

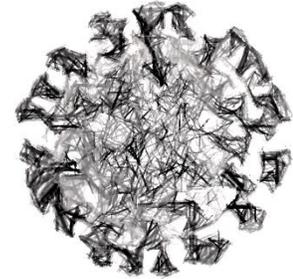
# LET'S TALK ABOUT SEX: COLLEGE STUDENTS, SEXUALITY, AND A GLOBAL PANDEMIC LOVE IN THE TIME OF COVID

## Narrative approaches to support university students' mental and sexual health

### Narrative Therapy (White & Epston, 1990)

#### General Concepts:

- Realities are socially constructed
- Experience is shaped by language
- Multiple interpretations of reality
- Focus is on client resources



#### Early Stage

- Foster collaboration to create a safe space for client/student's story
- Externalize problem(s)

#### Middle Stage

- Develop alternative story/re-author the narrative
- Grow in self-knowledge

#### Late Stage

- Reinforce new story/Extend the new story into the future
- Develop/reinforce patterns that solidify the new narrative

#### Address

- Sexual and mental health concerns
- Promote diversity
- Address career development

#### Selected Self-Expression opportunities

- Digital narratives (diaries, photo diaries, video diaries) (Chitat & Sage, 2019)
- Meditate (Ackerman, 2020)
- Journal
- Draw
- Movement
- Visualization

### Digital health communication interventions successful with college students (Lattie, 2019)

- Computer-, Web-, mobile-, and virtual reality-based interventions

**Combine passive or low interaction digital interventions with narrative elements to meet current generation's expression preferences and foster sexual health and mental wellness.**

#### Examples

- Text campaign combined with in writing/discussion prompts for self-reflection
- Email series combined with "homework" to develop a specific type of music playlist to meet goals, including health and wellness goals
- Psychoeducational class that utilized phone photography to as a digital dairy combined with snapchat messages from a peer mentor

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## LOVE IN THE TIME OF COVID

### Research Abstract

#### Importance

- Student sexual health and safety is concern for universities. In 2020, student health and conduct, including sexual behaviors, have important implications for universities operations and functions.

#### Objectives

- Understand how as the pandemic impacted college students' behaviors/attitudes regarding sexuality and understand students' perceptions of sexual health and safety messaging from SDSU.

#### Question

- How has the pandemic impacted our college students' behaviors/attitudes regarding sexuality?
- What messages have students received from the university related to sexual health and safety?

#### Design, Setting, and Participants

- Tool: Online survey (9 Close Ended Demographics Questions & 4 Open Ended Questions)
- Analytical Methods: Qualitative Content Analysis, T-tests, counting
- Participants: HDFS 210 – Human development class
  - ~150 undergraduate participants
  - 50% nursing students
  - Majority cisgender white, heterosexual females

#### Results

- Students' plan for sexual behavior did not change considering the pandemic
- Some students used the pandemic "lock down" to reflect on sexual identity
- Many students did not identify that they received messages about sexual health as part of their university experiences/training this fall
- Students remain concerned with matters regarding identity development, academic responsibility management, and mental health concerns
- Nursing Students reported sexual behaviors were consistent with their non-nursing peers

#### Conclusions

- Students continue to do important developmental work under the stress of the pandemic. Based on survey responses, university policies, messaging and programing regarding mental and sexual health may need further review.

#### Relevance

- These findings may have implications for public health and institutional responses to student health needs.

