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ADOLESCENT SEXUAL HEALTH CARE



OHSU

DISCLOSURES

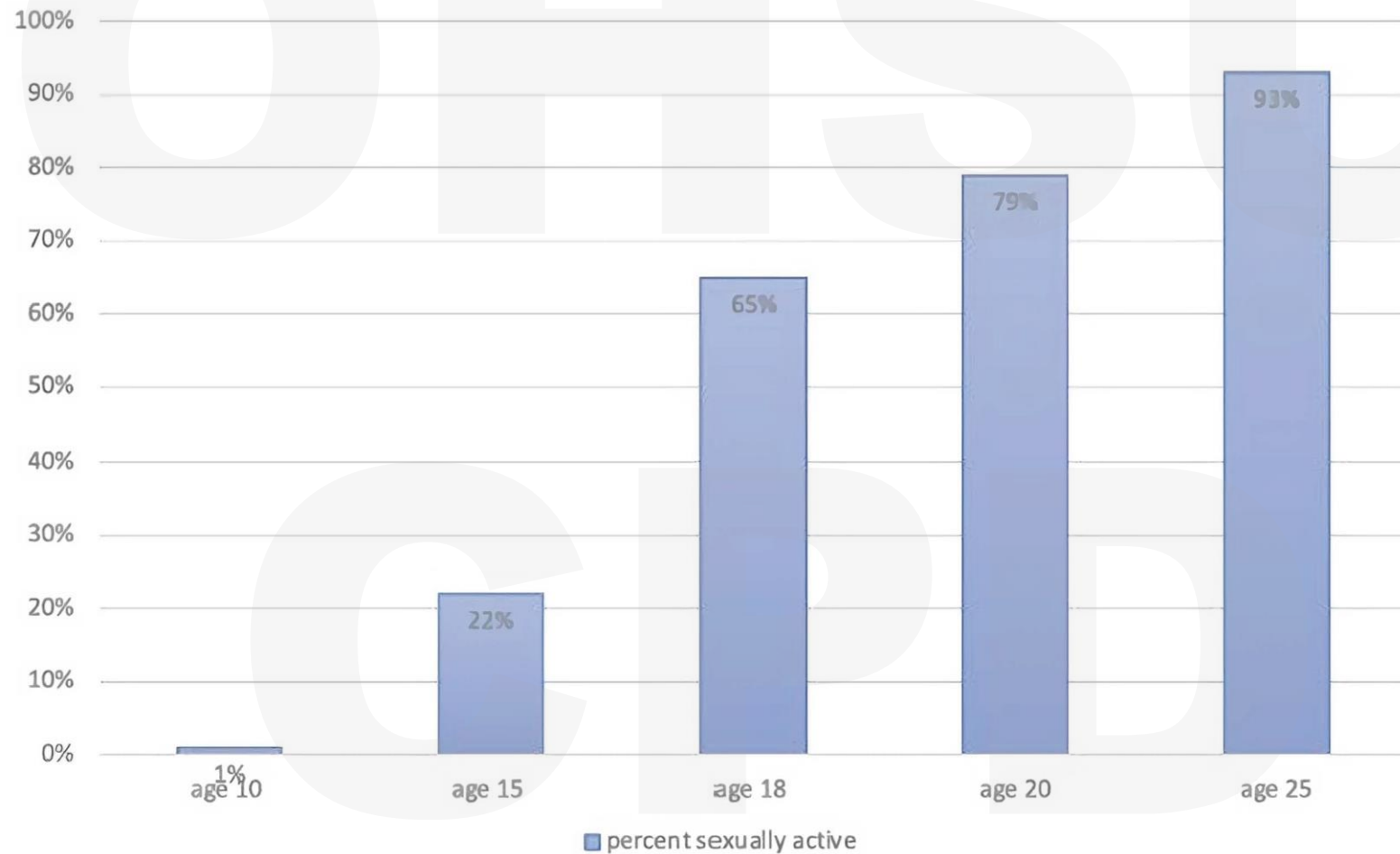
Nothing to disclose

AWKWARD TEENAGE YEARS


















AGE OF SEXUAL DEBUT



-Keller, L. (2020). Reducing STI Cases: Young People Deserve Better Sexual Health Information and Services. *Guttmacher Policy Review*, 23.

<https://www.guttmacher.org/gpr/2020/04/reducing-sti-cases-young-people-deserve-better-sexual-health-information-and-services>

-Boyer, J. The Guttmacher Institute. New name, same harm: rebranding of federal abstinence-only programs. The Guttmacher Institute. 2018

The Percentage of High School Students Who:*	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	2023 Total	Trend (All Years Available)	2-Year Change (2021-2023)
Ever had sex	47	41	40	38	30	32		
Had four or more lifetime sexual partners	15	11	10	9	6	6		
Were currently sexually active	34	30	29	27	21	21		
Used a condom during last sexual intercourse [†]	59	57	54	54	52	52		
Used effective hormonal birth control [‡]	–	–	–	–	33	33	–	
Were ever tested for HIV	13	10	9	9	6	7		
Were tested for STDs during the past year [§]	–	–	–	9	5	6		

*For the complete wording of YRBS questions, refer to Appendix A.

[†]Among sexually active students.

[‡]Survey question changed in the 2021 national YRBS; therefore, only two years of data are available.

[§]Question introduced in 2019.



