



BEING EDUCATED IS SEXY.

The Development of a Canvas Course for Cal Poly Students

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Senior Project | Fall 2022-Spring 2023



Background - Why Sex Ed?

- No federal laws mandate sex education, so the sex ed students receive across the US is widely variable.
 - More state regulations require sex ed focuses on abstinence than ensure the education students receive is medically accurate.
 - Only ten US states have legislation in place that requires the discussion of LGBTQ+ relationships in sex ed.
- California requires sex ed to be taught once in middle school and once in high school.
- Cal Poly's required first year training only focuses on alcohol/drugs and sexual violence prevention.



Background - Preliminary Research

2020-2021: General assessment of student's beliefs and sexual practices

- Consisted of a survey and focus groups
- Revealed a general lack of sexual health knowledge

2021-2022: Exploration of student perceptions surrounding STI status

- Consisted of 1:1 interviews
- Further revealed gaps in sexual health knowledge and a lack of adherence to sexual health best practices

Background - Preliminary Research

- **22.9%** of cisgender female students reported using the **pull-out method** as their only form of contraception the last time they had vaginal intercourse (ACHA-NCHAIII, 2021).
- Only **5.1%** of students reported regularly using a **barrier method** during oral sex (ACHA-NCHAIII, 2021).
- **42.4%** of students reported using a barrier method during **anal sex** (ACHA-NCHAIII, 2021).
- **STI rates** have nearly **doubled** in SLO County in the past 8 years. Studies show Cal Poly plays the largest role in the increase (Mustang News, 2019).
- Health education resources do exist on campus, but they are not reaching all students.



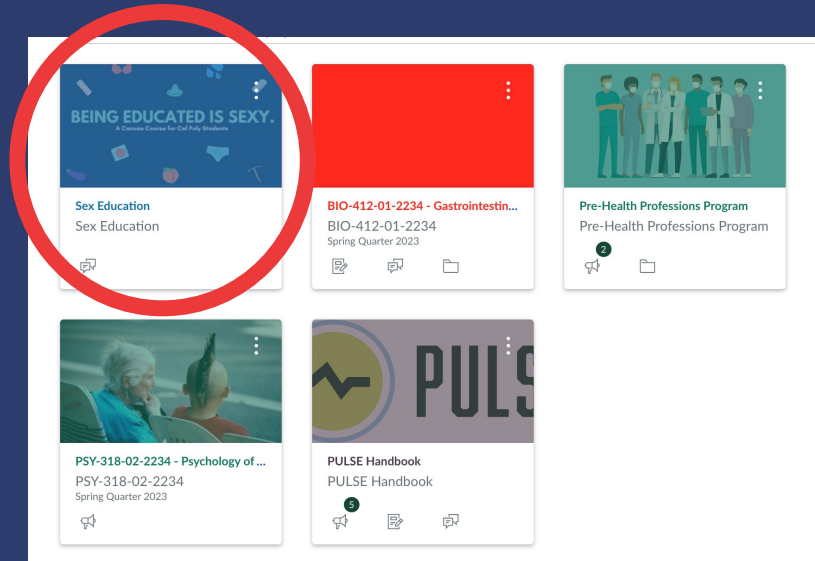
Background - Purpose

Goal: design a set of comprehensive sexual health educational learning modules specifically for Cal Poly students utilizing Canvas, the course management platform students already use for their academic course work.

Perspective: a queer approach to sex ed allows all individuals to benefit from the information regardless of gender identity or sexual orientation.

Outcome: a reliable sex ed resource that all students can access anonymously whenever they need.

