

Effectiveness of a Comprehensive School-Based Sex Education Program for Young Adolescents

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The objectives are firstly that Love is... promotes the healthy sexual development by increasing knowledge and positive attitudes towards sexuality. Secondly, characteristics of adolescents who do not improve from the general prevention program are...

Ethical review	Positive opinion
Status	Recruitment stopped
Health condition type	Lifestyle issues
Study type	Interventional

Summary

ID

NL-OMON26676

Source

Nationaal Trial Register

Brief title

Love is...

Condition

- Lifestyle issues

Health condition

Love is..., knowledge and attitudes towards sexuality, sexual health and sexual harassment, boys and girls.

Research involving

Human

Sponsors and support

Primary sponsor: Gemeente Amsterdam

Source(s) of monetary or material Support: Gemeente Amsterdam

Intervention

- Psychosocial intervention

Explanation

Outcome measures

Primary outcome

• Knowledge and attitudes towards sexuality and sexual health (birth control and STD's) • Attitudes towards sexual diversity, gender roles, sexting, personal boundaries and porn.

Secondary outcome

Quantitative • Sexual harassment perpetration • Sexual harassment victimization • Intention to use birth control/condoms • Self-esteem • Sexual interaction competence Qualitative • Self-perceived value of the intervention • Self-perceived effects on knowledge, attitudes, behavior (sexual interaction competence)

Study description

Background summary

The current study tests the effectiveness of a chain of prevention programs including a general school-based sex education program followed by a more comprehensive program aimed at non-responders to the general program. Firstly, the effect of a general preventive program aimed at promoting a healthy sexual development is investigated. Secondly, characteristics of adolescents who do not improve from the general prevention program are identified in order to refer them to the comprehensive program. Thirdly, the difference in sexual interaction competence before and after the more comprehensive program aimed at reducing sexual harassment behaviour (victimization and perpetration) for adolescents who do not improve from the general prevention program will be investigated. Fourthly, the effectiveness of a chain of prevention efforts consisting of a general and more specific program aimed at promoting healthy sexual development is investigated. Results of this study may help to better identify those adolescents who do not benefit from general sexual education programs, and will benefit from a more specific prevention program. Ultimately, this might lead to an effective chain of prevention programs promoting healthy sexual development for adolescents in the general population, and reduce sexual harassment

among adolescents.

Study objective

The objectives are firstly that Love is... promotes the healthy sexual development by increasing knowledge and positive attitudes towards sexuality. Secondly, characteristics of adolescents who do not improve from the general prevention program are identified in order to refer them to the comprehensive program.

Study design

Baseline, post (direct after intervention), follow-up 6-9 months later.

Intervention

Love is... is a gender-sensitive program aimed at adolescents between the 13-16 years old in the second and third grade of secondary school. The main objective of this prevention program is increasing knowledge, influencing attitudes and teaching skills regarding pleasant, desirable and safe relationships and sexuality. By promoting this, conditions are created to strengthen the sexual interaction competence of adolescents, what reduces the risk of sexual risky behavior and sexual harassment among adolescents, both as victims and as perpetrators. Love is... consists of four lessons for four weeks each 100 – 120 min. It is presented by experienced care workers from outside the school, who are trained in discussing topics related to sexuality in an accessible way. The program is gender-sensitive, what results in providing the lessons separately to boys and girls by two matching instructors. Both boys and girls receive similar topics related to sexuality, but also gender specific themes. To change the determinants of sexual harassment and risky sexual behavior, the designers of Love is... program first identified appropriate behavior-change methods. To influence the behavioral determinants of sexual harassment, modelling, resistance to social pressure and guided practice are used. Julia & Romeo Romeo is a comprehensive program aimed at boys aged 12 to 18 years who engage in sexual harassment behavior and are at risk of recidivism. The main objective is reinforcing the sexual interaction competence of boys to reduce engagement in sexual harassment behavior. Julia is a comprehensive program aimed at girls aged 12 to 19 years who have experienced sexual harassment or are engaging in sexual harassment behavior. They have difficulties with love, relationships, boundaries, coercion and sexuality and are motivated for care. There might be a unhealthy sexual development and inadequate sexual interaction competence. The main objective is to promote the healthy sexual development of girls who have experienced sexual harassment or are engaging in sexual harassment behavior and therefore to reduce the risk to be revictimized, experience more severe sexual harassment or engage in trafficking.

Contacts

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Eligibility criteria

Age

Adolescents (12-15 years)
Adolescents (12-15 years)
Adolescents (16-17 years)
Adolescents (16-17 years)
Adults (18-64 years)
Adults (18-64 years)

Inclusion criteria

Secondary school, all education levels Boys and Girls between 13-17 years

Exclusion criteria

Insufficient ability to speak or/and understand Dutch

Study design

Design

Study phase:	N/A
Study type:	Interventional
Intervention model:	Single

Allocation:	Randomized controlled trial
Masking:	Open (masking not used)
Control:	Active
Primary purpose:	Prevention

Recruitment

NL	
Recruitment status:	Recruitment stopped
Start date (anticipated):	01-09-2018
Enrollment:	1200
Type:	Actual

IPD sharing statement

Plan to share IPD: No

Plan description

N/A

Ethics review

Positive opinion	
Date:	12-11-2019
Application type:	First submission
Review commission:	MEC Academisch Medisch Centrum (Amsterdam)
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	Postbus 22660
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Study registrations

Followed up by the following (possibly more current) registration

No registrations found.

Other (possibly less up-to-date) registrations in this register

No registrations found.

In other registers

Register	ID
NTR-new	NL8150
Other	METC VUmc : 2018-352 / IRB00002991

Study results

Summary results

N/A