

# Developing a Comprehensive Health Education Program for University Students and Program Effectiveness Survey Results

97.4% of respondents thought that university students need comprehensive health education like this program

Health and Global Policy Institute (HGPI) designed a comprehensive health education curriculum for university students in FY2019 after referring to various guidelines such as the United Nations Educational, Scientific and Cultural Organization's (UNESCO) International Technical Guidance on Sexuality Education, which is the international standard for comprehensive sex education, and after gathering the opinions of specialists in various fields. We then held an educational intervention for 230 university students at three universities based on that curriculum. At the same time, we conducted a quantitative online survey to measure the effectiveness of the program.

The comprehensive health education provided by this program was not limited to education on reproductive health. We defined our curriculum around the concepts of providing the comprehensive knowledge about sex and the body that young people need to consider and achieve life plans after learning about the various options available to them while respecting the values and lifestyles of each and every person.

## Program Content

### Reproductive health and rights (including LGBTQ rights)


#### Lecture I: On Sex

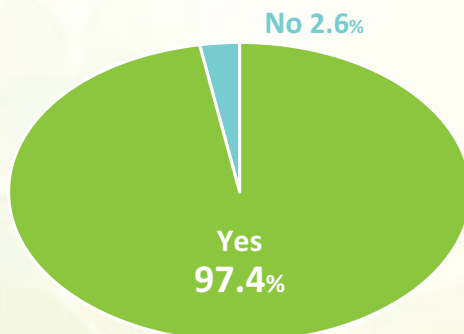
- ✓ Sexually-transmitted diseases (STDs)
- ✓ Sexual violence and sexual consent
- ✓ Unwanted pregnancy and emergency contraceptives (the morning after pill)
- ✓ Female hormones and menstruation


#### Lecture II: Life Planning

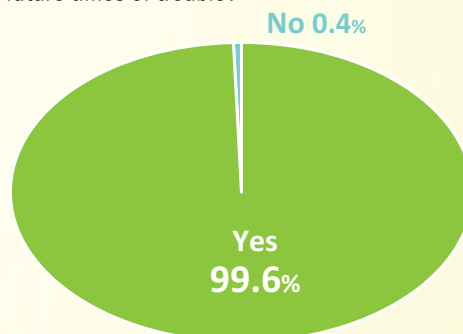
- ✓ Childbirth
- ✓ After childbirth hand child-rearing
- ✓ Life planning

## 【The need for comprehensive health education among university students】

 Do you think university students need comprehensive health education programs like the one we provided?  
 N=228



 Do you think our comprehensive health education program will be useful to you or those around you in future times of trouble?  
 N=228



## Opinions After Reviewing Survey Results: Three Opinions

### Opinion 1 – Comprehensive childhood health education programs must be introduced or improved and opportunities for university students to receive comprehensive health education must be created

- Measures to introduce or improve comprehensive childhood health education are necessary
- Opportunities should be created for students at educational institutions (universities, etc.) to attend comprehensive health education programs made for students

### Opinion 2 – Comprehensive health education programs and methods to deliver them must be developed and professionals who can provide them must be trained

- Use educational programs based on guidelines that meet international standards
- Develop external human resources that can implement comprehensive health education programs and promote cooperation between fields

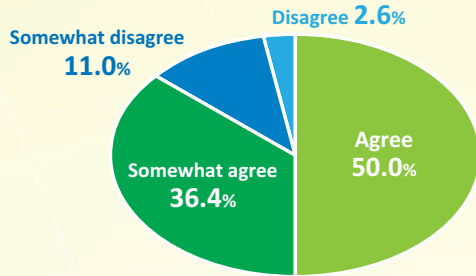
### Opinion 3 – Frameworks that connect students to counseling services and healthcare institutions must be built

- Places where young people can readily access counseling should be established
- Frameworks that match students with counseling services or healthcare institutions should be built

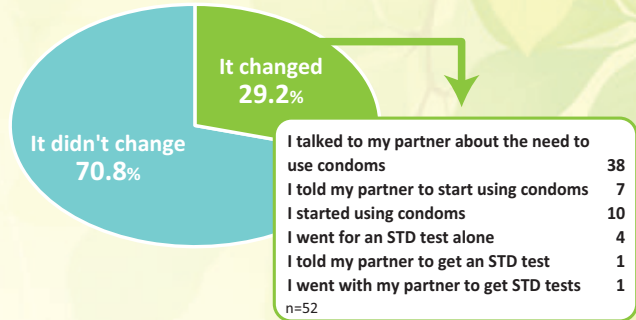
# Key Findings

## ✓ Sexually-transmitted diseases (STDs)

**After lectures** (N=228) Looking back on the midwives' comprehensive health education lectures, do you feel you previously possessed inadequate or inaccurate knowledge concerning sexually-transmitted diseases (STDs)?