- Fill in apparent sex ed knowledge gaps
- Reduce risky sexual behaviors on campus
- Promote normalized conversation about sexual health among students



Methods - Fall 2022

Literature Review

- 9 primary sources pertaining to sex education for college students
- Increased risky sexual behaviors among college students
- Incorrect and inconsistent condom usage
- Lack of conversations with partners about STI status
- Misconceptions and lack of knowledge on STI transmission and testing
- Lack of reliable resources pertaining to sex education

Reference Sex Ed Courses

- CSU incoming students are required to complete trainings in sexual violence and assault, but no mention of sexual health or safer sex practices
- Many universities were found to offer informational websites pertaining to sexual health
- Multiple universities offered optional workshops/presentations
- Few offered class courses, none were required

Social Media Polls

- Anonymous survey posted to SRH Lab Instagram
- Respondents' topics of interest:
 - Queer Sex Ed
 - Pleasure
 - Difficult Conversations
 - Porn Literacy
 - Birth Control
 - Consent
 - Types of sexual relationships
 - Types of sex

Methods - Fall 2022 & Spring 2023

Collaboration with Campus Organizations

- Contacted 13 applicable campus organizations, met with 7 organizations
 - Campus Health Center
 - Peer Health Education Program
 - Sexual Violence and Assault Survivor Support & Prevention Education Program
 - Pride Center
 - Gender Equity Center
 - Multicultural Center
 - Men & Masculinities Club

Sexual health topics students were asking about most:

- Queer sex ed
- Inclusive Language
- Pleasure and different types of sex
- Condoms & Lube
- STI testing
- Consent
- Medicated Abortion (SB24)
- Taboos around sex and why
- Porn literacy

Methods - Winter & Spring 2023

- Writing module content
- Review content with campus collaborators and make edits
 - Safer
 - Pulse
 - Pride Center
 - CHW
- Weekly meetings with a graphic designer to create accompanying graphics
- Continually revising formatting with a focus on ease of use

Monogamy can be defined as having one sexual partner at a time. This means you and your partner have agreed to only have sex with each other and have set additional boundaries for what defines cheating in your relationship. This should also include the discussion of protection against STIs and testing to keep all parties safe.

Hooking up/Casual Sex has different definitions for different people. Hooking up can refer to kissing, fingering, oral, and/or penetrative sex, depending on someone's opinion. In general, hooking up is often used to describe casual sex. The term casual sex refers to any sexual activity between people who are not in a romantic relationship and usually implies infrequent or one-time only. It is crucial to discuss the use of protection and STI testing in these types of sexual relationships.

Friends with benefits can be considered a type of casual sex and refers to people who regularly engage in sexual activities with each other but are not in a romantic relationship with one another. Ongoing communication is key in these sexual relationships to navigate emotions and keep everyone on the same page. It is essential to discuss the use of protection and STI testing in these types of sexual relationships.

An **Open Relationship** is when two people in a relationship mutually agree to have sex or intimate contact with others outside of the relationship. Open relationships can come in many different forms. Two partners may decide to tell each other when they have hooked up with someone else, or they may want to keep this private. What is important is that specific boundaries regarding what is allowed outside of the relationship are discussed. This should also include the discussion of protection against STIs and STI testing to keep all parties safe.

Polyamory is when you are engaging in (or are open to) romantic/sexual relationships with more than one person at the same time. In a polyamorous relationship, there may be one main couple (often called nesting partners), and then each person in that relationship has one or more additional partners who they are also in a committed relationship with. This is not the same as polygamy (when a person has more than one legally married spouse).



Types of Sexual Relationships

MONOGAMY
having one sexual partner at a time, you and your partner have agreed to only have sex with each other and have set additional boundaries for what defines cheating in your relationship.

HOOKING UP/CASUAL SEX
people who are not in a romantic relationship, usually implies infrequent or one-time only, can be kissing, fingering, oral and/or penetration.

FRIEND WITH BENEFITS
considered a type of casual sex and refers to people who regularly engage in sexual activities with each other but are not in a romantic relationship with one another, ongoing communication is key in these sexual relationships to navigate emotions and keep everyone on the same page.