In wrong direction



No change



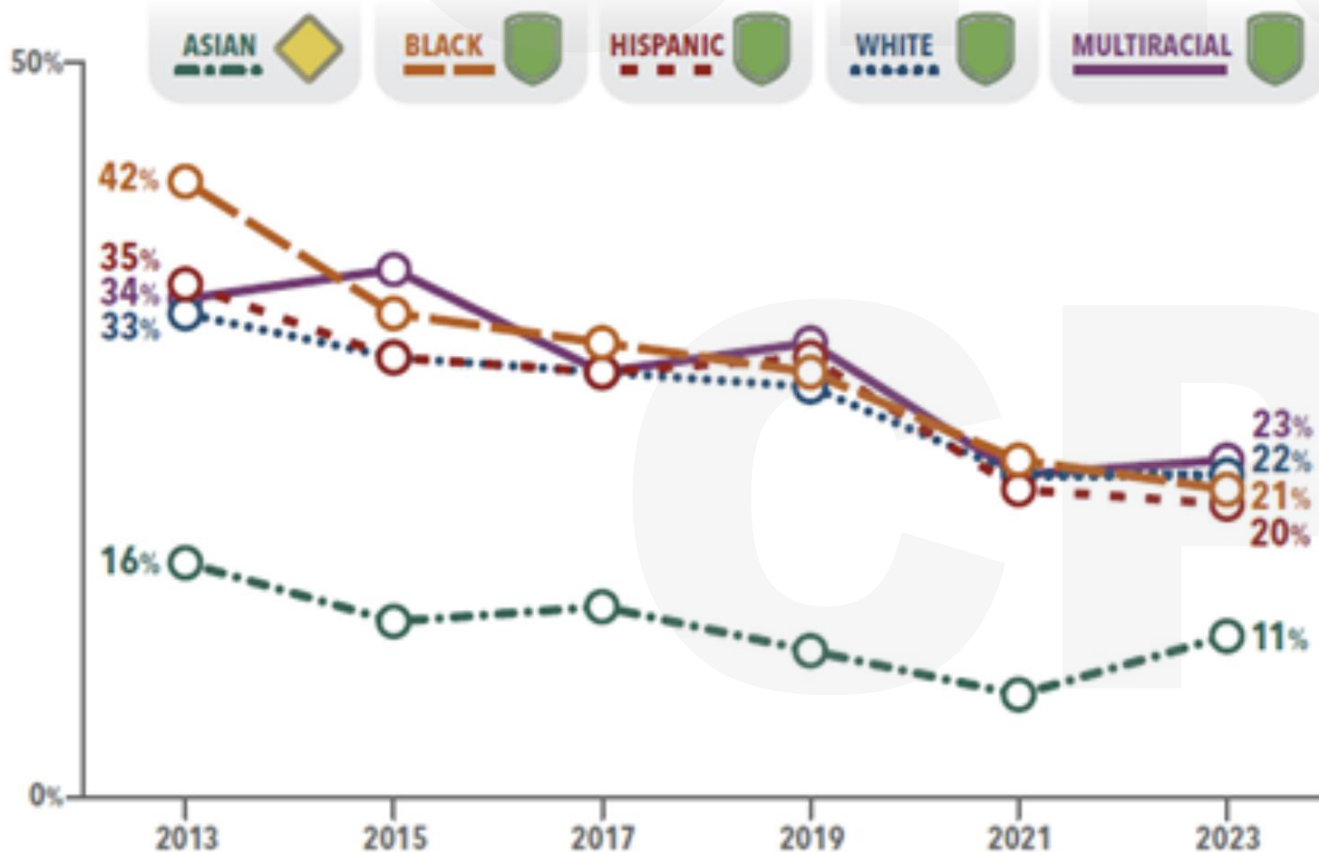
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TRENDS IN ADOLESCENT SEXUAL ACTIVITY, 2013-2023

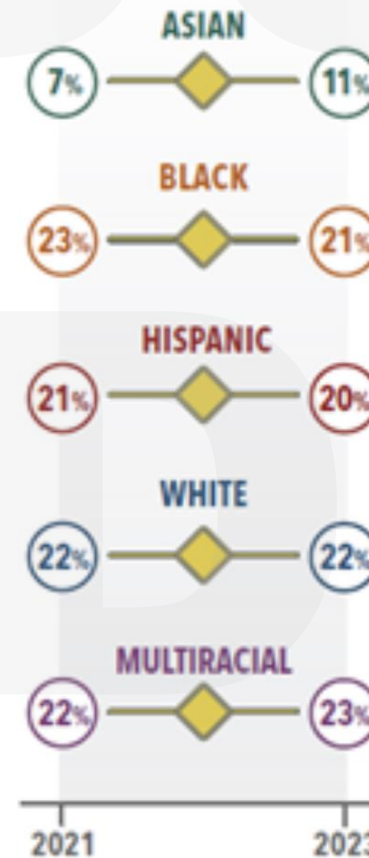
-Centers for Disease Control and Prevention Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023 U.S. Department of Health and Human Services; 2024. <https://www.cdc.gov/yrbs/dstr/index.html>
 -Adolescent Sexual and Reproductive Health in the United States. (September, 2019). The Guttmacher Institute.

