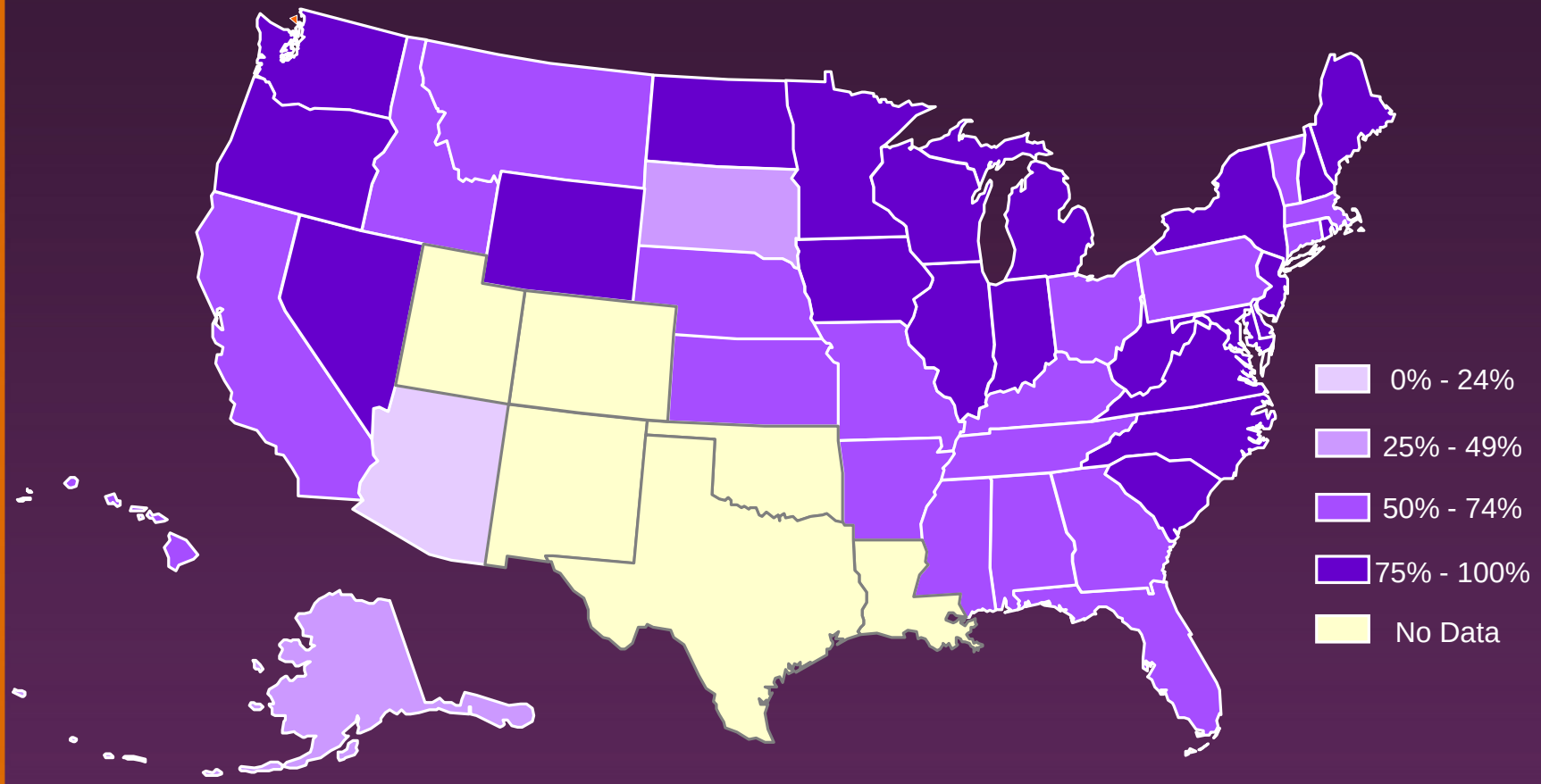

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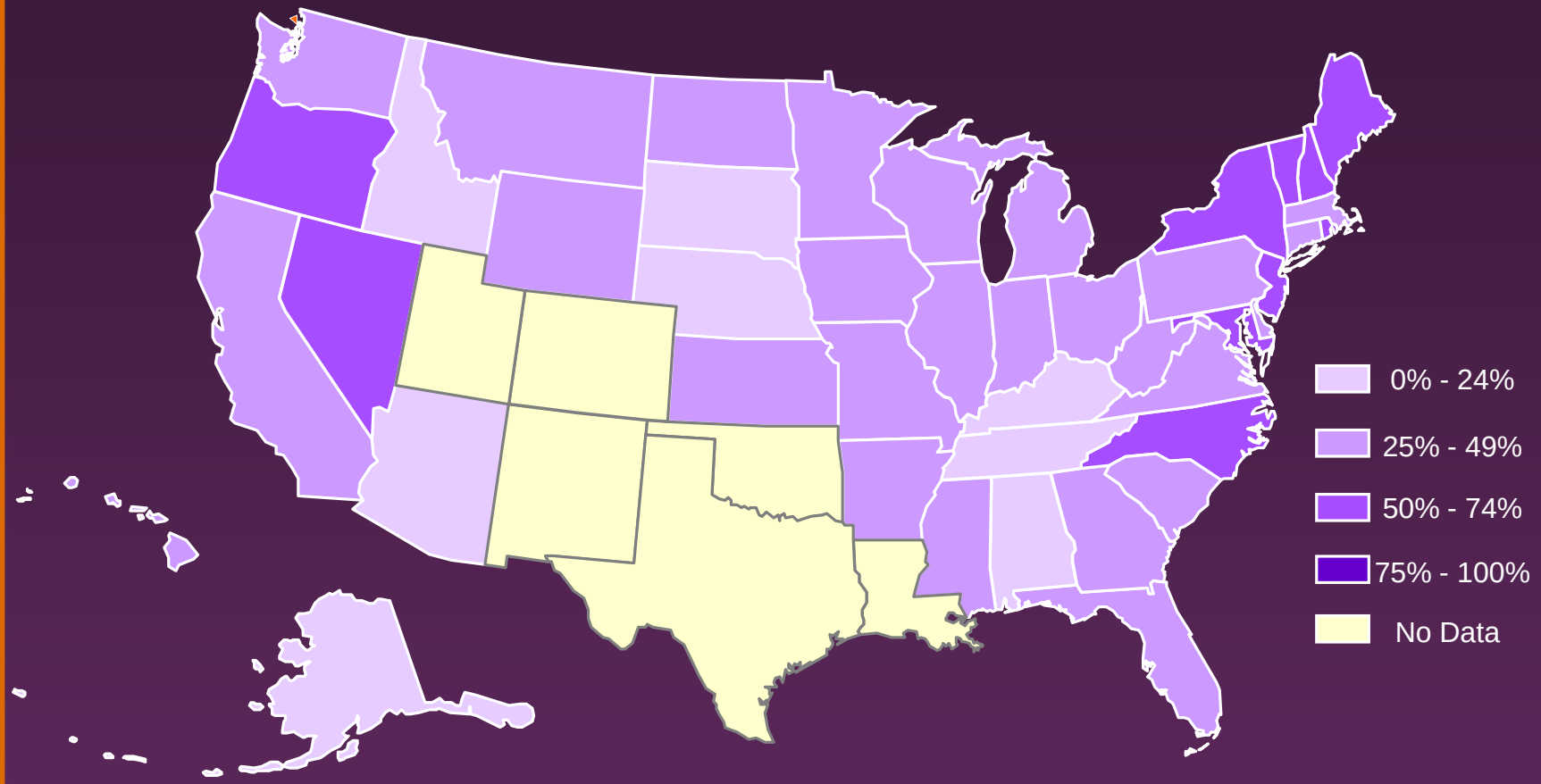

