

ABSTRACT

CREATIVE PROJECT: Holistic Sexual Health Education

STUDENT: Whitney Roberson

DEGREE: Master of Arts

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The proposed creative project is a sexual health education program aiming to reach middle to high school aged students. The program seeks to move beyond the basic information provided in most sex educational courses by exploring the physical, mental, and emotional wellbeing aspects of being sexually active. The materials included in the program packet can also be used as templates in the facilitation of discussion for youth groups, church organizations, or health clinic workshops.

The uniqueness of the program design is that the resources provided for the program are focused on a faith based model for delaying sexual activity. The benefits of abstinence are incorporated into each session in accordance to the known medical research, in addition to the instructions set forth in the Bible. By combining these components together, a holistic view of sexual activity is sought to be presented to participants.

There are three main elements to the program. The first element is the actual presentation of materials in an interesting and relevant way. The next element is an interactive environment of discussion forums and group activities. And the last element is practical skill building through hands-on activities.