CURRENTLY SEXUALLY ACTIVE HIGH SCHOOL STUDENTS, 2013-2023











10-Year Trend by Race & Ethnicity



2-Year Change by Race & Ethnicity



SUBSTANCE USE & SEX

The Percentage of High School Students Who:*	2013 Total	2015 Total	2017 Total	2019 Total	2021 Total	2023 Total	Trend (All Years Available)	2-Year Change (2021-2023)
Currently drank alcohol	35	33	30	29	23	22		
Currently used marijuana	23	22	20	22	16	17		
Ever used select illicit drugs	16	13	13	13	13	10		
Ever misused prescription opioids†	–	–	14	14	12	12		
Currently misused prescription opioids‡	–	–	–	7	6	4		

-Youth Risk Behavior Survey Data Summary & Trends Report: 2021-2023. Centers for Disease Control (CDC). <https://www.cdc.gov/yrbs/dstr/index.html>

-Substance Use and Sexual Risk Behaviors Among Youth (2010, March 29). Centers for Disease Control (CDC). https://www.cdc.gov/healthyyouth/factsheets/substance_use_fact_sheet-basic.htm

TEEN PREGNANCY

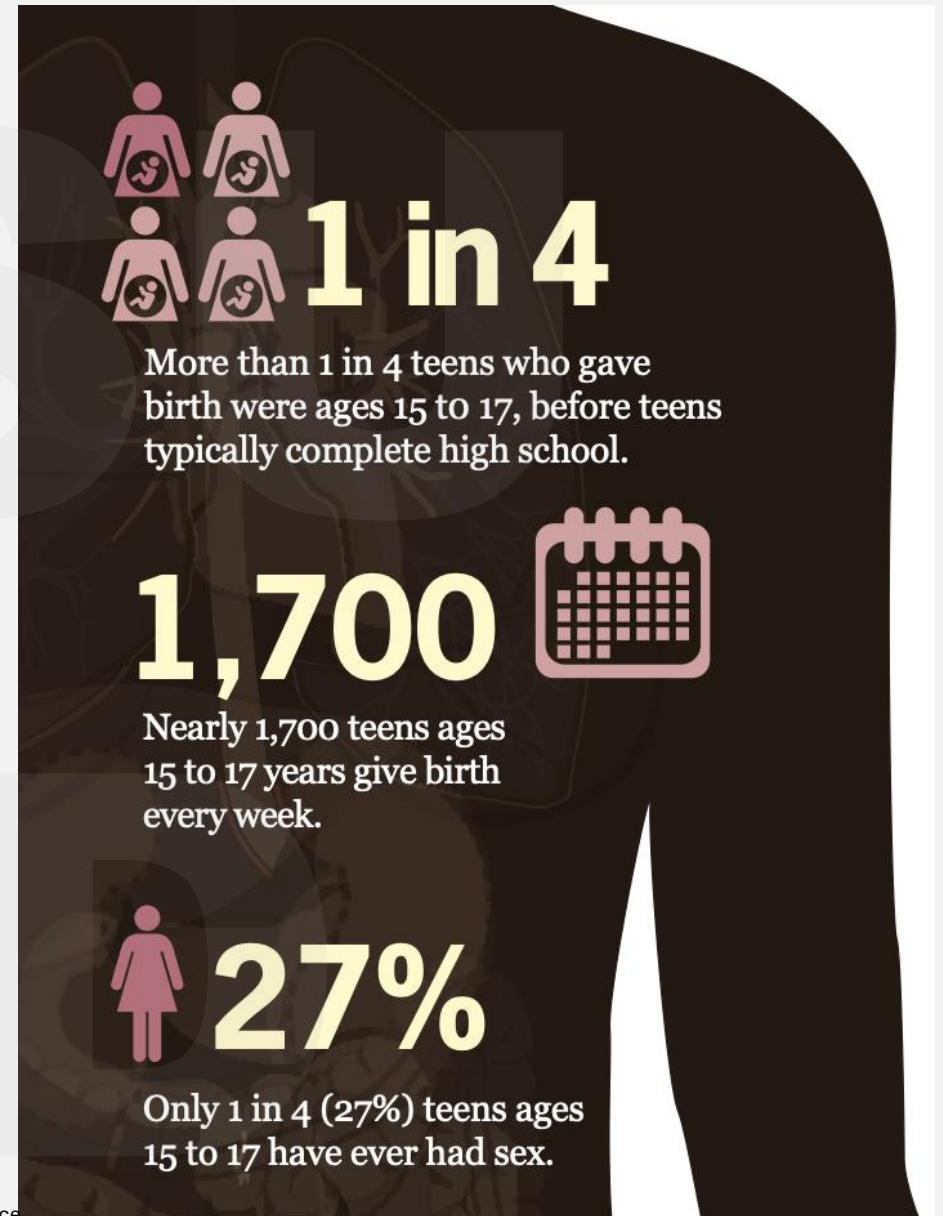
- US Teen birth rate declined 78% over past 30 years
- Record low in 2021 of 14 births per 1000 females (age 15-19)
- Birth rate for females ages 10–14 was unchanged in 2022 at 0.2 births per 1,000 females
- US teens more likely to become mothers than teens in countries of comparable economic status

-About Teen Pregnancy. (2024, May). Centers for Disease Control (CDC). <https://www.cdc.gov/reproductive-health/teen-pregnancy/index.html>

-Preventing Pregnancies in Younger Teens. (2019, December 19). Centers for Disease Control (CDC). Retrieved December 18, 2022 from <https://www.cdc.gov/vitalsigns/young-teen-pregnancy/index.html>