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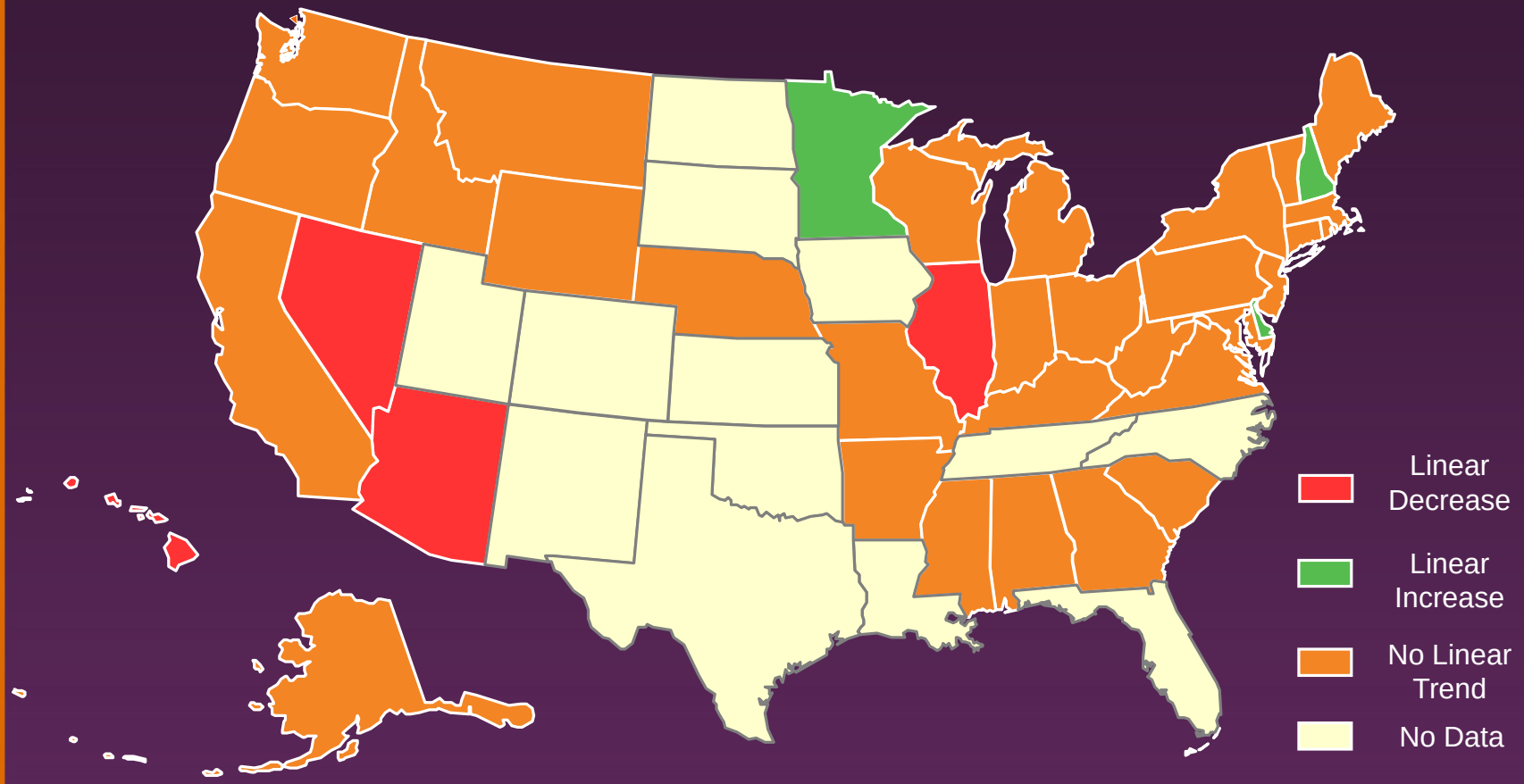

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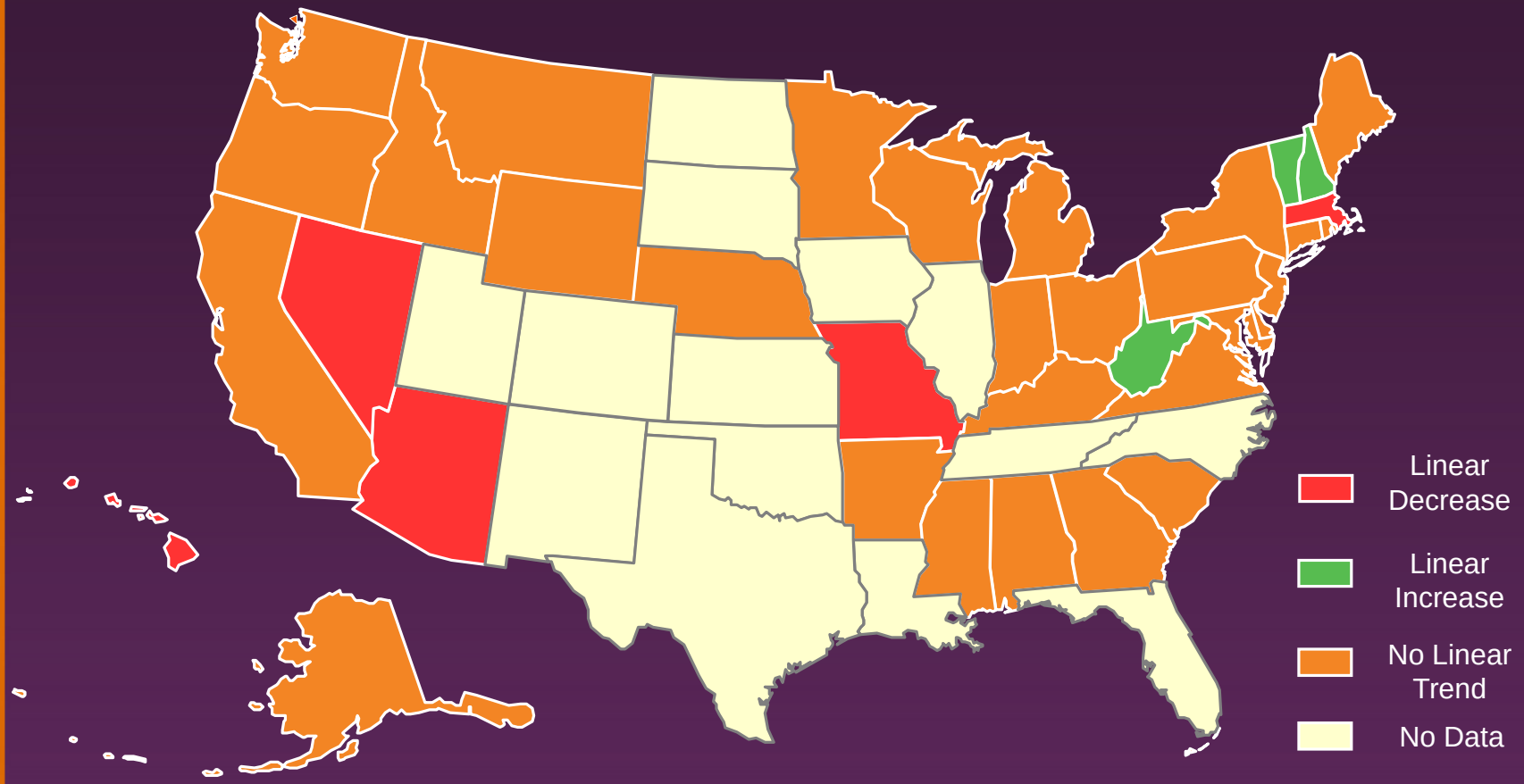

