

SEXUALITY MATTERS

COURSE SUMMARY

Sexuality Matters is a one-credit online academic course offered by the University of Minnesota. The interactive lessons and personal reflection assignments take a sex-positive approach and aim to increase knowledge, build communication skills, clarify personal values, and dispel myths regarding sexuality and relationships. Students receive personalized feedback and support from trained peer health educators.

COURSE TOPICS

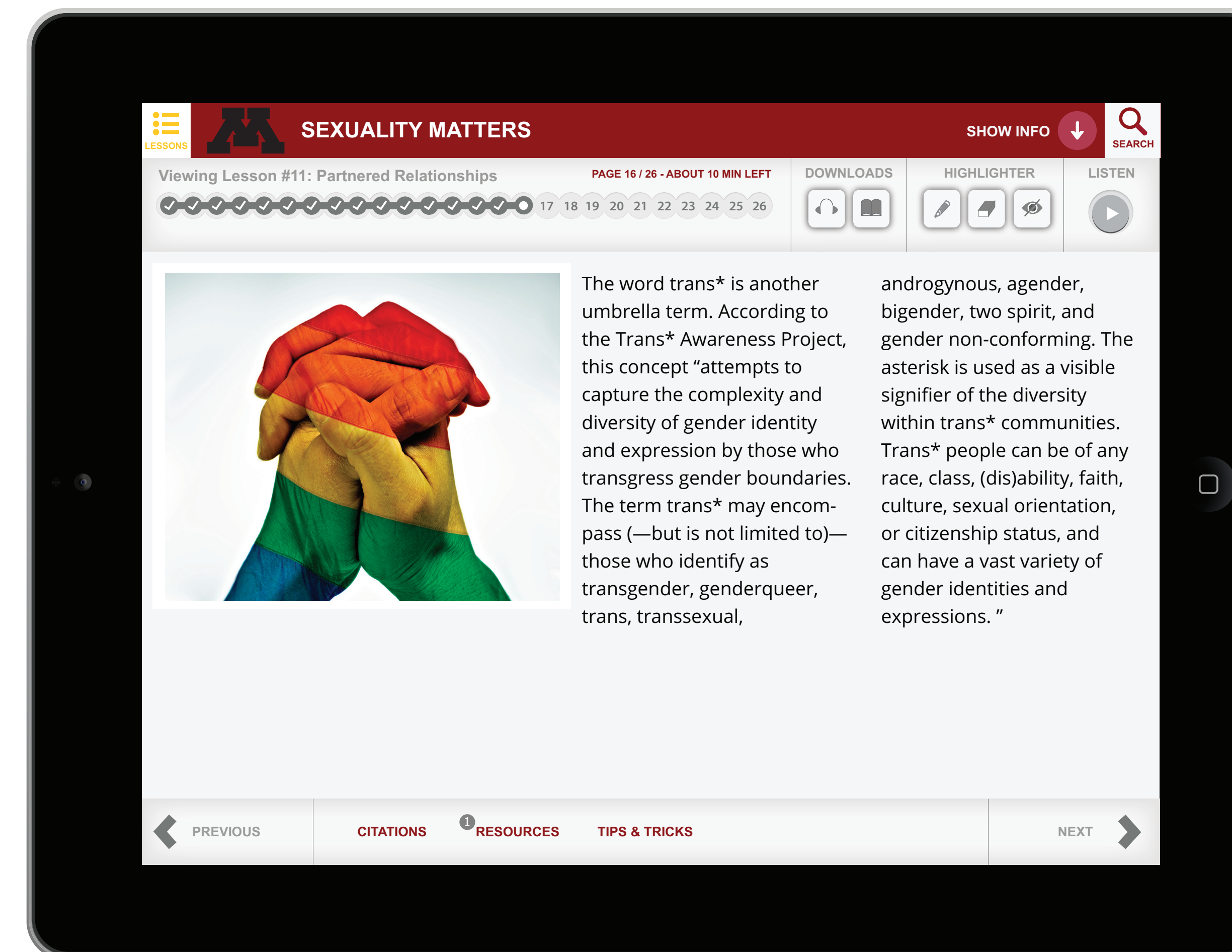
- Sexual identities
- Pleasure
- Values and beliefs
- Healthy relationships
- Enthusiastic consent
- Bystander intervention
- Communication techniques
- Pregnancy options
- Sexual assault
- Sexual health
- Advocacy

ROTHENBERGER INSTITUTE

Rothenberger Institute (RI) courses build on an academic model that targets students' knowledge, attitudes, and behaviors regarding health and well-being. RI courses respect students' autonomy by presenting learning materials in an unbiased fashion and arming students with knowledge and skills they need to make their own informed decisions.

FOSTERING AN INCLUSIVE AND RESPECTFUL CAMPUS CULTURE

One goal of the course is to encourage inclusiveness and respect of a diverse range of sexual values and beliefs. This course may be the first time students are exposed to such a wide range of viewpoints different from their own in an environment that is respectful and unbiased. Sexuality Matters aims to be one tool to facilitate a positive change in the campus culture around equality and appreciation of differences.