-Mark, N.D., Wu, L.L. (2022). More comprehensive sex education reduced teen births: Quasi-experimental evidence. Proceedings of the National Academy of Science 119(8). <https://doi.org/10.1073/pnas.2113144119>

Births: Final Data for 2022. -The National Vital Statistics Reports. Centers for Disease Control (CDC) <https://www.cdc.gov/nchs/data/nvsr/nvsr73/nvsr73-02.pdf>



CONTRACEPTIVE USE

- 48% of high school students did **NOT** use a condom last time they had sex
- 1/3 of students used effective hormonal birth control the last time they had sex with opposite-sex partner
- 1-3% used LARC, condoms & birth control pills most common
- About 8 in 10 teens did not receive sex ed before they first had sex

- More than 7 in 10 spoke to parents about sex
- More than half of sexually active younger teens had a reproductive health visit in the past year



-Youth Risk Behavior Survey Data Summary & Trends Report: 2021-2023. Centers for Disease Control (CDC). <https://www.cdc.gov/yrbbs/dstr/index.html>

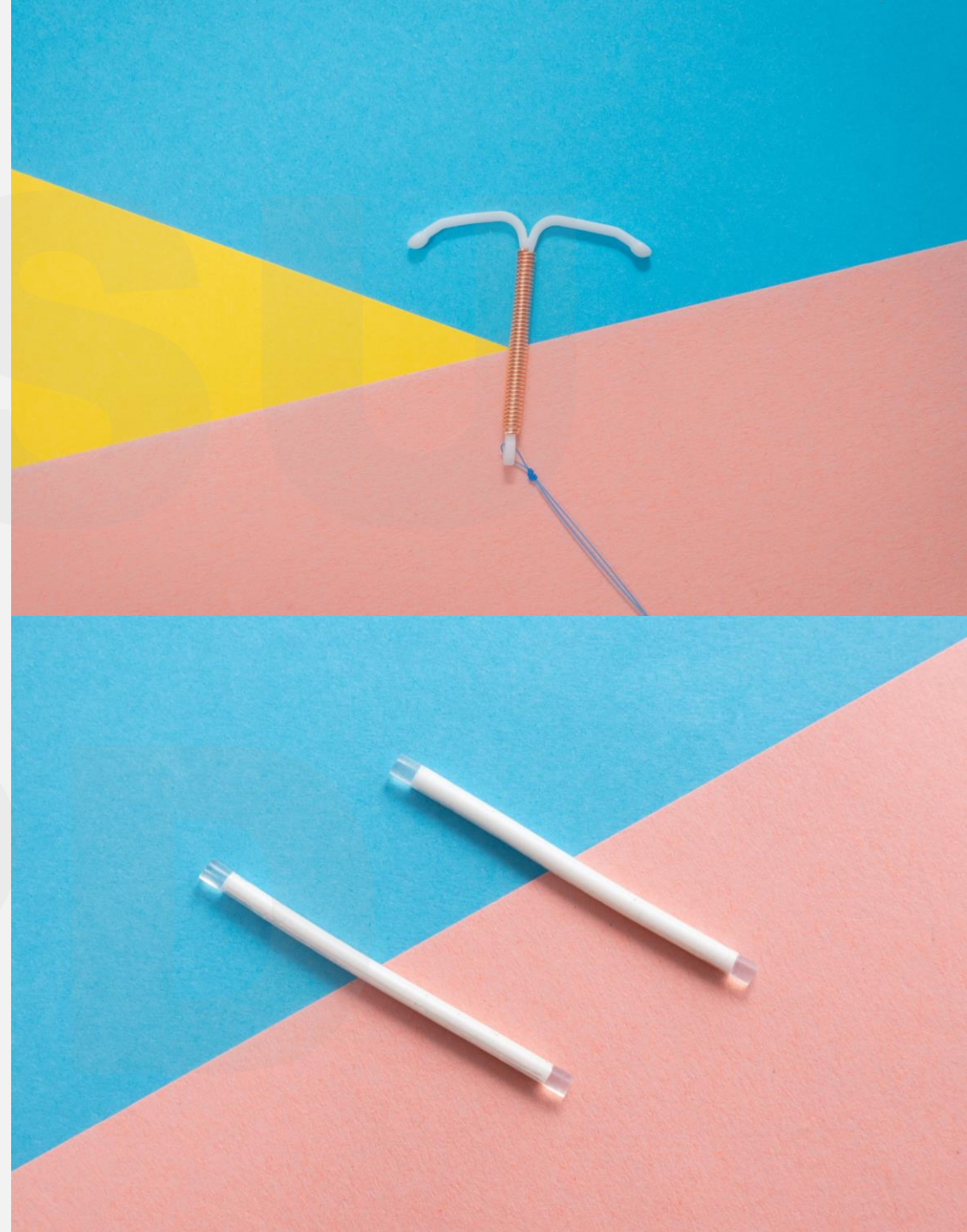
- Preventing Pregnancies in Younger Teens. (2019, December 19). Centers for Disease Control (CDC). Retrieved December 18, 2022 from <https://www.cdc.gov/vitalsigns/young-teen-pregnancy/index.html>

- Menon, S., Committee on Adolescence, Alderman, E., et al. (2020). Long-Acting Reversible Contraception: Specific Issues for Adolescents. *Pediatrics*, 146(2). <https://doi.org/10.1542/peds.2020-007252>