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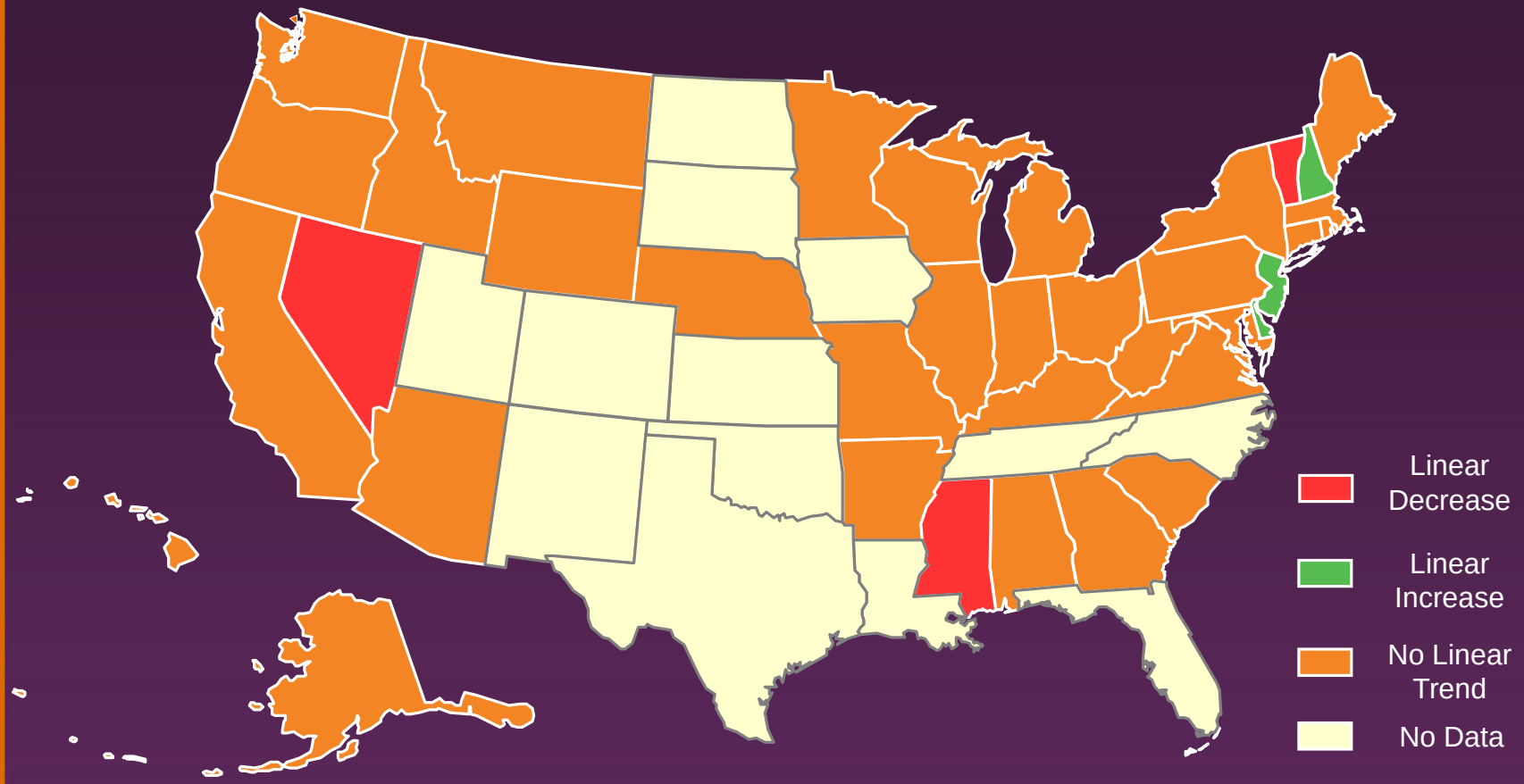

