



## WHO ARE WE?

We are the Peer Health Educators at the Clinic at Life Academy High School. And we educate our upper and lower classmen about the importance of self-health. This year our focus was on our Y2Y research project.

## RATIONALE:

We chose our research question (Why do teenagers engage in unprotected sex?), because we feel that not all students are aware of the consequences of sex. We also wanted to see what all they knew about the topic, and how they can use the health center as a resource.

## OUR PROCESS:

We as a group met twice a week on Mondays and Wednesdays. We created the questions by sitting and talking about what we think students should know and what we want to know from them. We thought that it would be best if we had focus groups because people would be more willing to participate than just blow it off, as they might not take a survey seriously. We decided that it would be good to have an even amount of boys and girls in our focus group. We only did one grade at a time. Over all there were 22 people who participated in our focus groups.

## THE FINDINGS:

In our focus groups we found that a lot of students only have unprotected sex because:

- o It feels good.
- o They can't talk to their parents about it.
- o Don't have protection.
- o Peer pressure
- o They want to get pregnant
- o Their boyfriends don't want to use a condom

## IMPORTANT QUOTES

"If you use a condom you can't feel anything!"

"I have a lot of trust in him and he wants a baby, so I guess I want one, too."

## OUR RECOMMENDATIONS

- o One-on-One counseling in the Clinic- More counseling with youth about physical and mental health, particularly surrounding safe sex and sex education.
- o Youth only hours in the Clinic- Where only youth can come in for sensitive issues since our school is linked with a middle school and parents can also come to the clinic. This way the space is more confidential.
- o Better condoms- The condoms that the clinic provides break!