-Committee on Adolescence, Braverman, P., Adelman W., et al. (2014). Contraception for adolescents. *Pediatrics*, 134 (4), e1244–e1256. <https://doi.org/10.1542/peds.2014-2299>

LONG-ACTING REVERSIBLE CONTRACEPTION

- Safety, efficacy & long-term cost-benefit factors well established
- Most effective method of contraception
- Rates of use very low, at 2-3% of sexually active adolescents
- Barriers
- Misconceptions
- Counseling is effective



CONTRACEPTIVE COUNSELING

- *Contraception Counseling Model: A 5 step Client Centered Approach.* (2022, March 22). Cicatelli Associates Inc (CAI). <https://caiglobal.org/cap-contraceptive-counseling-model-a-5-step-model-client-centered-approach/>
 - Menon, S., Committee on Adolescence, Alderman, E., et al. (2020). Long-Acting Reversible Contraception: Specific Issues for Adolescents. *Pediatrics*, 146(2). <https://doi.org/10.1542/peds.2020-007252>

Patient Centered Contraceptive Counseling	
Review patient's general thoughts, fears & questions related to contraception	<ul style="list-style-type: none"> -What experience have you had with birth control? -What is important to you in a method? -What does your caregiver/partner/friend think about you using birth control?
Understand patient goals for contraception-when pregnancy is desired, whether reduction of menstrual bleeding or cramping is desired	<ul style="list-style-type: none"> -Do you want to have a baby in the next year? -How important is it to you to prevent a pregnancy?
Present all options with info on efficacy, mechanism of action, safety, administration & side effects	<ul style="list-style-type: none"> -If it's okay with you, I'd like to review the birth control methods that are available to make sure you have all the info you need to make a decision that's right for you
Review medical eligibility criteria & contraindications	
If ready to make a selection, encourage questions on safety, administration, side effects, efficacy	<ul style="list-style-type: none"> -What questions or concerns do you have? -How are you feeling about your decision? -Can you repeat back ot me how to use the method? -Let's develop a f/u plan in case you have side effects
Counsel on expected changes in bleeding	
Assess need for back-up contraception & provide STI prevention education	<ul style="list-style-type: none"> -Would you like EC or condoms before you leave today?

CONTRACEPTIVE FOLLOW-UP



SEXUALLY TRANSMITTED INFECTIONS

- Youth ages 15-24 account of nearly half of all cases of chlamydia, gonorrhea and syphilis (all stages)
- Highest reported rates of chlamydia and gonorrhea are amongst adolescent and young adult females
- 20% of new HIV diagnoses are in youth ages 13-24
- Not surprisingly, disparities exist in who is impacted by STIs



-Data and Statistics on Adolescent Sexual and Reproductive Health. Office of Population Affairs, Department of Health and Human Services. <https://opa.hhs.gov/adolescent-health/adolescent-sexual-and-reproductive-health/data-and-statistics-on-adolescent-sexual-and-reproductive-health>

-Shannon CL, Klausner JD. The growing epidemic of sexually transmitted infections in adolescents: a neglected population. *Curr Opin Pediatric*. 2018;30(1):137-143. [PubMed](#)
doi:10.1097/MOP.0000000000000578

HPV VACCINATION

- HPV most common STI in the United States (13-14 million cases)
- Estimated 90% of infections resolve without any intervention within 2 years
- Gardasil 9 protects against potentially cancer-causing variants (6, 11, 16, 18, 31, 33, 45, 52, 58) and 2 genital wart variants (6 & 11)
- Immunity response higher when given at younger age
- In 2023, only 61% of adolescents ages 13–17 were up to date on full HPV series

-Sexually Transmitted Infections National Strategic Plan for the United States 2021-2025. (2020). U.S. Department of Health & Human Services. <https://www.hhs.gov/sites/default/files/STI-National-Strategic-Plan-2021-2025.pdf>

-Data and Statistics on Adolescent Sexual and Reproductive Health. Office of Population Affairs, Department of Health and Human Services. <https://opa.hhs.gov/adolescent-health/adolescent-sexual-and-reproductive-health/data-and-statistics-on-adolescent-sexual-and-reproductive-health>

-Jenco, Melissa. HPV vaccination rate stalls again; 61% of adolescents up to date. AAP News. <https://publications.aap.org/aapnews/news/29873/HPV-vaccination-rate-stalls-again-61-of?autologincheck=redirected>

BOX 6

HPV AND HPV VACCINATION SUPPORT



- Up to 92% of cancers that are attributed to HPV can be prevented with the HPV
- HPV vaccination recommended for youth aged 11–12 and young adults through age 26 who are not up-to-date with vaccine recommendations

Epidemiological Facts



APPROXIMATELY 79 MILLION AMERICANS ARE CURRENTLY INFECTED WITH HPV

Young people aged 15–24 account for 49% of HPV infections



ONLY 54% OF FEMALES AND 49% OF MALES AGED 13–17 were up-to-date with a completed HPV vaccine series, as of 2018



PREVALENCE OF CANCER-ASSOCIATED HPV DECREASED 86% AND 71%, among females aged 14–19 and 20–24, respectively, in the decade following introduction of the vaccine

Populations Most In Need of Vaccination

- Adolescents and young adults
- HPV vaccination rates are lowest in the South.

