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## Sex education in Dayton city schools

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SEX EDUCATION IN DAYTON CITY SCHOOLS

MASTER'S PROJECT

Submitted to the School of Education  
University of Dayton, in Partial Fulfillment  
of the Requirements for the Degree  
Master of Science in Education

by

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The School of Education,

UNIVERSITY OF DAYTON

Dayton, Ohio

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Approved by:



Official Advisor

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## CHAPTER 1 INTRODUCTION

Adolescents should be informed about the consequences of unsafe sex. Recent statistics show that adolescent pregnancy is a growing social problem in the United States. Over one million teenagers become pregnant each year (Planned Parenthood, 1987). The results are alarming. Among teenagers fourteen to nineteen years old, 50% of the births are out-of-wedlock; 39% of the teenage pregnancies end in abortions, and 13% result in miscarriages. If this trend continues, four out of ten girls who are now fourteen will become pregnant teenagers.

AIDS is another problem facing our country. In 1988 there were 78,312 cases of AIDS reported among adults and adolescents in the United States. Of these, 44,071 or 56% died (Fetter, 1989). The number of school-age children with AIDS continues to increase. As of April 1990, 2,692 children in the United States had been diagnosed with AIDS (Ballard, 1990).

In October of 1986, U.S. Surgeon General C. Everett Koop cited education as the key defense against the spread of AIDS and called upon schools to make AIDS instruction a part of their curriculum. Many states such as Minnesota, Georgia and California have established AIDS education in their schools.

The purpose of this report is to explore the secondary schools in Dayton to see what programs have been established to tackle the problem of teen pregnancy and/or AIDS.

### Background-Teenage Sexual Activity

Sexual activity among adolescents is very high. The average age of first intercourse is sixteen. Eight out of ten males and seven out of ten females report having had intercourse by age nineteen (Planned Parenthood, 1987). Only 25% of adolescents use contraception regularly. Of the teens who never use contraception during intercourse, 62% become pregnant (Planned Parenthood, 1987). According to Planned Parenthood, 3 1/2 million school-aged teenagers in the United States are at risk of becoming pregnant because they are having intercourse and are not using contraceptives.

### Background-AIDS

AIDS is the deadliest epidemic of this century. In New York, AIDS is the leading cause of death for both men and women in their thirties. Adolescents are a high risk group in need of education about the disease. Almost one-fourth of people infected with AIDS are between 20 and 30 years old. Since AIDS has an average incubation period of 5 to 7 years, many young adults were infected with the virus as teenagers. Nearly half of all sexually transmitted disease patients are under 25 years old (American Association of School Administrators, 1988).

### Procedure

This report will be descriptive in nature and will consist of a review of the literature concerning sex education programs in public schools in the United States with special focus on programs dealing with prevention and AIDS education.

A questionnaire will be sent to Dayton school personnel to explore local programs in effect in the Dayton city schools. The items for the questionnaire were designed to explore issues on sex education programs in Dayton schools (see Appendix A). School employees will be asked if sex education is included in their school curriculum and if they feel these programs are effective. School personnel will write their answers on the questionnaire and then return the questionnaire in a self-addressed, stamped envelope. The questionnaire data will then be inductively analyzed and a set of conclusions regarding the efficiency of Dayton programs will be developed.

#### Assumptions

By 1993, it is estimated that 390,000 Americans will have been diagnosed with AIDS (Center for Disease Control, 1989). Since sexual activity among Dayton adolescents is probably the same as in other cities throughout America, it can be assumed that the Dayton population is also at risk.

It is also assumed that by expanding our knowledge of the disease and programs on sex education, we can more effectively deal with the disease.

#### Limitations

This study will be limited because of the geographical location in which it was conducted. Personnel in 13 Dayton public schools will be sent questionnaires. These schools include: Belmont, Colonel White, Dunbar, John H. Patterson Career Center, Longfellow Alternative Learning Center, Meadowdale, F.C. MacFarlane, Fairview, Fairport, Kiser, Nettie Lee Roth, Stivers, and Wilbur Wright. Dayton represents just one section

of the country. Although findings cannot be generalized to other settings, there is no reason to believe that the findings from this study of an urban system are not relevant to educators in other urban settings.

#### Definitions

AIDS stands for acquired immunodeficiency syndrome. It is a disease caused by the Human Immunodeficiency Virus, HIV-the AIDS virus. The AIDS virus can live in a person for years before actual symptoms appear. It primarily affects the ability to fight other diseases; these other diseases eventually kill the person.



