The STARS program is a sexual health education program for high school students designed to empower participants with increase health awareness. Participants engaged in active discussions and provided feedback. Given the success of STARS in previous sessions, STARS was expanded to include a boys curriculum.

THE INTRODUCTION

THE STARS PROGRAM

- A sexual health education program in which medical students from NYU School of Medicine teach female teens at Norman Thomas High School.
- This year, STARS was expanded to include a boys curriculum introduced in a new academy, the Manhattan Academy of Arts and Language. The students identify English as their second language, with most students selecting Spanish as their first language.
- Students were recruited from their daily gym class and received full gym credit for participating in the intervention.
- Students engaged in several interactive sessions where they had the opportunity to share and learn from one another. The program is not only meant to be educational, but also self-empowering.

OBJECTIVES

- Recruitment and retention of students into the program
- Participant satisfaction with sessions
- Implement an effective boys sexual health curriculum
- Increased student sexual health knowledge
- Evaluate attitudes and behaviors regarding sex and sexuality
- Develop positive School Based Health Center (SBHC) perceptions
- Translate both girls and boys curriculum into Spanish for versatility

PROGRAM DESIGN

CURRICULUM DESIGN

Girls Group
- Introduction & Pretest
- Self Esteem, Nutrition & Fitness
- Anatomy
- Sex & Virginity
- Pregnancy & Birth Control
- STIs & Condoms
- Jeopardy Review
- Reflection & Posttest

Boys Group
- Introduction & Pretest
- Anatomy
- STIs & Condom Use
- Pregnancy & Birth Control
- Intimate Partner Violence
- Jeopardy Review
- Reflection & Posttest

PROGRAM MEASUREMENTS

1. Knowledge
   - Anatomy
   - Menstrual cycle
   - Sex and Virginity
   - Pregnancy
   - STD's and condoms
2. Behaviors
3. Attitudes
   - Peer interactions and sources of information
   - Self efficacy and health services utilization

PROGRAM SATISFACTION

PROGRAM SATISFACTION

ATTENDANCE

NUMBER OF SESSIONS

Girls Group Boys Group
1 session 2 sessions 3 sessions 4 sessions 5 or more sessions

PERCENTAGE OF CORRECT

Knowledge

INCREASED KNOWLEDGE

BEHAVIORS AND ATTITUDES

CONCLUSIONS

- Awareness improvement
- Increased feelings of empowerment regarding sexual health
- Increased comfort utilizing the SBHC
- Increased willingness to educate peers on sexual health

LIMITATIONS

- Short duration of program led to limited sessions
- Small class size
- Scheduling logistics