



## COMMUNITY-ENGAGED LEARNING

# Medical Educators of Sexual Health (MESH)

### PATHWAY: HEALTH EQUITY

#### Facilitators

- Thomas D. Kimble, MD

#### The Need

- As of 2018, there were 18.5 pregnancies per 1,000 females aged 15-17 nationally compared to 7.7 pregnancies in the state of Virginia.
- Norfolk consistently ranks among the worst 25% of counties regarding teen pregnancy rates in the Greater Hamptons Roads, VA.
- Recently, statistics have shown markedly increased incidence of STIs and teen pregnancies in Norfolk, VA compared to the state of Virginia.

#### Annual Student Activities

- Complete accredited, comprehensive training in sexual health curriculum.
- Six, 60-minute monthly sessions per cohort.
- Each session consists of one large group meeting followed by private, smaller breakout meetings.
- Each session has a max of 25 students and no less than 5 Medical and Health Professions students.

#### Project Description

- Students lead monthly, hour-long sessions that will follow the High School Family Life and Sexual Health (FLASH) curriculum, a widely used sexual health education curriculum developed by Public Health - Seattle & King County.

#### *(Project Description continued)*

- FLASH adheres to the Characteristics of an Effective Health Education Curriculum and is aligned to both the CDC's National Health Education Standards for Sexual Health and the National Sexuality Education Standards.
- Students will engage with youths in developmentally-appropriate discussion to promote safe sex practices.
- Students will learn to communicate effectively and respectfully on the topic of sexual health, and will teach the FLASH curriculum alongside other local/regional leaders in this realm.

#### Community Outcomes/Results

- Equipping high school youth with the knowledge to make informed decisions about their sexual health.
- Providing adolescents with a safe environment to voice any concerns and discuss their experiences with sexual decision making.
- Helping youths to understand the risks and health detriments caused by unsafe sex practices and empower them with the knowledge, attitudes, and the skills to make healthy choices.

#### Community Partners

- Hampton Roads' High Schools
- Virginia Department of Education
- Southampton Roads Boys & Girls Club