

# Sex Education among Young Adults to Reduce Sexually Transmitted Infections and Unwanted Pregnancy

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## Abstract

**Introduction:** Despite greater effectiveness of contraceptive methods, sexually transmitted infections (STIs) still on rise in young adult population 2.8% increase in chlamydia, 5.1% increase in gonorrhea, 15.1% increase in primary and secondary syphilis (Fehring et al., 2017). Fewer than 30% of pediatricians distribute condoms or provide instruction on proper condom use (Schneider et al., 2019).

**Research Problem:** Advanced practice nurses (APNs) take the lead in providing patient education (Kraus & DuBois, 2017). There are few well-defined rigorous studies on sex education in a young adult population. APNs need to know the state of current knowledge in order to craft effective sex education programs for this population.

**Research Purpose:** Study will focus on current approaches in sex education, along with their respective effectiveness. Will provide direction on successful sex education efforts, as well as reveal gaps in the research.

**Research Question:** For sexually active young individuals, does sex education reduce the future risk of STIs and unwanted pregnancy compared with no education

**Methodology:** Systematic search of the literature using PubMed, Health Source Nursing/Academic Edition, and Google Scholar. Search terms: "+sex education", "+sex education intervention" +teen, and "+sex education intervention" +young. Search limited to past five years, scholarly articles, full articles, clinical trials, randomized controlled trials, and meta-analysis or systematic reviews.

**Discussions/Conclusions:** Well-designed sexual education programs can be effective in young adult population. Design that meets needs and demonstrates relevance most effective. Broad community support essential for such programs

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## Biography

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