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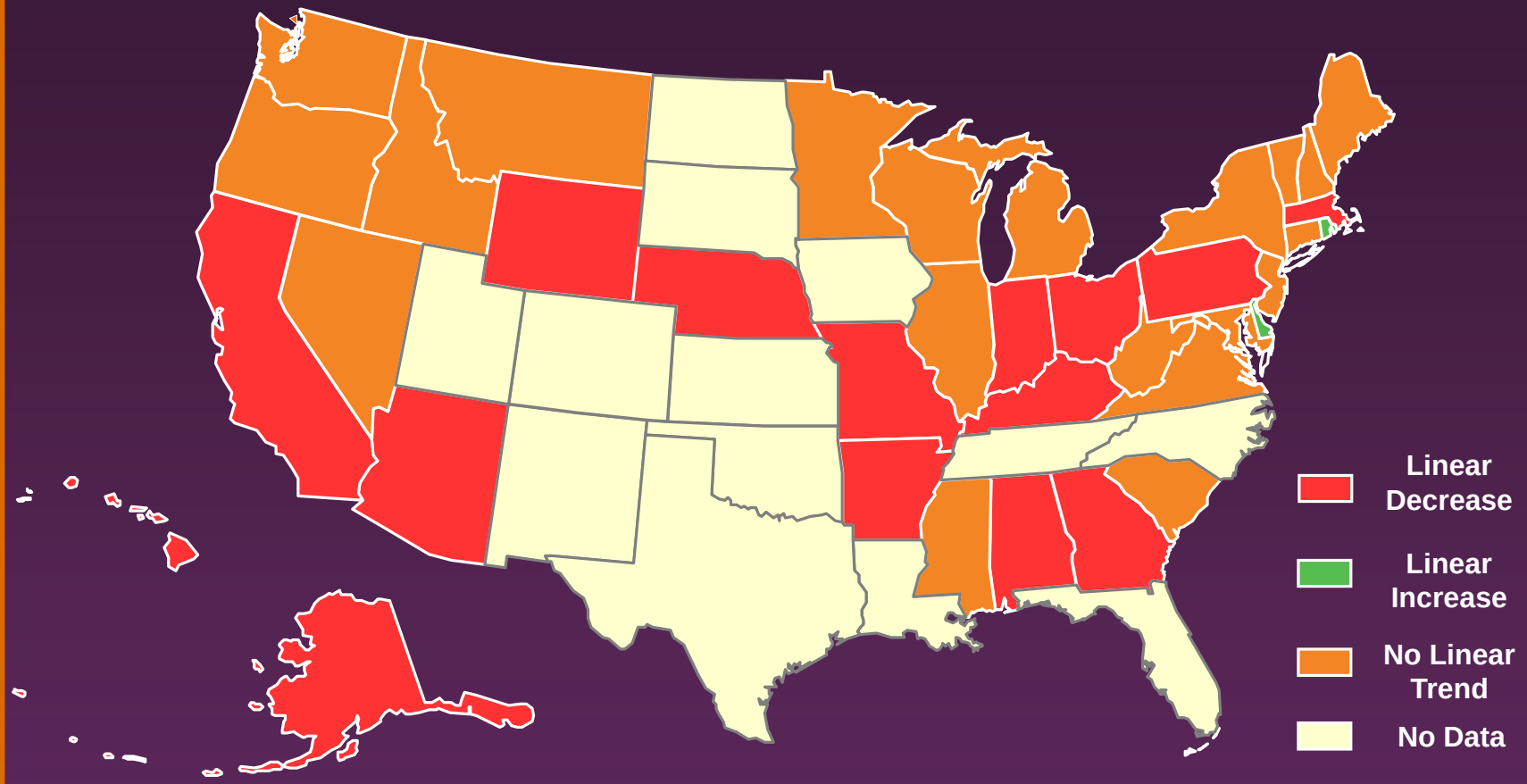

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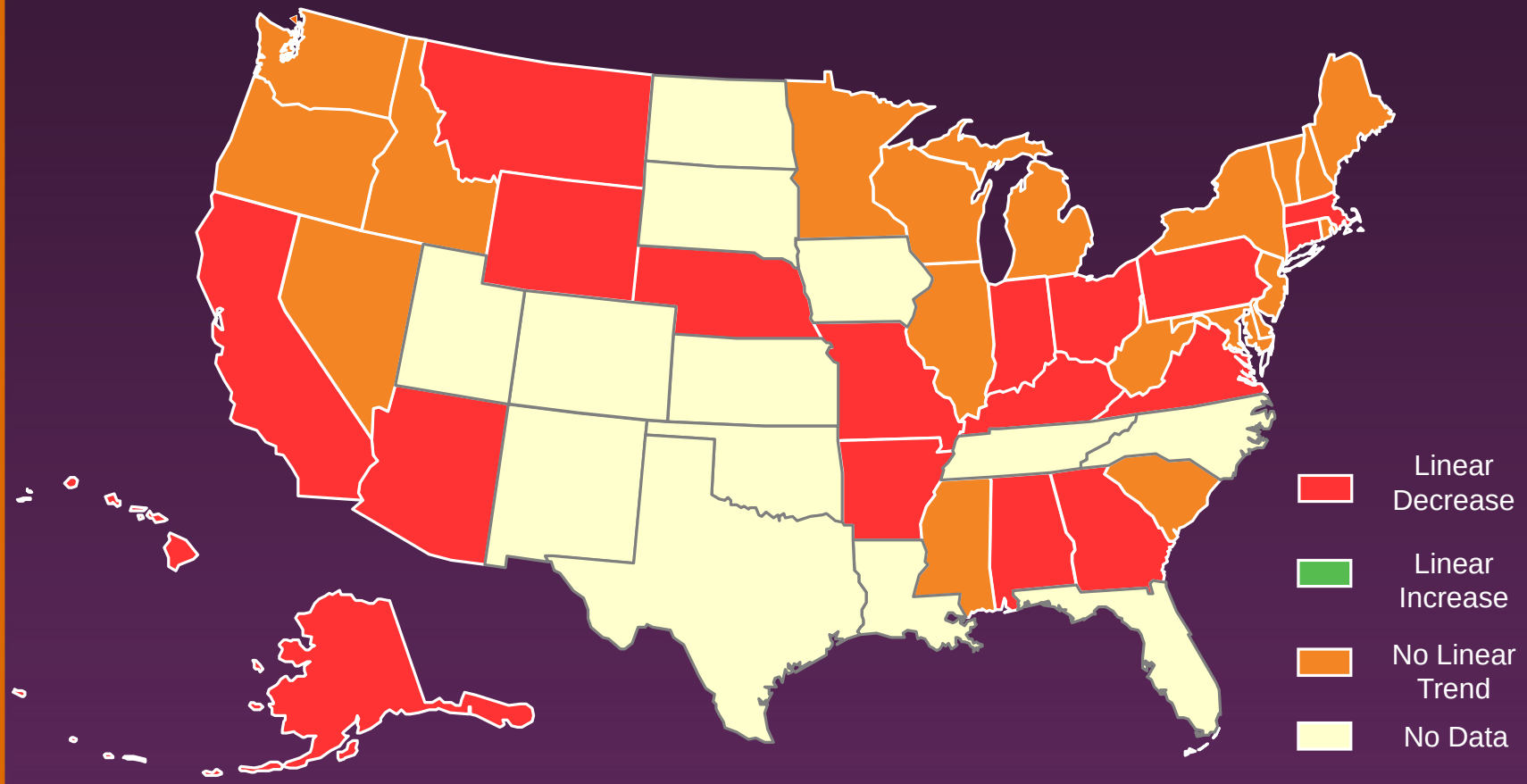