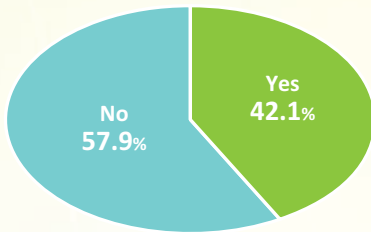


**3 mos. later** (N=178) Did your behavior towards STD prevention change as a result of the comprehensive health education program provided by midwives you attended three months ago?

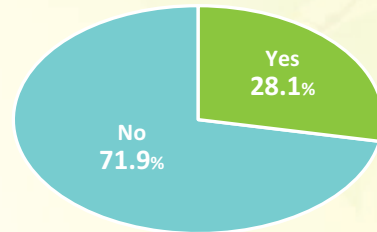


## ✓ Sexual violence and sexual consent

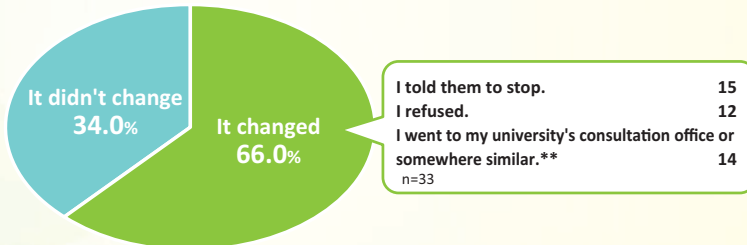
**After lectures** (N=228) Looking back on the midwives' comprehensive health education lectures, have you or someone you know ever encountered sexual violence or a situation in which consent was not sought or given?



**3 mos. later** (n=178) In the three months since the lecture, did you or someone close to you encounter sexual violence or a situation in which sexual consent was not properly sought?



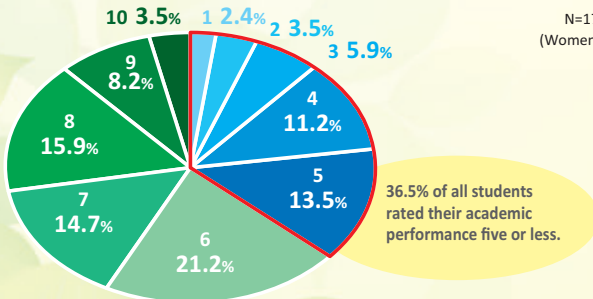
**3 mos. later** (n=50\*) Did your behavior towards sexual violence or sexual consent change as a result of the comprehensive health education program provided by midwives you attended three months ago?



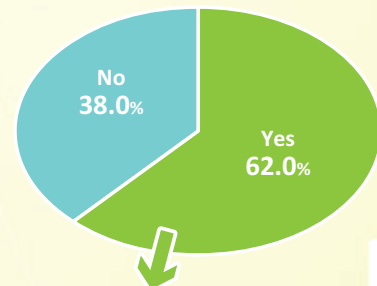
\*Excludes 128 respondents who said they did not encounter any such situation  
\*\*Refers to action taken for someone else, like a friend.

## ✓ Classroom performance when they have premenstrual syndrome (PMS) or are menstruating, OB/GYNs experience

**Before lectures** (N=171 (Women only)) Compared to normal, how much does your academic performance\* change when you are experiencing unpleasant symptoms related to premenstrual syndrome (PMS) or menstruation?



**After lectures** (N=171 (Women only)) Did you think of getting an exam from an OB/GYN as a result of the comprehensive health education program provided by midwives you attended?



Performance when experiencing unpleasant symptoms due to menstruation or PMS compared to normal (with 10 representing normal performance)  
\* Ability to concentrate in class, perform on tests, etc.

In a survey three months later, the percentage of people who actually visited a clinic was 5.7%.

The full text our report on the survey results can be found on our website (<https://www.hgpi.org/>) → Please search for "HGPI Women's Health"