Consequences

- Cervical cancer
- Anal cancer
- Vulvar cancer
- Penile cancer
- Vaginal cancer
- Genital warts
- Oropharyngeal cancer

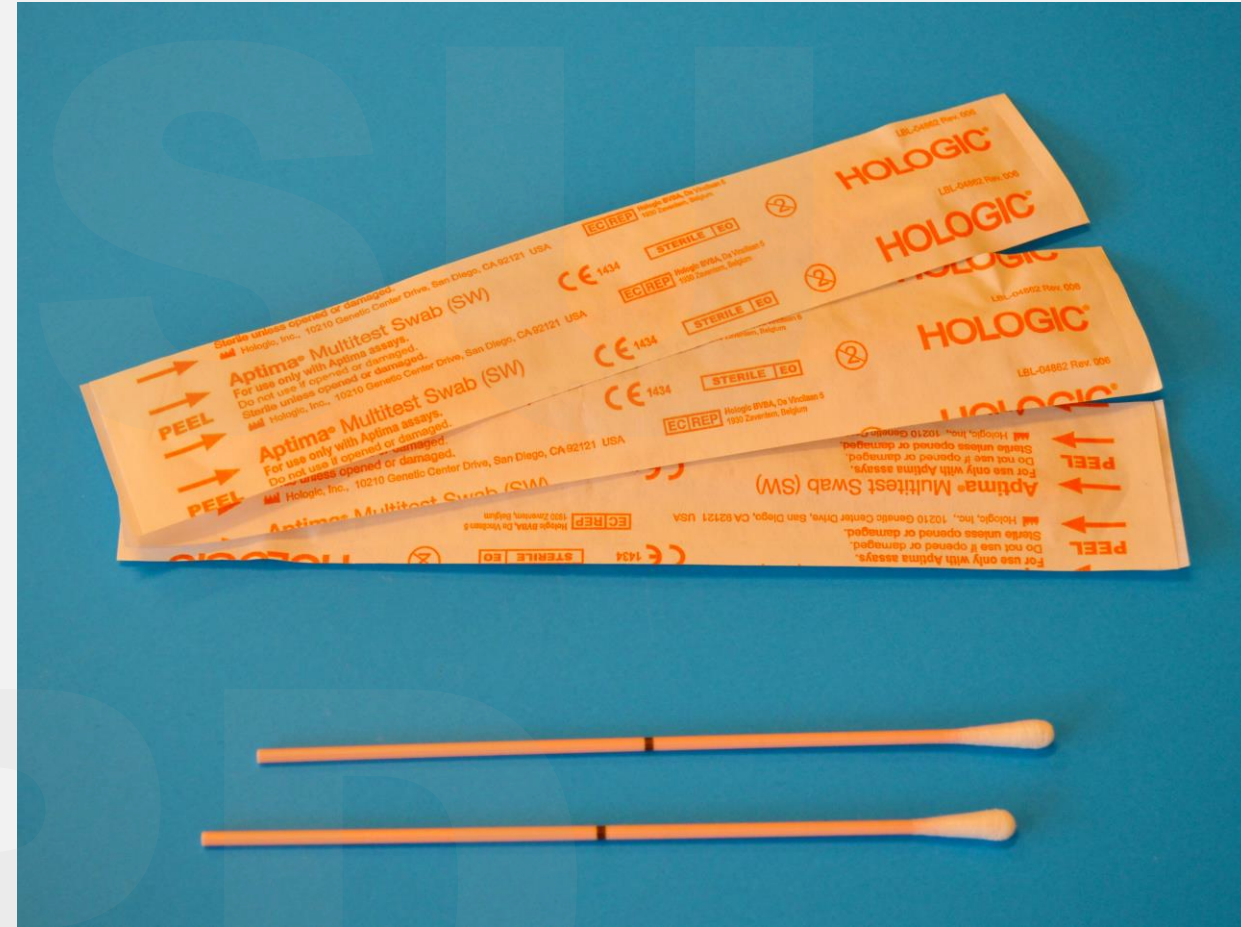
Current Challenges

- Lack of public awareness of HPV vaccine as cancer prevention
- Lack of provider awareness and training on HPV vaccination and vaccine communication strategies
- Missed opportunities to administer vaccine
- Lack of vaccine confidence among parents/caregivers/patients
- Financial barriers for patients and providers; confidentiality barriers

Sources: CDC^{1,78}, Workowski and Bolan³⁵, McClung et al.⁸⁰, Senkomago et al.⁶⁴

STI SCREENING RECOMMENDATIONS

- USPSTF
 - Gonorrhea/chlamydia screening annually for all sexually active females < 25
- HIV-All adolescents starting at age 15
- Syphilis-sexually active adolescents at increased risk
- Cervical cancer-Age 21
- Hepatitis B-Adolescents at increased risk



STI PREVENTION

- Condom use
- Reduction of number of sex partners, including concurrent partners
- Decrease substance use and sex
- Vaccination
- Social Media Campaigns
- Delay sexual onset



-Shannon, C.L., Klausner, J.D. (2018). The Growing Epidemic of Sexually Transmitted Infections in Adolescents: A Neglected Population. *Current Opinion in Pediatrics*, 30(1), 137-143. <https://doi.org/10.1097/MOP.0000000000000578>
-Sexually Transmitted Infections Treatment Guidelines, 2021, Adolescents. (2021, July 2021). Centers for Disease Control (CDC). Retrieved December 26, 2022 from <https://www.cdc.gov/std/treatment-guidelines/adolescents.htm>
-Rosengren A.L., Huang, E., Daniels, J., et al. (2016). Feasibility of using Grindr™ to distribute HIV self-test kits to men who have sex with men in Los Angeles, California. *Sexual health*, 13(4), 389–392. <https://doi.org/10.1071/SH15236>