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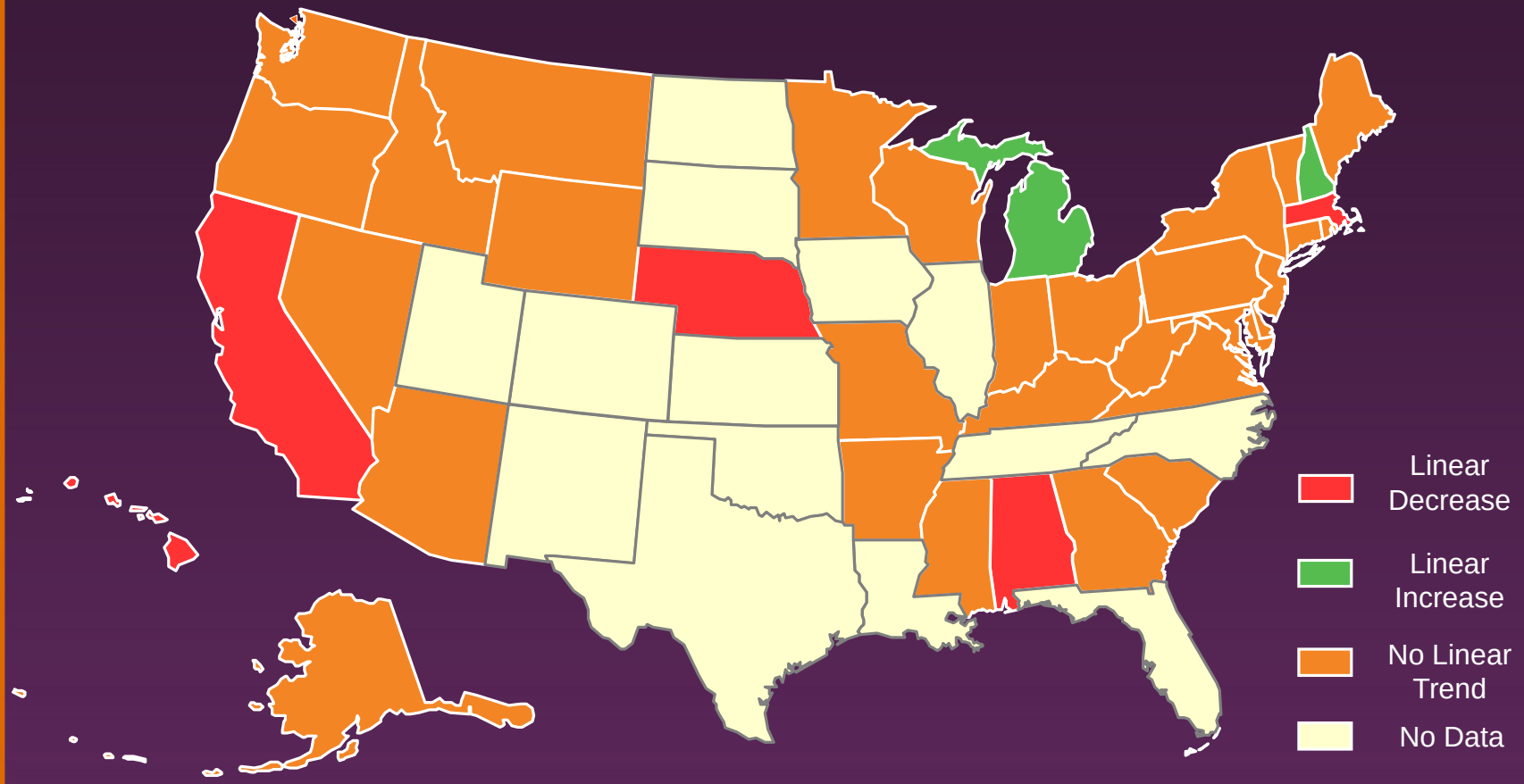

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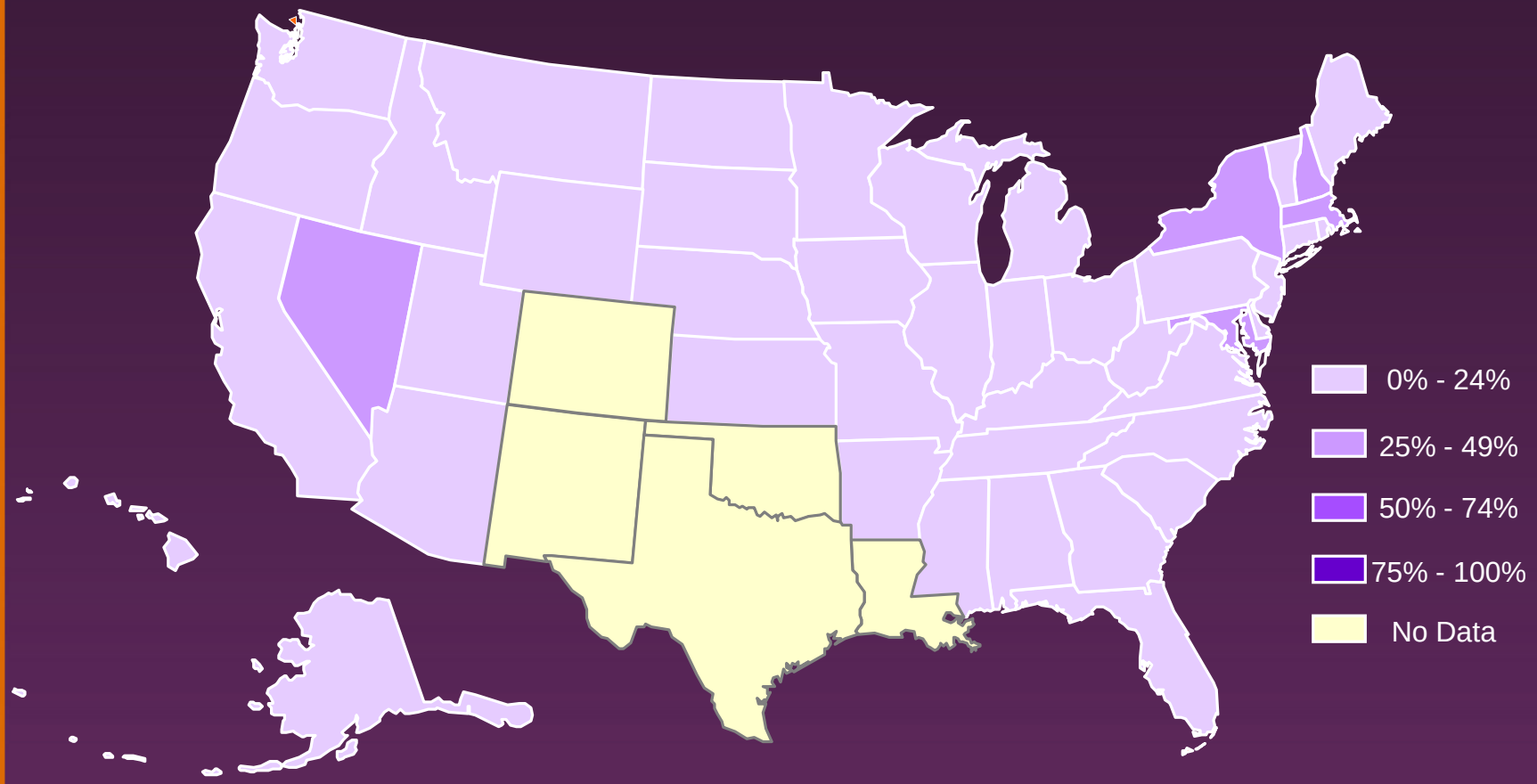
Middle and High Schools: Professional Development on Teaching Students of Different Sexual Orientations or Gender Identities