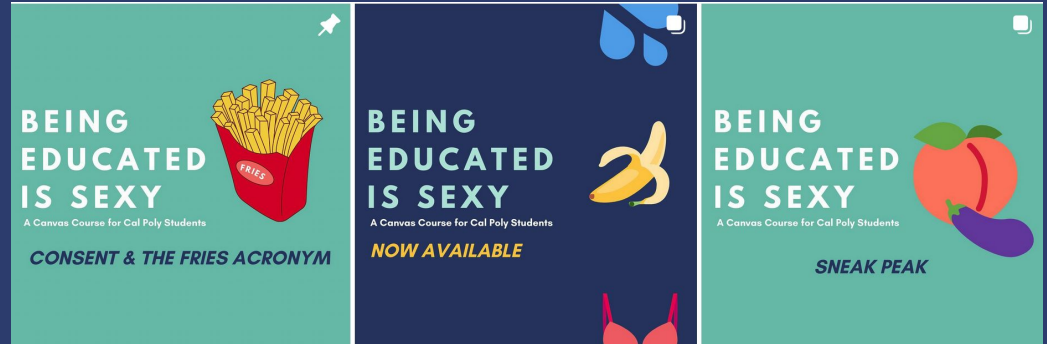
OPEN RELATIONSHIP
two people in a relationship mutually agree to have sex or intimate contact with others outside of the relationship, open relationships can come in many different forms. It is important is that specific boundaries regarding what is allowed outside of the relationship are discussed.

POLYAMORY
when you are engage in (or are open to) romantic/sexual relationships with more than one person at the same time, in a polyamorous relationship, there may be one main couple (often called nesting partners), and then each person in that relationship has one or more additional partners who they are also in a committed relationship with.

REMEMBER, it is crucial to discuss the use of protection and STI testing in any type of sexual relationship !

Methods - Social Media

- Advertise the course through a brief introduction video
- Consistent branding with use of slogan, color scheme, & graphics
- Create social media posts for the SRH lab Instagram based on content from the Sex Ed modules
 - Masturbation
 - Why Sex Ed
 - Consent



Results - Topics

10 Modules:

1. Intro Module
2. What is Sex?
3. Consent and Violence Prevention
4. Sexual Behaviors
5. Seeking Care
6. Barrier Methods
7. Contraception
8. Pregnancy Options
9. Conversations
10. Resources

Sex Education [▲]



Welcome!

Please watch this short welcome video (3:05) from the creators:



Why Sex Ed?

Since there are no federal laws in place to mandate sex education, the sex ed students receive across the US is widely variable. For example, there are more state regulations that require sex ed focuses on abstinence than there are to ensure the education students receive is medically accurate (1). Additionally, only ten US states have legislation in place that requires the discussion of LGBTQ+ relationships in sex ed (1). It is not your fault if you did not receive comprehensive sex education. That is the purpose of this resource!

Quick Links

These modules will take you through many different topics and are ordered in a way that we believe will be the easiest to understand. However, you are able to jump around and learn the material in any order you like! It's possible that some content will be confusing if you skip the sections in front of it but if there's a subject that you would like to jump to, feel free to explore it now.

Modules:

Results - Module Format

Consent and Violence Prevention

What is Sex?

▼ What is Sex?

Gender Identity and Sexual Orientation

Reproductive Anatomy

Keeping Your Genitals Clean

Types of Sex

Masturbation

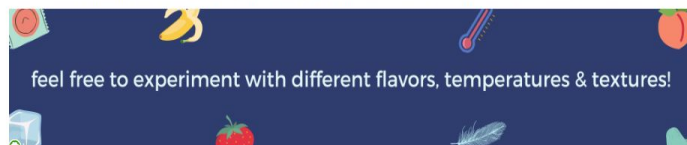
Sexual Pleasure and Orgasms

Sexual Pleasure and Orgasms ↗

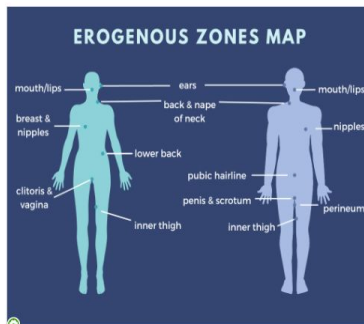
Sexual Pleasure

So far, we have been talking about the [types of sex](#) and [masturbation](#) that can help one experience sexual pleasure. But what exactly is pleasure? Pleasure involves both physical and psychological components. Safety, privacy, and the ability to communicate freely with partner(s) all contribute to experiencing pleasure during a sexual act. It is also important to remember that what is pleasurable for one person may not be pleasurable for another or be pleasurable all the time. Pleasure varies by mood, day, and current emotions so be sure to pay close attention and always communicate. Don't assume someone's pleasure radar, and give yourself grace. If you aren't experiencing the same level of pleasure from an activity you once did.