STI SPECIAL RISK CONSIDERATIONS FOR ADOLESCENTS

-Shannon, C.L., Klausner, J.D. (2018). The Growing Epidemic of Sexually Transmitted Infections in Adolescents: A Neglected Population. *Current Opinion in Pediatrics*, 30(1), 137-143.
<https://doi.org/10.1097/MOP.0000000000000578>

-Keller, L. (2020). Reducing STI Cases: Young People Deserve Better Sexual Health Information and Services. *Guttmacher Policy Review*, 23. <https://www.guttmacher.org/gpr/2020/04/reducing-sti-cases-young-people-deserve-better-sexual-health-information-and-services>



SPECIAL POPULATIONS

SEXUAL HISTORY TAKING

- Committee on Adolescence, Braverman, P., Adelman W., et al. (2014). Contraception for adolescents. *Pediatrics*, 134 (4), e1244–e1256. <https://doi.org/10.1542/peds.2014-2299>

(CDC). <https://www.cdc.gov/std/treatment-guidelines/adolescents.htm>

--*Health Care Providers and Teen Pregnancy Prevention*. (2023, January 4). Centers for Disease Control (CDC). <https://www.cdc.gov/teenpregnancy/health-care-providers/index.htm>

- *Sexually Transmitted Infections Treatment Guidelines, 2021, Adolescents*. (2021, July 2021). Centers for Disease Control



STAGES OF DEVELOPMENT

Initial Questions

Do you have any questions or concerns about your looks or appearance?

Do you have any questions or concerns about your sexual development?

Do you have any questions, thoughts, or rules about masturbation?

SEXUAL ORIENTATION, SEXUAL ATTRACTION

Initial Questions

Some of my teen patients are exploring new relationships. Do you have a crush on anyone?
Are you dating or seeing anyone?*

Who are you attracted to?

Follow-Up Questions:

How long have you been dating this person?

Are you having sex with anyone else?

Is your partner having sex with anyone else?

Have you thought about having sex with them?

Who do you talk to about sex?*

Follow-Up Questions for Lesbian/Gay/Bisexual Teens:

Who have you told about your sexual orientation?

What are your family's reactions to your sexual orientation/identity?

SEXUAL ACTIVITY

Initial Questions:

Sexuality and relationships are things that many teens are dealing with; and different people are at different points in exploring these issues. Have these issues come up for you? How?

SEXUAL ACTIVITY CONTINUED

Follow-Up Questions:

What do you consider “having sex?”

When do you think it is OK to have sex?

Have you ever had sex? (intercourse/outercourse)?

If yes:

I’m going to ask you several questions about your experiences with sex, so that I can help you in making/keeping these experiences positive and healthy.

- How old were you the first time you had sex?
- Who do you have sex with?
- Do you want to be having sex right now?
- How often do you have sex?
- How many people have you had sex with in the last 3 months? In your life?
- For some people sex is generally a fun experience, for others it is not all that fun and may even hurt most of the time? What is usually your experience with sex?
- Has there ever been a time that you had sex but didn’t want to?
- Have you ever had sex when you were high on drugs or alcohol?

If no:

- When do you see yourself making the decision to have sex?

Who do you talk to about sex?

How do you feel about having sex? Is it a good thing or bad thing for you?

SAFER SEX PRACTICES- SEXUALLY TRANSMITTED INFECTIONS

Initial Questions:

Tell me some of what you know about STIs and HIV.

Follow-Up Questions:

Have you or your partner ever been tested for STIs/HIV? Had an STI?*

Does your partner have other sexual partners that you know of? Do you?

What questions do you have about STIs and HIV?

SAFER SEX PRACTICES- PREGNANCY PREVENTION

Initial Questions:

Are you doing anything to protect yourself against STIs/HIV and pregnancy? What are you doing?

Follow-Up Questions:

If the teen indicates that he/she has not been using protection, ask:

- Have you used some sort of protection in the past?
- What keeps you from using protection now?

If the teen indicates that he/she sometimes uses protection, ask:

- With whom and when do you use protection?
- What would help you to always use protection?

SEXUAL ASSAULT & RELATIONSHIP VIOLENCE

Introduction:

Teens usually form healthy relationships. Unfortunately, some teens are hurt by strangers, people they know or the people they date. I am going to ask you a couple questions to make sure that you are safe.

Initial Questions:

Have you ever been hurt in a sexual way or forced to have sex when you didn't want to?3*

Have you ever traded sex for money, drugs, a place to stay or other things that you need?

Do you feel safe in your relationships?

Follow-up Questions:

There are things people can do that may reduce their risk of sexual assault. Do you know how to reduce your risk of sexual assault?*

CLOSURE

At the end of the conversation, review what you learned and what you discussed.

For Example:

So, you've just told me that you're taking birth control pills to prevent pregnancy with your partner. And that you two have talked about using condoms if either of you have side partners. You're making really good decisions and I encourage you to continue this smart behavior.



GENERAL TIPS

General Tips

-Begin the sexual history AFTER you have established rapport with the adolescent.