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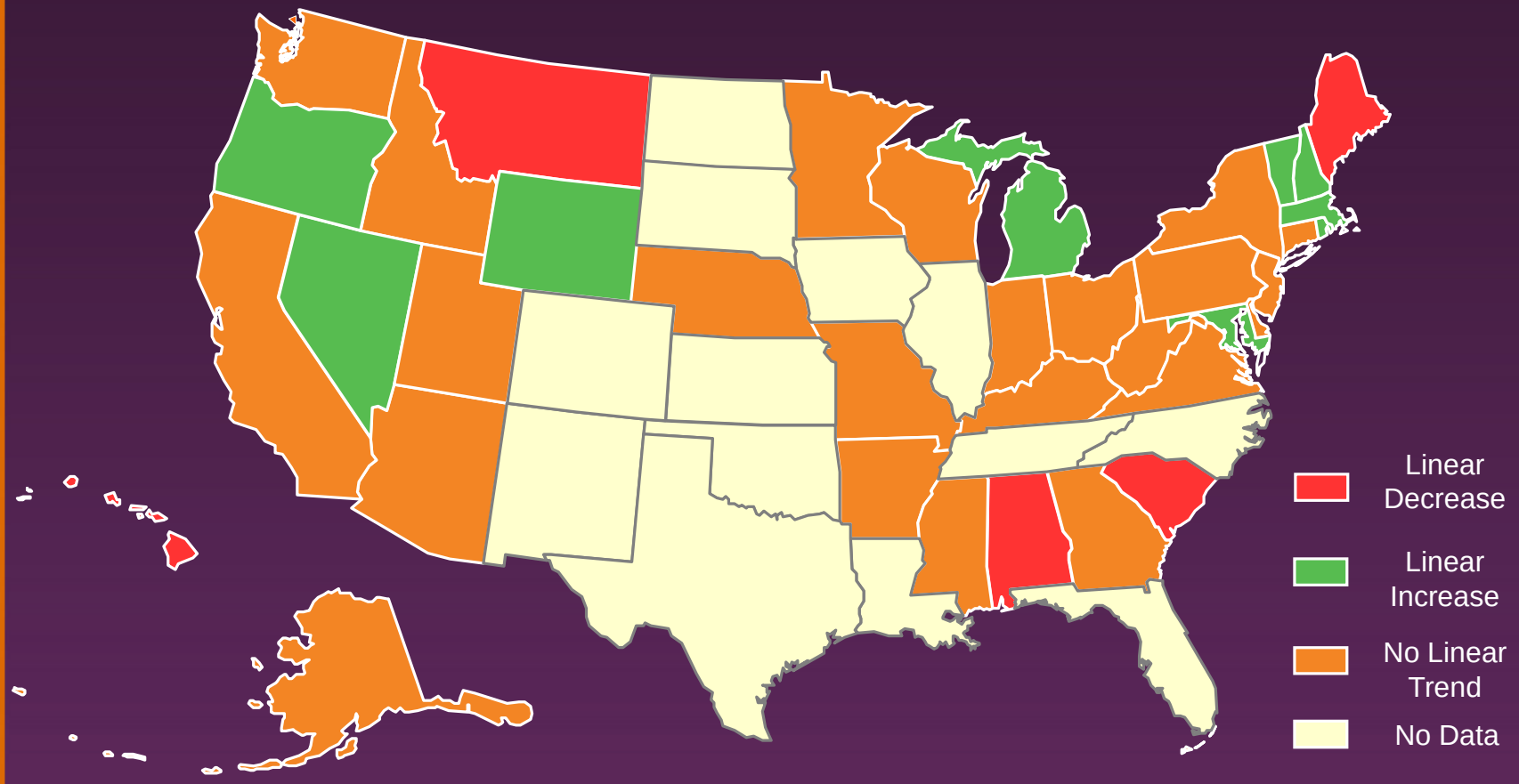

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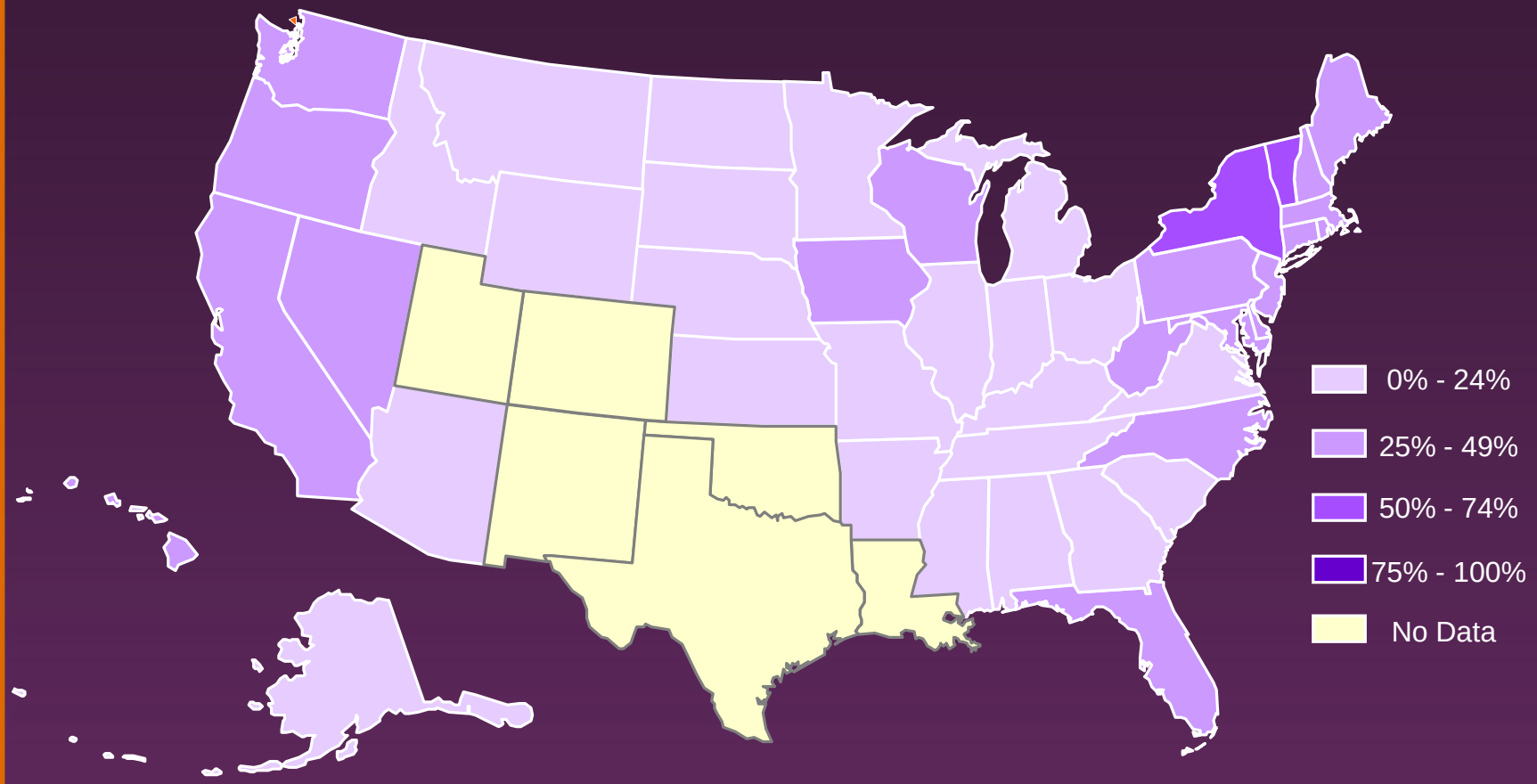

