Evidence-based Strategies for Prevention of Sexually Transmitted Infections

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Provision of sex education to individuals is an important task that is usually carried out by various health provision organizations all over the world. The World Health Organization views sex health as not only being about the absence of disease but also as being in a generally better shape with regard to the overall well-being of the body. Sex education and sexual health involve the physical as well as the mental set-up of the whole body (Centers for Disease Control and Prevention, 2012). Sexually Transmitted Infections have been reported to be on the rise among the youth largely due to the fact that they are sexually active (Workowski & Berman, 2010). It is important for health organizations to come up with various strategies aimed at reduction of these infections among the youths and the community at large. Various evidence-based sex education strategies are provided in this paper. The paper also explains various ways in which the health educator role may change depending on the selected strategies.

**Evidence-based Strategies for Sexually Transmitted Infections Prevention**

**Mass Media Interventions**

Mass media interventions refer to the collection of all mass media programs as well as campaigns which are usually aimed at delivering specific messages and information to a group of people or community (Workowski & Berman, 2010). This type of evidence-based intervention makes use of various mass media tools that include the following: television, radio, billboards, magazines, films as well as newspapers. Mass media is one of the fastest means through which important information regarding prevention of sexually transmitted infections can be done. Most youths and other individuals will always get access to any of the above-mentioned mass media tools. Over the years, mass media has been found to be very effective in the control and prevention of HIV/ AIDS as well as other sexually transmitted infections such as gonorrhea and syphilis (Centers for Disease Control and Prevention, 2012).

**Peer-led Interventions**

Over the years, peer-led interventions have resulted in a significant decrease in the occurrence and prevalence of sexually transmitted infections. This has been largely due to the fact that most youths have been shown to have a better understanding of one another. Peer-led interventions refer to programs through which members of the same age group share important information regarding the control and prevention of sexually transmitted infections (Workowski & Berman, 2010).

**Abstinence-plus Interventions**

Abstinence may be regarded by many as the best possible way to prevent STIs. Abstinence refers to the complete withdrawal from any form of sexual activity (Workowski & Berman, 2010). Through abstinence, individuals can be able to channel their efforts to other more constructive activities until such a time when they are ready for sexual activities. This kind of interventions mainly targets those who have not yet married. Engaging in uncontrolled sexual acts increases one's chances of contracting sexually transmitted infections (Centers for Disease Control and Prevention, 2012).

**How Health Educator Role May Vary Based on the Selected Interventions**

Under mass media interventions, health educators will be tasked with coming up with various messages about STIs and their preventions. Their roles may change to become similar to those of advertisers since they would be required to be creative in their campaigns so as to pass the message effectively. Under peer-led interventions, health educators may take up a passive role since they would not be the main speakers. Their work would mainly be about regulating the discussions. Health educators may be required to take over the role of teachers while employing the abstinence-plus interventions. They have to pass the message to the youths in a clearer and elaborate manner.

References

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