-Think about taking the sexual history in the context of a HEADSSS assessment

-Remember! Restate the parameters of confidentiality before you take a sexual history.

-Use open ended questions that start with “what,” “how,” “when,” or “tell me”.

Be aware of judgmental questions

Frame some questions in the third person.

Use understandable language - avoid clinical terms.

Ask adolescents for clarification when they say things you don't understand.

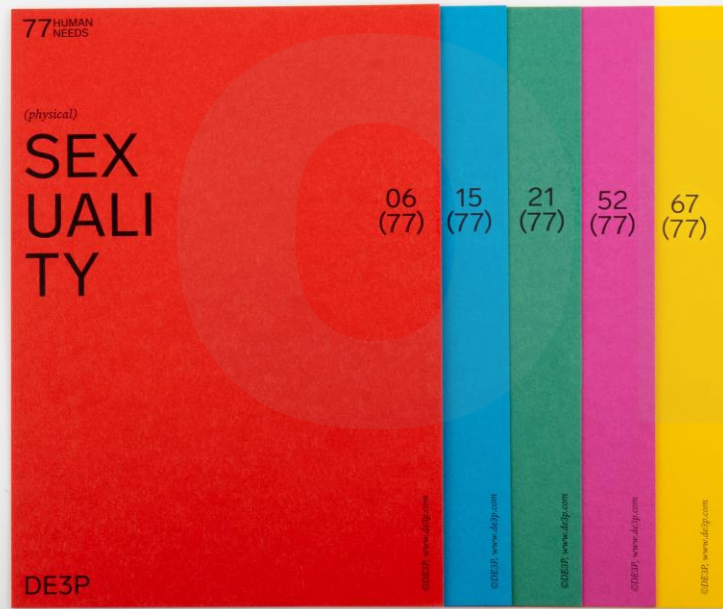
Use reflective listening.

Do not make any assumptions.

Always acknowledge positive behaviors and assets

Educate teens about their options so they are in a position to make informed choices.

Refer teens to other resources based on their individual needs.



SEXUAL EDUCATION

-Goldfarb, E.S., Lieberman, L.D. (2020). Three Decades of Research: The Case for Comprehensive Sex Education. *Journal of Adolescent Health*, 68 (1), 13-27. <https://doi.org/10.1016/j.jadohealth.2020.07.036>

- *Sex Smarts: Birth Control and Protection*. (2004, July). Kaiser Family Foundation. Retrieved December 19, 2022 from <https://www.kff.org/wp-content/uploads/2013/01/sex-smarts-birth-control-and-protection-brchure.pdf>

- *Teens and Sex: The Role of Popular TV*. (2001, July). Kaiser Family Foundation. Retrieved December 19, 2022 from <https://files.kff.org/attachment/Teens-Sex-The-Role-of-Popular-Television-Fact-Sheet-May-2000-Fact-Sheet.pdf>

-Lindberg, I.D., Kantor, L.M. (2021). Adolescents' Receipt of Sex Education in a Nationally Representative Sample, 2011-2019. *Journal of Adolescent Health*. <https://doi.org/10.1016/j.jadohealth.2021.08.027>



SEX POSITIVE PARENTING

ROOMING AN ADOLESCENT: HIGHLIGHTS FOR STAFF

- Hi – I'm ***. I'm a medical assistant working with *** today. My pronouns are ***.
- What do you like to be called? Do you want me to update that name/pronoun in the computer system?
- Do you need a note for school today? What do you need it to say?
- This is a talking visit. There is no exam unless you both decide that an exam would be helpful.
- Near the end of the visit, *** will ask your parent/companion to step out so you can discuss anything more private at that time.

AGE OF CONSENT

	Oregon
Medical & dental services	15 & older ORS 109.640
Mental health/drug/alcohol diagnosis/treatment inpatient & outpatient	14 & older (except methadone) ORS 109.675
Birth control services	Any age ORS 109.640
STI testing & treatment	Any age ORS 109.640
Abortion services	15 & older ORS 109.640 (exceptions for younger ages)
Prenatal care	Any age ORS 109.640

CONFIDENTIALITY

- Right to consent does not guarantee confidentiality
- “A hospital or a physician, physician assistant, nurse practitioner, naturopathic physician, dentist or optometrist described in ORS 109.640 may advise a parent or legal guardian of a minor of the care, diagnosis or treatment of the minor or the need for any treatment of the minor, without the consent of the minor, and is not liable for advising the parent or legal guardian without the consent of the minor.” ORS 109.650



- Chapter 109 — Parent and Child Rights and Relationships. (2023). Oregon Legislature. https://www.oregonlegislature.gov/bills_laws/ors/ors109.html
- Oregon Law on Consent for STI/HIV Testing and Treatment of Minors. Oregon Health Authority. <https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/HIVSTDVIRALHEPATITIS/SEXUALLYTRANSMITTEDDISEASE/Documents/STI%20Minors%20Fact%20Sheet%202019.pdf>
- Menon, S., Committee on Adolescence, Alderman, E., et al. (2020). Long-Acting Reversible Contraception: Specific Issues for Adolescents. *Pediatrics*, 146(2). <https://doi.org/10.1542/peds.2020-007252>

CONFIDENTIALITY PITFALLS

- Electronic Health Records (proxy access)
- Insurance Explanation of Benefits
- Prescription paperwork
- Appointment reminders
- After Visit Summaries

Thank you!