Pleasure can be achieved in many different ways. Different kinds of touching and sensations work for different people, so it is important to try them out for yourself! Some people may enjoy massage, tickling, light touching with objects like feathers, or playing with temperature like ice cubes or warm baths.



When touching your own body or someone else's, there are certain zones that are extra sensitive to sexual stimulation. These zones are called **erogenous zones**! In addition to what is labeled on the right, the erogenous zones also include the internal and external reproductive structures we discussed in the [anatomy section](#). Those with a vagina may find inside the vagina, clitoris, and/or anus to be particularly sensitive to sexual stimulation. Those with a penis might like stimulation of the penis, scrotum, or anus for sexual pleasure. All of these areas can be stimulated with your fingers, a partner's fingers, a partner's mouth, [toys](#), or a partner's genitals.



Since consent is so important, let's talk about what it looks like in more detail. An easy way to remember the 5 key points of consent is the acronym FRIES. Each letter in FRIES represents a central tenet:



F: First, consent should be freely given by all participants. This means that if it is drawn out with coercion or incessant asking, boundaries are being crossed and one or more participants may be disrespecting the others. Sex should be something enjoyable for all parties involved, so you should not have to convince your partner to engage in something that they are not feeling up to or are uncomfortable with. That is coercion!

R: Second, consent is reversible. This means it can be taken back at any time before or during sex. This could apply to a single part of sex or the whole act. Also, just because someone consented to something one time does not mean they are consenting to it in the future. You and your partner(s) must continue to obtain consent each time you engage in any sexual activity.

I: Third, consent is informed. All details should be discussed beforehand so that everyone knows what can be expected. It should not mean it has to look or sound like a contract, but it should be enough of a conversation for everyone to feel like they are going hand in hand with being specific, which will be discussed in a bit.

E: Fourth, consent should be enthusiastic. You may have heard the E in FRIES referred to enthusiastically as well, but so

▼ Consent & Violence Prevention

Consent

FRIES Quiz
5 pts

How to Talk About Consent

Violence Prevention 101

Results - Course Navigation

- Easy to sort through content
- Specific
- Hyperlinks on each page
- Tabbed approach on content heavy pages
- Fun graphics made to break up text
- Visually appealing

How to Bring Up Condom Usage with a Partner 📌

REMINDER: A [barrier method](#) could be an external condom, internal condom, or dental dam.

Whether you're having a [casual hook up](#), [friends with benefits](#), or [starting a new committed relationship](#), the barrier method you will use needs to be agreed upon by all partners involved. No matter what type of sexual relationship you are in, correct and consistent use of a barrier method is the only way to prevent the [transmission of STIs](#). Also, if you are engaging in penis-in-vagina penetrative sex, a barrier method can help prevent [pregnancy](#).

It's best to agree on what barrier method you will use before you get down to business. This is because it's all too easy to become swept up in the moment and forget a condom. Also, you wouldn't want to get started and then realize you don't have a condom with you! So, start by saying something like:

- ▼ Seeking Care
 - UTIs, Yeast Infections, and Bacterial Vaginosis
 - Bacterial vs Viral STIs
 - HIV and AIDS (Prep and PEP)
 - STI Vaccines
 - Types of STI Tests
 - What is Taking an STI Test Like?
 - How Often to get Tested for STIs
 - When to See A Doctor