METHODS

233

students enrolled in the spring 2014 semester

97

completed both the pre- and post-survey

42%

response rate

paired sample analysis, including t-tests

all reported results significant (p<0.05)

COURSE LOGIC MODEL

THEORIES:

- Transtheoretical Model
- Social Learning Theory
- Health Belief Model

BEST PRACTICES:

- Peer education
- Motivational Interviewing
- National Sexuality Education Standards
- Campus SaVE Act and VAWA

INPUTS:

- RI faculty/staff
- Trained peer health educators
- Innovative learning technology
- Operational overhead
- Campus and community partners
- Volunteers
- Tuition revenue
- Time: 1-2 years

OUTPUTS:

- Course lessons
- Quizzes
- Reflection assignments
- Accurate, unbiased information
- Train/supervise peer health educators
- Support students as they move through the change process
- Challenge students' attitudes and dispel common myths

SHORT-TERM OUTCOMES :

- Increase students' knowledge
- Positively influence students' attitudes
- Increase awareness of students' and others' behaviors
- Increase percentage of students who can meet the course objectives

- Increase students' motivation and readiness to change
- Increase students' confidence/self-efficacy
- Increase students' likelihood of protective behaviors
- Result in high student satisfaction

INTERMEDIATE-TERM OUTCOMES :

- Increase students' correct and consistent use of healthy behaviors
- Increase sexual well-being
- Students positively influence their peers' attitudes, health behaviors, and decisions

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LONG-TERM OUTCOMES :

- Students progress/sustain healthy behavior changes
- Students lead happier and healthier sexual lives
- Foster an inclusive and respectful campus culture

Knowledge

"This course has definitely given me a lot more knowledge on being safe sexually, especially in regards to barriers and protection."



Percent **increase** in the number of students knowledgeable about:

207%

dental dams

200%

internal condoms

35%

sexually transmitted infections

23%

external condoms

81%

The differences between sex, gender identity, gender expression, and sexual orientation

19%

The definition of consent in the context of sexual activity

Awareness

Percent reporting an **increase** in awareness of the following as a result of the course



99%

Impact of course topic related behaviors on overall health and well-being

100%

Credible and reliable services and information related to course topics

92%

Your social support network

Satisfaction

% of students who agreed:



the course motivated them to be healthy

99%



the course helped them improve health-related behaviors

97%



they would recommend the course to others

96%

Confidence

Percent reporting an **increase** in confidence when communicating about boundaries, values, and desires about sex with the following groups:

family members

65%

peers

89%

sexual partners

91%

medical providers

93%

"Because of this course I've really learned about what it means to have a healthy relationship, and I've been spending more time trying to have healthy relationships with people. This course helped me learn that emotional abuse does exist and that it's not okay."

Behavior

Percent of students reporting an **increase** in safer sex behaviors

66%

condom/dental dam use

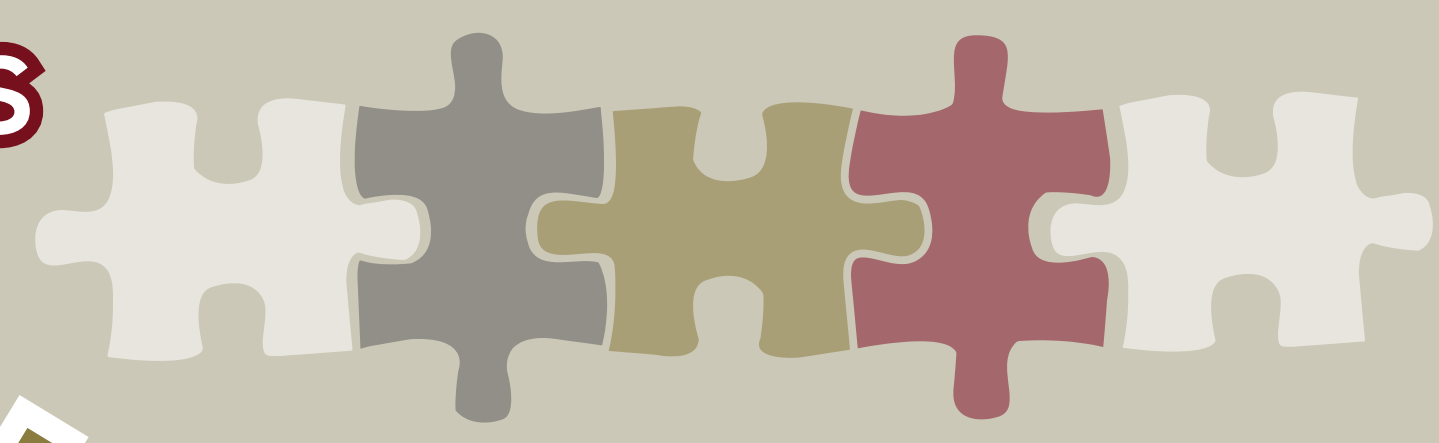
62%

contraceptive use

61%

STI testing

Campus Culture



+10%

Increase in the number of students in agreement with the following statement:

"I am respectful of others' values and beliefs even if they are different from my own."

"This course allowed me to be able to communicate my needs better with a partner and actually think about what my values and beliefs are because I have never taken the time to do that."

Advocacy

88% of students felt confident intervening in a situation where verbal mistreatment/harassment based on gender identity or sexual orientation is occurring.



87% of students felt confident intervening in a situation where someone is being taken advantage of sexually.

"I have gained a stronger desire to stand up for my own and others' genders, sexual orientations, sexual expression, and sexual identities. I have gained a deeper insight into my own sexual well-being and expression."