## CHAPTER II REVIEW OF THE LITERATURE

Several programs have been established throughout the United States to help young people fight the problem of adolescent sexuality and teen pregnancy. However, these programs vary in the way the classes are taught, who teaches them, and whether contraceptives are distributed.

Condoms are frequently recommended as a way to reduce the risk of contracting AIDS. One of the more progressive school programs that does distribute condoms is the "Adolescent Health Services" program run by the Maternal and Infant care project of the St. Paul/Ramsey Medical Center in St. Paul, Minnesota. They have established a clinic in the school which offers free health services including on site examinations and laboratory test. Nurse-practitioners also conduct group and individual education sessions during school hours and provide contraception services (Paget, 1988).

Many people oppose encouraging the use of condoms. They argue that condoms reduce, but do not eliminate, the risk of contracting AIDS. Studies show that when condoms are used for contraceptive purposes, they fail about 10 percent of the time over the course of a year. Therefore, some experts believe that condoms would be even less effective as a means of stopping the transmission of the AIDS virus. A University of Miami Medical School study showed that 17 percent of women whose husbands have AIDS and used condoms became infected themselves within 18 months (U.S. Dept. of Education, 1988). The Surgeon General has also warned that condoms have "extraordinarily high" failure rates among homosexuals (U.S. Dept. of Education, 1988).

Another school program for adolescents is the Johns Hopkins University Medical Center Project. It is operated in the inner city of Baltimore. Social workers and family planning nurses who work in clinics after school teach reproductive health during school hours. They provide individual and group education, counseling services and act as a referral liaison to various clinics (Paget, 1988).

The Joseph P. Kennedy Jr. Foundation established a network of "Community of Caring" programs in 1982. The program originally developed to help pregnant teenagers have healthy babies and has expanded to include other areas of concern such as pregnancy prevention and the issue of AIDS. The Kennedy curriculum takes a strong values stand toward sexuality and family life. The discussions and activities emphasize morality and responsibility. Topics include the family, personal responsibility, commitment to parenthood, responsible sexuality, and planning for future goals (U.S. Dept. of Education, 1988).

In Georgia a program for 13 to 15 year olds has been established called "Postponing Sexual Involvement." It is designed as a "How to Say No" program and is being taught throughout the state. The program was developed to help adolescents resist pressures to become sexually active. It consist of a series of four one hour sessions and one follow up session. Program coordinators train older teenagers as peer leaders who conduct the sessions (U.S. Dept. of Education, 1988).

A Program at San Marcos Junior High in California is based on the belief that today's young people need to learn about responsible behavior through instruction rather than by chance. "Decision Making-Keys to Total Success", focuses on specific teenage problems such as sexual activity, drug use, poor self-esteem, and poor study habits.

All seventh and eight grade students are required to take the course. The program is offered in a sequence: "Study skills and test taking" is taught first. It is followed by "How to be you." The "How to be you" section focuses on self-esteem and decision-making skills. The third component of the program is "Sexuality, commitment, and family." It teaches that abstinence is the only sensible way for teens to deal with sex. It seeks to create an appreciation for the creation of life. Negative peer pressure and media influence are also discussed. "How to be successful in less than 10 minutes a day" is the final part of the class and incorporates the other topics that were discussed in previous sections. The drug abuse prevention program is taught as part of this component and links effective drugs resistance strategies to the values of the program (U.S. Dept.of Education, 1988).

These programs and many more have been developed throughout the United States to help adolescents fight the problem of teen pregnancy and disease. However, many young people still remain ignorant about AIDS. This study will reveal the programs that have been developed in Dayton city schools to help young people in our local area.

### CHAPTER III CASE STUDY

The questionnaire was sent to Dayton school personnel on March 26, 1992 with a self-addressed, stamped envelope included for their reply. Of the thirteen schools surveyed, nine replied.

The questionnaire consisted of six questions (see Appendix B). The first question revealed that an AIDS curriculum is taught in all the schools in Dayton. However, who teaches the class varies from one school to another. In some schools, AIDS is taught by health teachers, in other schools it is taught by school nurses and in some it is taught by both the teachers and the nurses.

Most of the programs were taught in health class, which is a requirement for all ninth grade students. Some teachers included it with other communicable disease units, while others taught it as a special unit. Some teachers reported bringing in outside resources, such as speakers, videos, and visual aids (pills, condoms, etc.) to enhance the presentation.

