

**Dear Reader,**

**Thank you for your interest in sharing results from the Community College Health Study (CCHS) with your network. This NIH-funded study aims to better understand how to provide resources and programming to enhance the sexual and relationship health of community college students and prevent sexual assault.**

**The most recent edition of the CCHS newsletter shared findings about how students’ previous experiences with school-based sex ed are related to some of their current sexual health behaviors. On the next page is a short blurb for you to use when you are sharing information about these study findings with other members of your college, organization, or network. You can copy and paste the information on the next page into a listserv or body of an email.**

**If you choose to share this information via email, our suggested subject line for this blurb is “How Students’ Previous Sex Ed Is Related to Their Current Sexual Health: Findings from the Community College Health Study.” If you have been working with our Community College Health Study team to involve your students or staff in this study, feel free to include a statement at the beginning of the blurb such as “We have been working with researchers at iRT to better understand our students’ health and the sexual and relationship health resources they need to thrive!”**

**If you have any questions, please feel free to email our study coordinator at** [**CCHstudy@irtinc.us**](mailto:CCHstudy@irtinc.us)**.**

**Thank you,**

**The Community College Health Study team**



**As a part of the Community College Health Study, community college students filled out a survey to describe the topics covered in their previous school-based sex education, rated the quality of this sex education, and answered questions about their current sexual and relationship health behaviors (e.g., condom use).**

**Results from the survey indicated that only 15% of students surveyed received truly comprehensive sex education. The researchers defined comprehensive sex education as including discussion of several topics relevant to the wellbeing of adolescents and young adults such as safe sex, sexual and gender identities, substance use, media literacy, communication, and healthy relationships. Those who received comprehensive sex education felt their education was more inclusive, empowering, and preparative, but indicated less comfort in learning about the topics.**

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**Students who received comprehensive sex education were more likely to report getting tested for STIs and using a condom the last time they had sex. They also reported more frequent communication with their partners about STIs, more consistent condom use, and more confidence in their ability to intervene as a bystander to potential sexual or relationship violence. As such, these findings suggest that providing students with more comprehensive information about sexual and relationship health may promote students’ ability to engage in healthy sexual behaviors. Since many students have not previously received comprehensive sex education, it may be highly beneficial for community colleges to help students fill this gap by providing sexual health education resources.**

**Interested in reading the full newsletter and/or receiving updates on study findings? Go to** [**https://cchealthstudy.com/results/**](https://cchealthstudy.com/results/) **and fill out the form at the bottom of the webpage to subscribe to the newsletter.**