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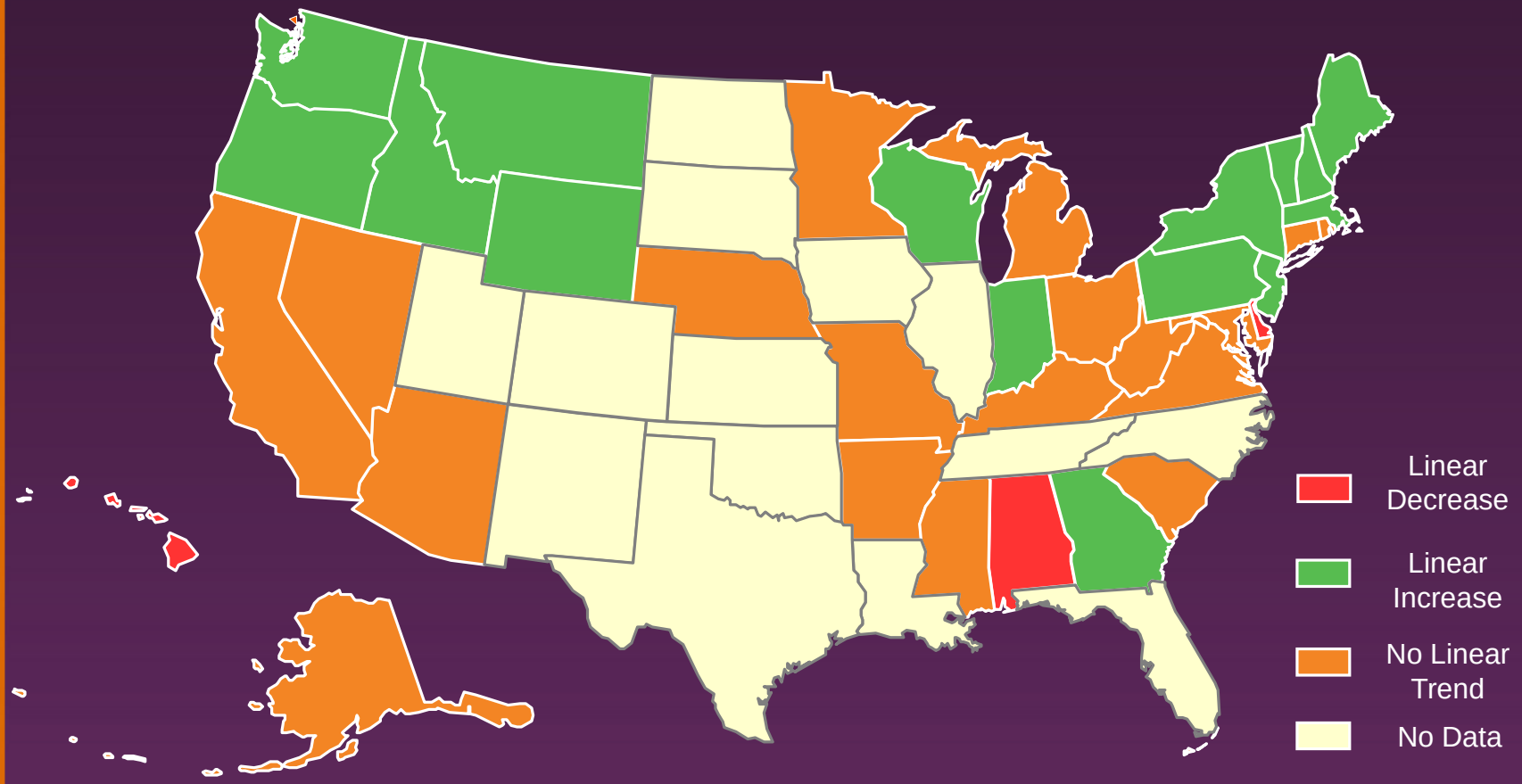

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Middle and High Schools:
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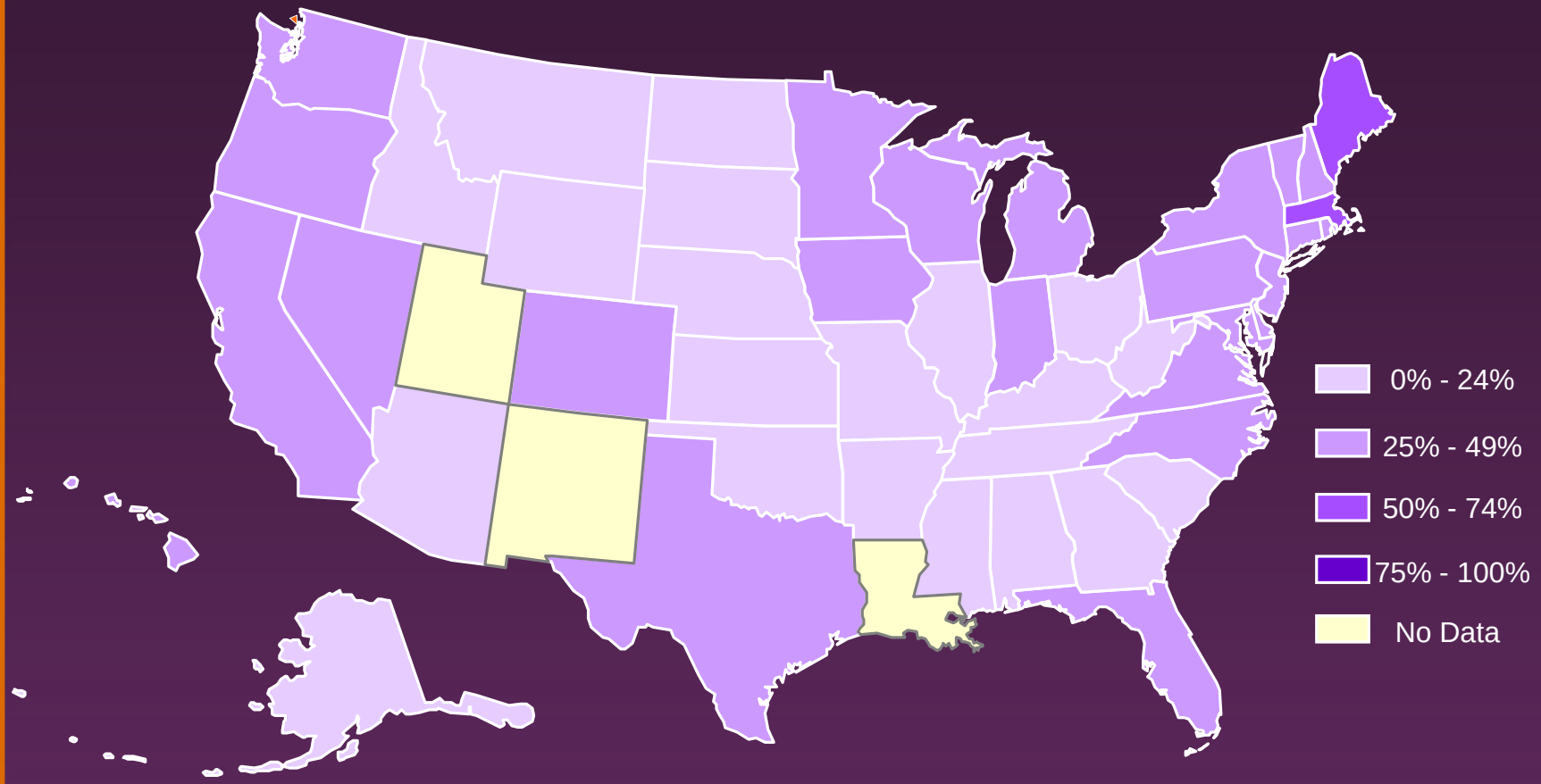