When asked if the teachers felt their programs had been effective, no one knew for sure. The teachers said that there was no way to measure the overall effectiveness of the program. However, most felt that to help just one child would be rewarding, and in that sense the programs were effective. One teacher said that it was too early to tell whether or not the classes were effective. Another teacher said that AIDS programs should be taught at an earlier age because students were already sexually active.

None of the surveyed schools reported any cases of AIDS among their students. They did say that if such a case was reported, it would be handled on an individual basis.

Most of the respondents indicated that their student population seemed to be sexually active. Some reported having students as young as 7th grade with children of their own; some indicated that students in their classes were pregnant now. Respondents at one school said that their school appeared to be focused on other activities (e.g. performing arts) and as a consequence, may not be as sexually active as other students in other schools.

During the 1989-90 school year, The Dayton Public School System conducted a school-wide AIDS education program. In April 1992, a personal interview was conducted with the Executive Director of Health Services for Dayton City Schools to explore this program.

The director of the program said, "We tried to include everyone. Nurses taught a one hour class in every school in the district. Fifty-three schools were included".

School nurses taught the class using an established guide (Appendix C). Parents were also given information about the program. The long range goal of the program was to provide information to the target audience, which consisted of all employees and students in the Dayton public schools, to prevent them from contracting AIDS, and to equip them to deal safely and compassionately with any AIDS victim with whom they would come in contact (Dayton Public Schools, 1989). The objectives of the program were to have current materials available to approximately

28,000 students and 4,000 employees; to develop student's knowledge of basic facts about AIDS, it's transmission and methods of prevention; and to prepare faculty to provide continued AIDS education to the student population (Dayton Public Schools, 1989).

A committee of school nurses and other district staff volunteers established the AIDS Education Guide. A resource library was also developed for staff use. The funding for the AIDS program was obtained from a Human Services Levy Grant.

The director felt that the program was very succesful, but added, " We have developed special programs to reach those students that may have missed the 1989-90 classes. Target grades include kindergarten, fourth, seventh and ninth grade. In these grades students will receive additional AIDS education."

Dayton Public Schools are concerned with the AIDS problem and have established programs that address the situation. Both health teachers and nurses are actively participating in lessons to help young people in their schools become more aware of the problem and take measures to fight the deadly disease.

## CHAPTER IV CONCLUSION

AIDS is a significant problem in the United States and in other countries. Adolescents comprise an at-risk group for contracting this disease. In 1988, C. Everett Koop called upon schools to educate young people about this disease. Since then, more and more schools in the United States have added an AIDS course to their curriculums.

Ohio has made it mandatory for all schools to teach about AIDS. However, the way the class is taught varies from one school to another.

This study explored AIDS education in Dayton city schools. In Dayton, educators are very concerned with the problem of AIDS. In 1989-90 an AIDS Education Guide was established by a committee of health professionals and teachers. Nurses used this guide to teach all students enrolled in Dayton city schools, which included 53 schools. Since that time, a target population has been developed to receive continued AIDS education. In addition, schools are also addressing the issue of AIDS in health classes. Dayton teachers believe that their programs are successful, but they have no real data to measure program effectiveness.

### Future Research

Future research of programs in Ohio that deal with teen pregnancy and/or AIDS should be done. A comparison of Dayton school programs with programs in schools in other large cities in Ohio, such as Columbus or Cincinnati, could be made. A study could also be made to explore programs in smaller cities in Ohio to see what programs have been developed in these areas. Finally, a study of programs in private schools in Ohio could be done to see if AIDS curriculums are a part of the private school curriculum.

Appendix A  
AIDS Questionnaire

Name \_\_\_\_\_

School \_\_\_\_\_

1. Do you have pregnancy prevention or AIDS education in your school curriculum?

2. If yes, briefly describe your program?

3. If yes, do you believe your program has been effective?

4. If no, do you plan on implementing a program in the near future?

5. Have you had any cases of AIDS reported in your school? If yes, how was the case handled?

6. Do you believe the level of sexual activity of students in your school is similar to that of other Dayton area schools? Explain.