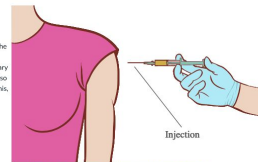
Hormonal Contraceptives

Hormonal Contraceptives work to mimic the hormones present in the uterus and/or body while pregnant, and "trick" the body into thinking it's already pregnant. This prevents an egg from being released from the ovary. With no egg in the fallopian tube or uterus, the sperm and egg cannot come into contact and pregnancy cannot occur. Please click through the tabs below to explore the pros, cons, and potential side effects of the hormonal birth control options available:

[IUD](#) [Implant](#) [The Pill](#) [The Shot](#) [The Ring](#) [The Patch](#)

Birth Control Injection/Shot (aka Depo-Provera):

The shot is another form of hormonal birth control that is usually injected in either the arm or buttocks **every three months** to prevent pregnancy. The shot contains the hormone **progestin** that works to prevent ovulation (aka an egg from leaving the ovary each month) so the sperm and egg cannot meet and cause a pregnancy. Progestin also works as birth control by making the cervical mucus thicker than normal. By doing this the sperm cannot get through the mucus to reach the egg.



	PROS	CONS
THE SHOT 	<ul style="list-style-type: none">• 96% effective (if gotten on time every 3 months)• Convenient & discreet• Can make periods lighter and less frequent• Could potentially stop the user's period (don't worry, this is totally normal and safe)• Can help ease painful cramps and PMS• Health benefits like protection from cancer of the uterus and ectopic pregnancy	<ul style="list-style-type: none">• Less convenient than some options because you must get a new shot every three months• If you don't like shots, this is not the birth control option for you because it requires getting shots every three months• It could take up to 10 months after stopping the birth control shot to get pregnant if you are trying• Expensive (up to \$150 for each shot) without insurance<small>*However, some insurance plans will cover all or some of the cost and you should check the policy for that or ask your healthcare provider about the pros and cons of the shot.</small>
POTENTIAL SIDE EFFECTS 		VERY RARE small, uncommon side effects in the

Results - STI Testing

- Explaining terms
 - Window period
 - Asymptomatic
- Showing that STI testing is an easy process
- Emphasizing there is often an easy cure
- Simplifying how often to test depending on your relationship status

WHAT'S IMPORTANT WHEN IT COMES TO STIS



Testing regularly



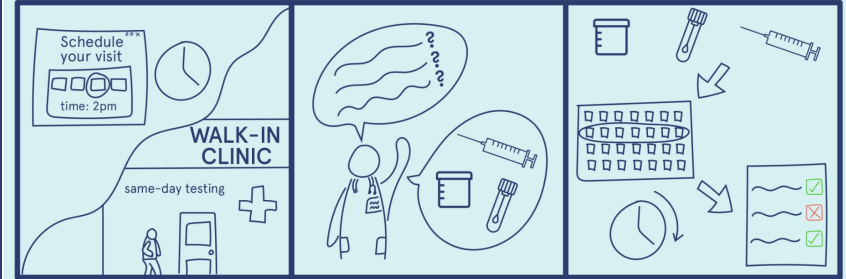
Receiving treatment if needed



Notifying your sexual partners about any positive results



STI Testing Process

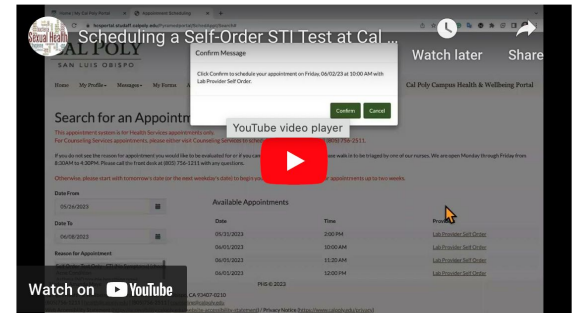


1: Make an appointment or walk into a clinic that offers STI testing. Your primary care doctor or gynecologist can offer STI testing during regular visits, be sure to ask!

2: Next, you will discuss with the health care provider a bit about your sexual history in order to determine which type of test you should take.

