

Learning to fly

I have learned so much!

- **STI/Family Planning Clinics:** Connecting with people through their sexual health experiences and observing real-time educational gaps.
- **Woman, Infant, and Children (WIC):** Gaining firsthand insight into VDH programs that support communities, while witnessing the diverse needs and struggles of families from all backgrounds.
- **Immunization/New Incomers Clinics:** Developing skills to comfort others and understanding the backgrounds of new populations.
- **Nurse Screenings:** Meeting the community where they are to assess their needs.

Sexual Health Curriculum Redesign & Modernization

Nest-essary Change

Teen pregnancy rates are declining, but they remain **higher** in the US than in other developed countries. At the same time, rates of STIs, such as syphilis (including congenital), HIV, chlamydia, and gonorrhea, are **increasing** in Virginia.

To tackle teen pregnancy and STI rates, the focus needs to go beyond promoting abstinence or contraception; it must be on educating young people about making **healthy, informed choices**.

In the Rappahannock area, nurses used to provide family life education at public schools. Now, the Fredericksburg Health Department (FHD) only in **one** private school.

My project aimed to revitalize FHD's curriculum. This involved not only updating the presentation but also showcasing the health department as a valuable resource for sexual education. Additionally, expanding on health topics such as **communication, testing, local resources, antibiotic resistance, statutory law, hygiene, medical interventions**.

Rather than using fear for prevention, this project **promotes comfort and openness**. When people feel informed and comfortable about their sexual health, they are more likely to seek treatment. This leads to better health outcomes.

A Busy Bee

- **Reviewed** Virginia's Family Life Education Standards of Learning.
- **Established** validity in health professionals being part of sex education in public schools.
- **Shadowed** Family Planning/STI nurse clinics and Disease Intervention Specialists (DIS) to identify content gaps based on real-life outcomes.
- **Developed** four separate presentations on Family Life and STI education for two age groups (middle and high school).
- **Designed** illustrations to enhance the visual appeal during sensitive topics.
- **Collected** supplemental materials.
- **Created** preset slides for future modifications and ensured they were adaptable.
- **Formulated** a curriculum guideline to be used by educators
- **Provided** recommendations for engaging younger audiences.

"It's Rad to be in RAHD"

Thank you to everyone, and I mean everyone, in the Fredericksburg office! I was welcomed with open arms, and it was a pleasure to be in RAHD. I'm always looking to expand my concept of the world, and being here definitely did that! I'm forever grateful to have this opportunity. Discovering my ignorances is the most joyful thing to experience. It's great to know I have much to learn.

Special thanks to:

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Sample Presentations Slides

Middle School

Teen Dating Violence

Teen Dating Violence is a form of Intimate Partner Violence which is...

"Physical, psychological, sexual abuse, and stalking by a current or former intimate partner"

Stalking: Repeated, unwanted attention and contact.

That's Not Cute...

"Playful" teasing or name-calling can become abusive.

It's not just about "consent" — it's about what consent entails: **equality**. To consent, both parties must be equals.

Hygiene

Washing up
Clean genitals every day with warm water and soap, and dry the area completely.
Females should not, under any circumstances, clean the vagina.
Uncircumcised males should clean the inside of the foreskin.

Undergarments
• Wear lightweight, breathable clothing like cotton. Tight fabrics trap moisture and heat, which helps germs grow.
• Change underwear daily. This helps stop odors; bacteria, and contact with fabric, especially if your underwear is wet or stained.
• Wash clothes well. Don't use scented or colored detergents.

Say NO! to Fragrance
• Fragrances irritate the vagina, penis, and scrotum.
• External use of strong scents when it is too close to be clean.
• If you have any spots of skin, don't have them up, get checked!

High School

Statutory Law

Statutory laws exist to protect teens from unhealthy relationships that are unequal.

The law states that sex with anyone aged 13 or 14 is a crime. For adults aged 18 or older, it is also a crime to have sex with teens aged 15 to 17.

In the case of statutory law, coercion and exploitation of a minor's ignorance are what prevent the ability for them from consenting.

Yeah... No.

If someone you know is involved with someone younger:

- Express how you feel
- Tell them it's not okay with consent
- Tell them that healthy relationships are based on equals
- Report them if they can

If you are involved with someone younger:

- End the relationship
- Honestly discuss the advice a healthy adult relationship

They're mature for their age

They're not

Antibiotics

Antibiotics treat bacterial infections, but they only work well when used correctly. Both doctors and patients play a role in making them effective.

Bacteria
Bacteria are living organisms that can adapt and evolve. They can even share information.

Antibiotic Resistance
Like all life, only the strongest survive. When people misuse antibiotics or skip doses, some bacteria can become resistant. These resistant bacteria can share their resistance. This makes future infections harder to treat.

Hurdles Hive Had

- **Branding:** Balancing VDH/RAHD branding with youthful designs. Required following guidelines while still appealing to younger audiences.
- **Engaging a young audience:** Meant starting a conversation, not preaching. I used visuals students could interact with and language that encouraged discussion.
- **Timeless appeal:** What's popular with kids now won't be later. Focusing on genuineness, something all age groups respond to, helped guide a consistent approach.
- **Navigating stigma:** Sexual education is a hot topic. It took awareness of social taboos and thoughtful planning to present sensitive content with care.
- **Following laws:** Legal limits shaped what could be taught, but not the impact. Expanding on allowed topics helped bridge gaps left by restricted subjects.