Appendix B  
Questionnaire Results

Schools:	Colonel White	Wilbur Wright	Nettie Lee Roth	Belmont	Fairview	Stivers	Meadowdale	F.C. MacFarlane	John H. Patterson
Question:									
1. Do you have pregnancy prevention or AIDS education in your school curriculum?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2. If yes, briefly describe your program.	Health class	Dayton's guide	In Human Growth/ outside resources	Health class Nurses/ Speakers	Discussions videos visuals	Health class with Nurses help	Health class and Nurses	Health class	Health class
3. If yes, do you believe your program has been effective?	Don't know	Don't know	Yes	Don't know	Yes	"Too soon to tell".	Don't know, "Kids don't take serious"	Don't know	Should be taught at earlier age
4. If no, do you plan on implementing a program in the near future?	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A
5. Have you had any cases of AIDS reported in your school? If yes, how was the case handled?	No	No	No	No	No	No	No	No	No
6. Do you believe the level of sexual activity of students in your school is similar to that of other Dayton area schools? Explain.	Yes	Yes	Yes "Girls are more aggressive than ever before".	Yes "We have girls with babies and a couple pregnant".	Yes "We have girls with babies and a couple other things".	Don't know students are focused on other things.	Yes, very active.	Yes	Yes

Appendix C

AIDS  
EDUCATION  
GUIDE

Health Services  
Dayton Board of  
Education  
2013 W. Third Street  
Dayton, Ohio 45402

September 1989

## Introduction

The materials in this guide were developed by a committee of school nurses and other district staff volunteers within the school district. This planning committee developed the mini-curriculum, researched and previewed films, brochures, and books suggested for use.

Funding for the AIDS outreach program was obtained from a Human Services Levy Grant.

The target population consists of all employees and students and will be presented by the district school nurses. The materials developed for students will be appropriate for their age and developmental level.

The proposed project includes educational presentations on AIDS to individual classrooms and school staff.

The specific objectives of the proposed project are:

- (1) To have available current materials needed to implement the educational program to approximately 28,000 students and 4,000 employees
- (2) To develop student knowledge of the basic facts about AIDS, its transmission and methods of prevention
- (3) To prepare faculty to provide continued AIDS education to the student population

A resource library is being developed and is available for staff use. There will be a limited supply of materials in each building, also. This project will take advantage of existing community resources; many of which are free.

This guide contains the mini-curriculum for each grade level, selected resources for class activities, pre and post tests, and materials for transparencies, in addition to a partial list of resources, books and films.

## AIDS Education for School Employees

### Program

The proposed project will provide a comprehensive AIDS health education program for school employees. It will provide factual information to its target adult populations on the definition, cause, transmission, diagnosis, effects, treatment, and prevention of the disease. The educational service will be provided within a school setting.

### Long Range Goal

The long range goal is to provide information to the target audience that will prevent them from contracting AIDS and that will equip them to deal safely and compassionately with any AIDS victim with whom they come in contact.

### Objectives

1. Each employee will receive 60 minutes of instruction in AIDS Education using a multi-media approach.
2. Each employee will have the opportunity to have questions on an individual and private basis.

### Planning Committee

The AIDS Education Task Force is comprised of Dayton Public School Nurses and other volunteers within the school district and a community resource person. The purpose of the planning committee is to develop materials for the curriculum, to provide a listing of community resources and to provide informational packets about AIDS for employees.

### Target Population

This population will include about four thousand adults.

### Expected Outcomes

The expected outcome of the educational program will reveal an increase in knowledge about the prevention and transmission of AIDS based on the results of a pre and post test. The increase in knowledge, as measured by the test results, will indicate a 50% or more increase in base knowledge of the disease.

Training for the adult population will prepare them to serve as continued resources for dissemination of accurate information about AIDS.

AIDS EDUCATION K-3

<u>Program Goals</u>	<u>Program Objectives</u>	<u>Grade Level/Course Objectives</u>	<u>Teaching Methods</u>	<u>Evaluation</u>
Values and Sexuality	(1) Build positive self concepts	(a) Develop a healthy attitude toward self and others (b) Identify feelings of self and others (c) Demonstrate good personal hygiene and grooming practices	Filmstrip: Guide to self protection Group Discussion  Filmstrip: Nobody Likes a Stinky Kid Group Discussion	Pre/Post Test  Conferences with parent, teacher, nurse school administrator(s)
Anatomy and Physiology	(1) Understanding the human body and its function	(a) Name, discuss & illustrate specific body parts & their functions	Human chart/model audio-visual Group Discussion	Post Test Group Discussion
Family Dynamics	(1) Develop an understanding of family structure and values	(a) Recognize and understand family roles and their values (b) Discuss similarities and differences in family life and other cultures (c) Understand that one has the right to accept or reject affection (d) Discuss leisure time activities & communication skills that affect development of wholesome family relationship	Group Discussion Role playing Puppets	Group Discussion
Wellness/Illness	(1) Learn the relationship between germs and disease (2) Suggest ways to prevent illness	(a) Demonstrate knowledge of activities that help promote personal cleanliness & reduce transmission of disease (b) Identify the risk activities for catching aids	Lecture on developing healthy habits Handwashing techniques Filmstrip: "If you're going to be a grub" Lecture/Group Discussion i.e. sharing needles, "sissy" test "blood brothers test"	