3: Finally, you will provide the sample and receive your results in about one week!

Please follow the video instructions below to schedule your self-order STI test (1:07 min):



Results - Not Your Typical Sex Ed



- Inclusivity allows content to apply to all individuals
 - Content and graphics are gender inclusive
 - Gender inclusive language is used AND explained
- Topics commonly left out of a typical sex ed
 - Porn literacy
 - Masturbation & benefits
 - Non heterosexual relationships
 - Sex toy use & safety
 - How to have conversations with a partner

External Condoms | Internal Condoms | Latex-Free Condoms

External Condoms (Male Condom):

This is the type of condom you are likely most familiar with. It is often called a male condom; however, as not all who use this type of condom are male, the term external is more inclusive. It is referred to as external because it is placed over an external body part or toy. It is rolled over an erect penis or sex toy and worn throughout the duration of oral, vaginal, or anal sex to protect against pregnancy and STIs. Please read this tab for how to use, how to find your perfect sized condom, and information on specialty condoms.

pornography is an entertainment product and therefore does not often display consent, protection, or open communication

Have an open conversation with your partner



The actors are simply performing a job: from the conversation to the sexual positions performed, porn should not be used to define what a safe and pleasurable sexual experience should look like for you.



porn actors do not display realistic body standards

Sex Toys

Sex toys can be a great option for those who have limited mobility or are physically disabled to experience sexual pleasure. Queer and non-conforming individuals may also find the use of sex toys beneficial for affirming gender identity, relieving gender dysphoria, and improving sexual pleasure.

LET'S TALK ABOUT!

Barrier Methods

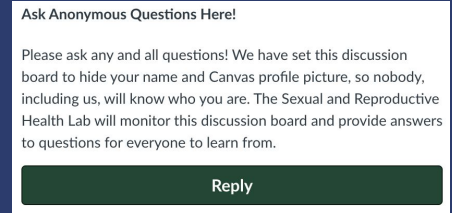
STI status

Likes/Dislikes



Results - Resources Module

- On-Campus Resources
 - Cal Poly Health Center
 - SRH Lab
 - PULSE
 - Safer
 - Pride Center
- Off-Campus Resources
 - Planned Parenthood
 - The Center for Health and Prevention
 - Lumina Alliance
 - GALA Center
- Anonymous Questions Board




Future Directions - Answer Questions & Feedback

Anonymous Questions Discussion Board:


- Monitor and answer anonymous questions asked by participants
- Find gaps in student's knowledge and improve the Canvas course modules based on questions
- Students can learn from other's questions

Anonymous Feedback Survey:

- Examine feedback from participants and make adjustments of content based on responses where it's needed
- Topics such as gender, sexuality, and inclusivity are changing frequently so it's crucial to acknowledge mistakes made in the design process or what improvements that can be made.

 This is an anonymous Discussion. Your name and profile picture will be hidden from other course members.

Anonymous Discussion

 **Alexa Jordan Asson** AUTHOR TEACHER Jun 9 12:59pm 🔖 ⋮

Ask Anonymous Questions Here!

Please ask any and all questions! We have set this discussion board to hide your name and Canvas profile picture, so nobody, including us, will know who you are. The Sexual and Reproductive Health Lab will monitor this discussion board and provide answers to questions for everyone to learn from.

[Reply](#)

Leave Anonymous Feedback Here

Due No due date Questions 1 Time Limit None Allowed Attempts Unlimited

Instructions

Please use this form to provide anonymous feedback about this canvas page. If you have any suggestions for additional content, content edits, or formatting/accessibility issues we would love your input. All submissions will be anonymous.






