

## Determining Best Practices for an Online Comprehensive Sexual Education Curriculum: A Literature Review

Katherine Donaldson, Sue Wozniak, Kimberly Tate, and Fionnuala Carey

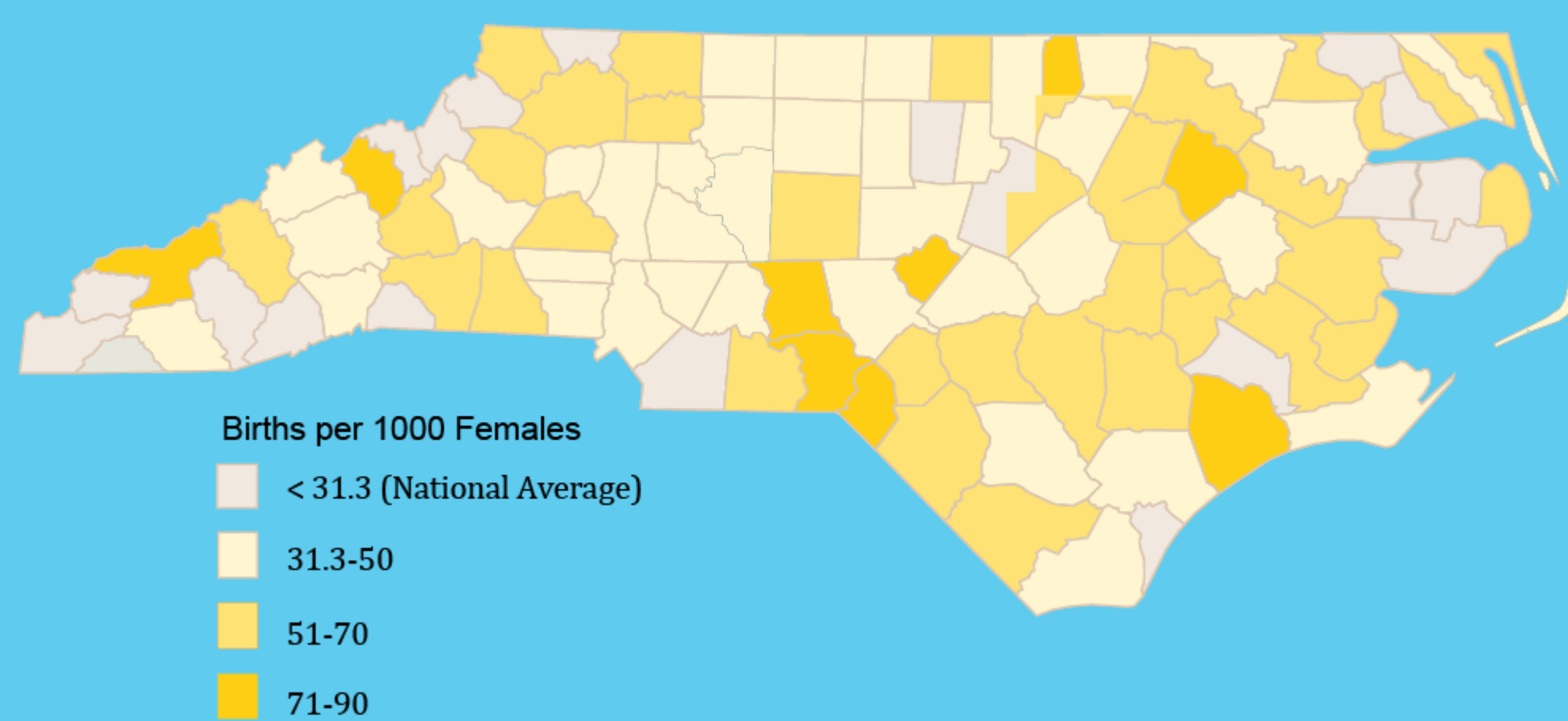
### Information Problem

#### • Sponsor Background

- MyHealthEd is a non-profit seeking to create a comprehensive, online health education curriculum to improve knowledge and behavior. Founded by two former TFA teachers, MyHealthEd aims to bridge the gap between parents and students, and students and information to address the high STI and pregnancy rates of rural North Carolina high school students.

#### 2011 Teen Birth Rates by County

compared to the national average of 31.3 births per 1000 females



#### • Sponsor Needs

- Our sponsor needed to find a way to adapt the face-to-face curriculum “Reducing the Risk” to an online format while maintaining the effectiveness of the current program.

### Project Design and Deliverables



#### • Literature Review

- We searched 16 databases related to health, education, psychology and technology and reviewed over 65 articles. We created a matrix of articles summarizing how the literature overlaps with and is different from the approach of MyHealthEd. We created a Zotero folder to tag our articles with keywords and create a repository for our sponsors.

#### • Keywords

- sex ed/sexual education/sexual health
- youth/adolescent/teen
- online/mobile/apps/web-based
- curriculum/education/learning
- assessment/review
- technology, Internet, online, computer-based, cell phone,
- text message, video game
- health promotion
- health intervention, risk-reduction

### Recommendations

-  **In-school interventions**  
-culturally specific, peer tutoring, self-directed learning
-  **Parent Education**  
-strategies for sex ed communication with teens
-  **Gaming**  
-balance of education and entertainment
-  **Mobile Application**  
-multiple modes of display: text, audio, visual
-  **LGBTQ**  
-portrayal of youth in community (positive, inclusive)
-  **Social Media**  
-ensure confidentiality, advertise with
-  **Texting**  
-short, catchy, informative
-  **Web-Based Applications**  
-anatomy and reproduction - not crisis intervention  
-customized curriculum  
-authority/reliability, interactivity, navigability  
-lay language, discussion boards

### Impact

#### • For Sponsor

- Our work means MyHealthEd has the support of literature for its program design. They will be able to provide the best experience for the participants by utilizing our recommendations which have been grounded in both practice and theory.

#### • For Online Sexual and Health Education

- Our recommendations have implications beyond the work of MyHealthEd and could be generalized to online health education. As online education becomes more prevalent, pedagogical best practices will need to be established to create engaging and meaningful educational experiences for online students. Our literature review and recommendations are the first step towards this vision.

One size does **not** fit all...



I'm waiting for marriage



I practice safe sex



I understand my risks



**My HealthEd** - health education fit just for you.