Course of Study  
for

AIDS  
Grades 4, 5, and 6

The objective of this course of study is to prepare students in grades 4, 5 and 6 with a workable understanding of A.I.D.S.

Programs goals

Interface with  
adopted text  
"Human Growth &  
Development Education"

Program objectives

Student master concepts  
of adopted text "Human  
Growth & Development  
Education"

Teaching activity - classroom teacher

Pretest and review vocabulary

1. AIDS
2. Homosexuality - childhood vs. adult
3. Germ - virus - HIV
4. Intravenous - (I.V.)
5. Blood - donation vs. transfusion
6. Semen
7. Vaginal secretions
8. Transmission
9. Promiscuous
10. Prevention

Making sound decisions  
regarding behavior

Student master concepts  
a. "Only people give  
people AIDS"

b. No sexual activity  
is acceptable at  
these ages.

Educate parents about  
AIDS.

c. Encourage parents to  
assume responsibility  
to continue to educate  
their children about  
AIDS.

Teaching activity - School Nurse

1. Show VCR "AIDS Alert for Youth"
2. Discuss concepts of film
3. Review "over head plates" \*
4. Post-test
5. Questions and answers
6. Distribute pamphlets to be taken  
home - "Children and AIDS"

\*SEE RESOURCE LIST

AIDS EDUCATION CURRICULUM  
7-8

<u>PROGRAM GOALS</u>	<u>PROGRAM OBJECTIVES</u>	<u>COURSE OBJECTIVES</u>	<u>TEACHING METHODS</u>	<u>EVALUATION</u>
Anatomy and Physiology	To recognize that certain patterns of behavior can affect health.	Students will be able to: -Explain acronym AIDS -Describe cause of AIDS -Recognize AIDS as a problem	Booklet Sunburst Video Vocabulary	Pretest
Values and Sexuality	To provide knowledge about sexuality which corrects inaccurate misleading messages from peers and media.	Students will be able to: -Explain ways AIDS virus is transmitted -List misconceptions about AIDS virus transmission -Identify "Risky Behaviors"	Transparencies	Discussion Risk Behavior Activity
	To develop decision making skills concerning sexuality.	Students will be able to: -Describe how to prevent AIDS transmission -Explain how an individual plays an active role in controlling AIDS epidemic -Identify resources for further information		Post Test

Course of Study  
for  
AIDS  
Grades 9-12

Program Goals

To enable students to make wise decisions relative to behaviors and attitudes which are consistent with the avoidance of sexually transmitted disease.

Program Objectives

(1) Develop and understand that AIDS is a viral disease most frequently transmitted through sexual intercourse, in much the same way as other sexually transmitted diseases.

(2) To address special concerns that young people have about AIDS.

(3) To help students recognize that they can protect themselves from AIDS; it's under their control.

Subject Objectives

(1) Students will understand basic information about AIDS virus transmission

(2) Students will distinguish between myth and fact concerning the AIDS virus.

(3) Students will know general risk-reduction guidelines about AIDS.

Teaching Methods

Film (video): Understanding AIDS: What Teens Need to Know (18 min.)

Group Discussion: Five major questions about AIDS (Use Transparencies)

Question and Answer Session (myths and facts)

Risk-behavior Activity

Review Vocabulary Handout

Booklet: What Young People Should know About AIDS

Evaluation

Pre-Test  
Post-Test

Group Discussion

Risk-behavior Activity

Resource Materials

Booklets: What young People Should know about AIDS  
What Everyone Should Know About AIDS

Pamphlets: Understanding AIDS: A message From The Surgeon General

Article: "Facts About AIDS" U.S. Department of Health and Human Services, Public Health Service. Aug. 1983.

Teacher's Resource  
AIDS: Knowledge, Attitude, Behavior, Prevention: By Ohio Department of Education, Columbus, Ohio.



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