Future Directions - Maintenance & Additional Work

Maintenance:

- Update hours of operation for resources
- Keep up to date with local and federal laws for birth control, abortion, etc.
- Continuously check prices for the services and medications at the Cal Poly Health Center

Additional Work:

- Create additional content pages
 - Fetishes/Kinks page added to Sexual Behaviors Module
 - Menstruation page
 - FAQs from discussion board
- Continue to add fun, engaging, and realistic graphics and videos to modules
 - Reproductive anatomy
 - Video of taking an STI test at the health center
- Write pre- and post-tests
 - Assess the efficacy of the course
 - For use by professors who want to assign the course in their classes

Cal Poly Pharmacy For enrolled Cal Poly students		
Product		Cost
Plan B (no prescription required!)		\$6
Box of 2 pregnancy tests		\$5.65
AZO (UTI symptom relief medication)		\$5.86
Monistat Vaginal Cream (Yeast infection relief)		\$5.31
Tampax Tampons 10 pack		\$3.17

Future Directions - Promotion & Advertising

- Physical posters across campus
 - Rec Center, Campus Health and Wellbeing, Food Pantry, UU, PULSE, Safer, dorms, etc.
- Utilize Canvas announcement features to disseminate information about Sex Ed events and resources to enrolled students
- Mustang news article
- Promote on the Sexual and Reproductive Health Lab Instagram and website

BEING EDUCATED IS SEXY.
A Canvas Course for Cal Poly Students

Learn about
Barrier Methods
Contraception
STI Testing
Pleasure
Queer Sex Ed
Sexual Relationships
and so much more!

On your terms
This Canvas page is completely anonymous and you can come back to it as often as you like!

Includes
Easy to understand written material
Specialized graphics
Entertaining videos
Answers to anonymous questions

Add the Canvas page to your dashboard today!
Scan the QR code to self enroll.

Cal Poly Sexual & Reproductive Health Lab

Future Directions - Campus Organizations & Partners

- Continue collaboration and promotion with our collaborators
 - Campus Health and Wellbeing, PULSE, Safer, Pride Center, Black Academic Excellence Center, Gender Equity Center, Multicultural Center, & CAED Diversity, Equity, and Inclusion Club.
- Promote modules as part of first year training
 - WOW and SLO days orientations
 - First year dorm RAs
- Work with Greek life to promote the use the Canvas course and possibly require it
- Work with professors to encourage students to use the Canvas course and possibly require it or have it as an extra credit assignment



Future Directions - Future Research

- Analyze engagement with the Canvas page yearly
 - # of students who added page to their dashboard
 - Amount of time each student has interacted with the course
- Analyze efficacy of the material yearly
 - Compare pre- and post-test grades
 - Examine rates of students STI testing, overall STI rates on campus, and other healthy sexual behaviors for improvement
- Conduct a follow up study to examine student's attitudes surrounding sex ed and uncover if the modules helped to promote more open dialogue.
- Consider making the page available on Canvas Commons and further promoting it beyond Cal Poly.



Acknowledgements

This project would not have been possible without the below individuals, thank you!!

- Dr. Joni Roberts
- The entire SRH lab team
- Alex Aquino (Graphic Communications, 2024)
- Kimme Huntington (PULSE)
- Julia Jones
- Jennifer MacMartin (Safer)
- Kari Mansager (CHW)
- Kara Samaniego (CHW)

Accomplishments

Oral Presentations

- Cal Poly 7th Annual Social Justice Teach In: *Sex Education @ Cal Poly*
 - Dr. Joni Roberts
 - Alexa Asson
 - Gabriella Snow
- Society for Public Health Education (SOPHE) Annual Conference in Atlanta, GA: *The Development of Sexual Health Educational Learning Modules for Cal Poly Students*
 - Dr. Joni Roberts
 - Alexa Asson
 - Dillan Chiewpanich

Poster Presentation

- Cal Poly 2023 CSM Student Research Conference: *Learn by Doing: A Senior Project on Sexual Health Education*
 - Dr. Joni Roberts
 - Alexa Asson
 - Dillan Chiewpanich
 - Amanda Hodges
 - Tanya Patil

Other

- New Times San Luis Obispo Article: *Starkly similar: A Cal Poly professor from Mississippi reveals that young people's sexual health awareness isn't so different in California*
- Cal Poly 2023 Baker and Koob Grant funding

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