Deficiencies in undergraduate sexual and reproductive health literacy and the role of cultural taboos
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BACKGROUND: Sexual and Reproductive Health (SRH) literacy is defined as a good level of knowledge, personal skills, and confidence to make decisions about sexual life, particularly in the prevention of sexual risk behaviors. During college, sexual encounters between partners not in established relationships are prevalent, and college students are at increased risk for unfavorable sexual health outcomes, like contracting STIs.

GOAL: Our goal was to evaluate how well UCLA students understand their SRH, feel comfortable with SRH behaviors, implement SRH behaviors, and what factors may influence these outcomes.

METHODS: 210 UCLA undergraduates completed an online survey during the 2021-2022 school year. Data was collected via convenience sampling. Descriptive analysis was conducted and confidence intervals were computed using R studio. We conducted a MANOVA to examine associations between Knowledge and Attitudes score with cultural taboo around sex.

ASSOCIATIONS BETWEEN CULTURAL TABOOS AND SEXUAL HEALTH LITERACY

DEFIENCIES IN COMFORT LEVELS SURROUNDING SEXUAL BEHAVIORS

Students overestimate how much they need to test for STIs, but under-test in reality

Students are least aware of abortion and emergency contraception resources

There exists an association between cultural taboos and SRH Knowledge and Attitudes

Students are less comfortable talking about STI testing status with partners

REFERENCES:

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