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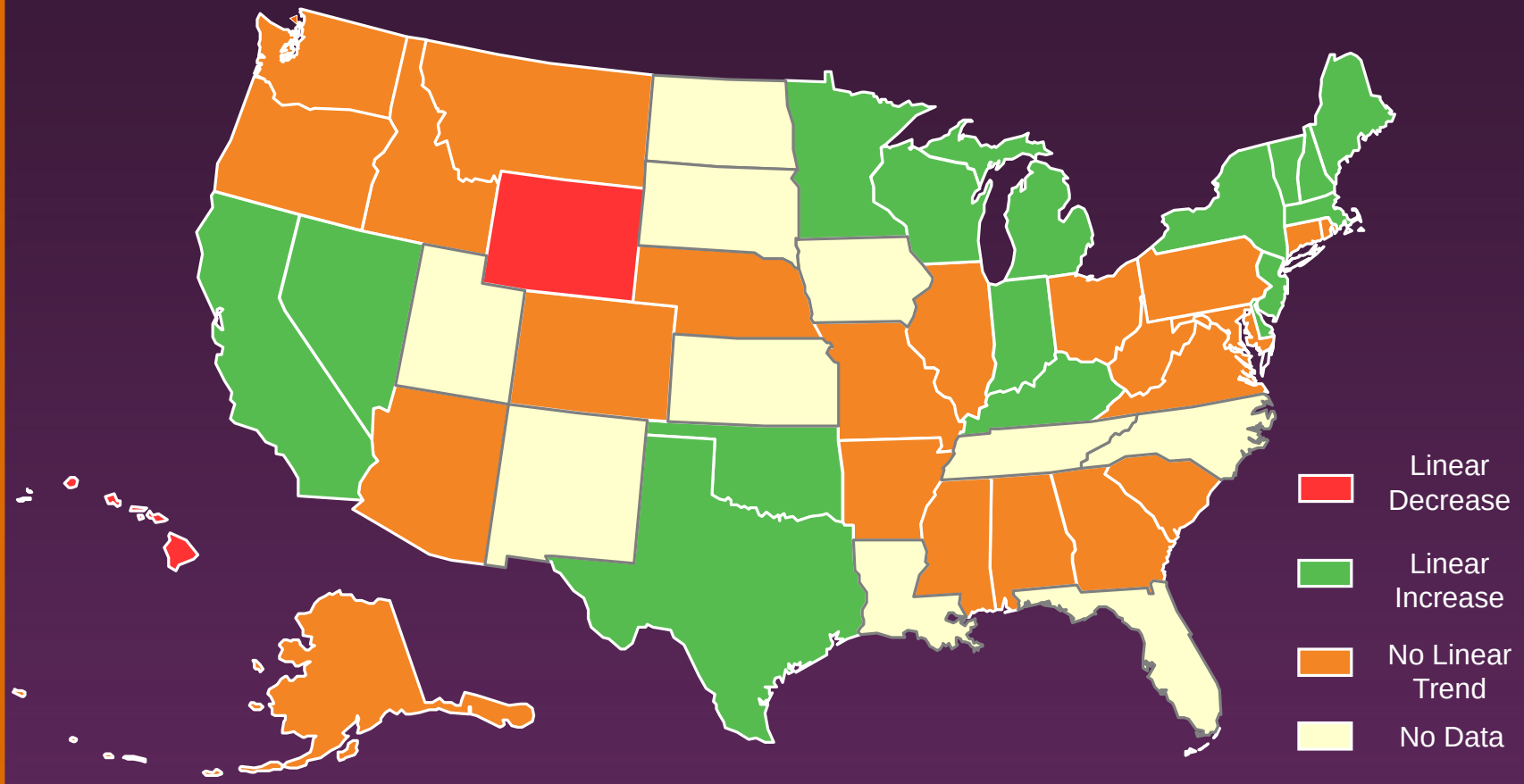

School Health Profiles, 2008-2014

Summary

- Sexual health education
  - Does not reliably cover a broad enough range of topics
  - Does not start early enough
  - Is declining over time across the country
- Inclusiveness for LGBTQ students is getting better
  - Professional development for teachers
  - Relevant content in sex ed curricula
  - Gay-straight alliances or similar clubs

A Call to Action

Expand Sexual Health Education Nationally

National HIV/AIDS Strategy
Updated 2015

Goal 1	Reducing New HIV Infections
Step 1.C	Educate all Americans with easily accessible, scientifically accurate information about HIV risks, prevention, and transmission
Action 1.C.3	Promote age-appropriate HIV and STI prevention education for all Americans
CDC/DASH Action Item	Expand Sexual Health Education

DASH Initiative: Expand Sexual Health Education

- Detailed landscape of state sexual health education policies
- Technical sexual health education guidance packages for schools
- Partnership strategies to disseminate data and resources and diffuse innovative practices

Acknowledgments

Nancy Brener

Tim McManus

Laura Kann

For More Information:

- Web: www.cdc.gov/healthyyouth
- Twitter: @DrZazaCDC
- E-mail: nccddashinfo@cdc.gov
- Telephone: 1-800-CDC-INFO (1-800-232-4636)

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

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Division of Adolescent and School Health