

Hot off the press! New article in the *Journal of Sex Research* highlights how the type of sex education received in adolescence relates to health in young adulthood.

Findings from the Community College Health Study were recently featured in the *Journal of Sex Research* in a new article entitled "Moving Toward a More Comprehensive Standard for Sex Education: A Latent Class Analysis and Examination of Young Adult Sexual Health." **In this brief update, we will give you exclusive access to the article and highlight important findings from our research on how different types of sex education impact young adults in the longer-term.**

Research has shown that more comprehensive sex education programs are more effective at promoting positive sexual health outcomes in young people. However, only 40% of students who participated in the Community College Health Study reported receiving sex education since the ninth grade, and only 15% had received comprehensive sex education. In addition, many sex education programs that have been labeled "comprehensive," due to their coverage of more sexual health topics than abstinence-only programs, still vary in which topics they cover or emphasize. This has made it difficult for research to thoroughly and accurately examine the impacts of comprehensive sex education programs on young people.

The new article details a recent study that analyzed data from the Community College Health Study to fill these gaps in research and examine how the comprehensiveness of sex education that students received in adolescence impacts their sexual health in young adulthood.

The article was authored by researchers from the Community College Health Study team, including Drs. Tracy Scull, Katie Stump, Reina Evans-Paulson, and Christina Dodson, as well as Dr. Alexander Schoemann of East Carolina University.

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To access a free online copy of the article, click the button below to read it on Taylor & Francis Online.

Read Now

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## Article Highlights

### About the Study

Based on sexual health topics that young adults report receiving education on during adolescence, the Community College Health Study Team used a latent class analysis to identify four classifications of sex education with different levels of comprehensiveness. Then, we examined how young adults' sexual health outcomes were associated with the classification (or level of comprehensiveness) of sex education they received.

### Findings

*Data from this analysis showed that, compared to many of the other student groups, young adults who had received the most comprehensive sex education in adolescence...*

1. Were more likely to use condoms,
2. Were more likely to communicate with their partners about STIs,
3. Were more likely to have had an STI test,
4. Reported greater sexual satisfaction, and
5. Reported their sex education to be more inclusive, preparative, and empowering but less comfortable.

**Note:** The type of sex education categorized as most comprehensive included topics such as how to use a condom, communication with sexual partners, pleasure, gender roles, and many others.

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## Key Takeaways

These findings add to the literature indicating that **highly comprehensive sex education promotes the sexual health of young adults; however, many young adults are entering community college without having received comprehensive sex education in middle and high school.** Thus, community colleges have an important opportunity to close this gap in health education and provide students with comprehensive sex education so that all students have the information and skills they need to experience positive sexual health outcomes, regardless of their previous sex education.

If your college is providing students with sex education that covers a wide range of important sexual health topics, your efforts are likely filling the gaps in students' previous sex education experiences and helping them thrive.

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## What Can I Do Next?

### Read the Article

If you would like to read the full article published in the *Journal of Sex Research*, click the button below to access a free online copy on Taylor & Francis Online.

Access the Article

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## Start Providing Comprehensive Sex Education

If you are looking for ways to help students who may not have received comprehensive sex education prior to entering college, *Media Aware* can help. *Media Aware* is an evidence-based comprehensive sexual and relationship health promotion program designed to fill gaps in previous sex education and meet the unique needs of young adults. *Media Aware* also complies with Title IX's and the Campus SaVE Act's sexual assault prevention mandates.

Explore Media Aware

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## Spread the Word

Through our regular newsletters, the Community College Health Study aims to share information and resources to help colleges provide high-quality resources for their students. To support this effort, you can share the form below with key stakeholders you know, so they can be added to the listserv and receive future newsletters.

Sign Up

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## Learn More

Find more information about the Community College Health Study and view our previous newsletters on our website.

Visit Our Website

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Questions? You can email our study team at:

[CCHStudy@iRTinc.us](mailto:CCHStudy@iRTinc.us).

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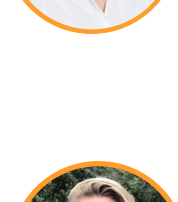
## Meet the People Behind This Newsletter



### Tracy Scull, PhD

#### Principal Investigator

Over the past 19 years, Dr. Scull has conducted rigorous research on child, adolescent, and family health, with specific focus on promoting sexual health and preventing substance abuse. Dr. Scull has secured over 10 million dollars in federal funding for her research and has published her work in esteemed peer-reviewed journals such as *Pediatrics*, *Developmental Psychology*, and the *Journal of American College Health*. She holds a doctorate in developmental psychology from Duke University.



### Katie Stump, PhD

#### Research Scientist/Statistician

Dr. Stump is a Research Scientist at iRT. She received her doctorate in developmental psychology from the University of Kansas and has expertise in the areas of child and adolescent social development and statistics. She has been a co-principal investigator and statistician on numerous NIH- and OJJDP-funded research and evaluation projects in the field of youth mentoring.



### Reina Evans-Paulson, PhD

#### Project Director

Dr. Evans-Paulson conducts research related to adolescent and young adult health with a focus on implementation and evaluation of sexual health interventions, parent and family influences on adolescent sexuality, and sexual communication. Dr. Evans-Paulson has published in esteemed peer-reviewed journals such as *JAMA Pediatrics*, *Journal of Sex Research*, and *Pediatrics*. She received her doctorate in applied social and community psychology from North Carolina State University.



### Christina Dodson, PhD

#### Co-Investigator

Over the past ten years, Dr. Dodson has conducted rigorous research on health communication and behavior with a focus on the sexual and relationship health of adolescents and young adults. She has been a co-investigator on several grants from the NIH to develop and test theory-based interventions to promote adolescent health. Dr. Dodson's work has been published in numerous academic journals and presented at national and international conferences. She received her doctorate in mass communication and a certificate in interdisciplinary health communication from the University of North Carolina at Chapel Hill, and holds a master's degree in communication management from the University of Southern California.



### Elizabeth Porter

#### Content Marketing Specialist

Elizabeth Porter studied communication media, rhetoric, and professional writing at North Carolina State University, and she is passionate about creating content that is relevant, engaging, and helpful for others. She has experience in marketing, writing, social media management, web content creation, email design, and editing.

Meet the Community College Health Study Team

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