

University of Central Arkansas

Unplanned Pregnancy Prevention Report, 2018 - 2019

Campus Resources and Services

1. The Student Health Clinic offered services, resources, and outreach activities throughout the year.
 - a. Healthcare professionals include a full time Physician, Nurse Practitioners, Registered Nurses, Licensed Practical Nurses, Radiology Technicians, and Certified Lab Technicians
 - b. A specialty Women's Health Clinic offered routine exams including PAP smears, breast exams, pelvic exams, and physicals.
 - c. Services such as birth control consultations and prescriptions, pregnancy tests, screening and treatment of sexually transmitted diseases and infections, referrals to local gynecologic clinics and abstinence education were offered.
 - d. Freshman orientation included a tour through the Student Health Clinic and an overview of the services offered.
 - e. Printed booklets and brochures on abstinence, birth control, and sexually transmitted diseases were available in waiting areas and exam rooms.
 - f. Collaborated with the Faulkner County Department of Health.

2. The Counseling Center offers individual, couples, and group counseling to assist students in learning to cope with and manage personal issues.

3. The Office of Student Wellness and Development increased awareness and provided resources to students throughout the year.
 - a. Utilized information and tools from The Campaign To Prevent Unplanned Pregnancy and the Arkansas Campaign website online (website and social media platforms).
 - b. Booklets and brochures on abstinence, birth control, and sexually transmitted diseases were available in hallways.
 - c. Advised student Wellness Ambassadors who serve as healthy role models and mentors.
 - d. Coordinated the Get Yourself Tested (GYT) national campaign in the Fall. This effort encourages students to get tested for sexually transmitted infections. The campaign is supported by the CDC and American College Health Association.

4. The Nontraditional Student Office and Lounge is available for students. The university recognizes that we have many nontraditional students who are already parents and offer resources for them as well.
 - a. Students have access to a lounge from 8:00am - 4:00pm.
 - b. Provides support and education about scholarships, community resources, campus resources, networking with other nontraditional students, and referrals to on and off campus resources, including government assistance programs.

5. Financial Aid provided information and services for understanding sources of aid and scholarships, directed students to emergency funding, and offered financial literacy information.
6. The Student Support and Resource Center is the central campus location for UCA students seeking assistance with unexpected financial difficulties. They help students connect to campus and community resources when a temporary financial setback threatens their academic success.

Academics

1. The following academic courses incorporated information about unplanned pregnancy, including abstinence, contraception, relationships, and biology into curriculum.
 - a. Contemporary Moral Problems
 - b. Philosophy of Sex and Love
 - c. Feminist Philosophy
 - d. Religion and Gender
 - e. Lifespan Development
 - f. Family Relations
 - g. Parenting Issues
 - h. Human Sexuality
 - i. Health Concerns for Women
 - j. Health Concerns for Men
 - k. Essentials of Health and Wellness
 - l. Women in Poverty
 - m. Personal Health
2. Students had opportunities to reach out to younger teens to serve as mentors and role models through involvement in one or more of the following programs.
 - a. Big Brothers Big Sisters of Central Arkansas
 - b. Boys and Girls Club
 - c. College of Liberal Arts Major Mentors Program
 - d. First Year Seminar Peer Mentor Program
 - e. Faulkner County Juvenile Justice Drug Court Tutoring
 - f. Honors Peer Coaches
 - g. Minority Mentorship Program
 - h. Office of Student Success Peer Coaches
 - i. Residential Colleges Peer Coaches
 - j. Wellness Ambassador Program
1. Students in FACS 4316 Women in Poverty completed several projects.
 - a. Prepared a slide show of community organizations that help low income mothers and families.
 - b. Watched a video called PayCheck to PayCheck about a single mother and her struggles with poverty.
 - c. Watched several TedTalks about women in poverty and overcoming poverty.

2. Students in HED 3305 Human Sexuality take part in numerous activities.
 - a. Viewed a lesson plan from advocates for youth.
<https://advocatesforyouth.org/wp-content/uploads/3rscurric/documents/7-Lesson-3-3Rs-ReproductionBasics.pdf>
 - b. Reviewed the different types of contraception. Samples were passed around for students to look at and ask questions about.
 - c. Took part in "15 steps to proper condom usage" game in which the class had to work together to place steps in the correct order.
 - d. Went over the website bedsider.org and had several class discussions about STI testing, different types of testing, communication, and consent.

3. Members of the Unplanned Pregnancy Prevention Working Group, which was established in Fall 2017, developed an assessment survey to administer to students in the Fall of 2019.

Unplanned Pregnancy Prevention Activities

July and August

During **Freshman Orientation** students receive a tour of the Student Health Clinic and a brochure. Staff give them a comprehensive overview of the services offered including the Women's Health Center and family planning.

October

The **Get Yourself Tested (GYT) Campaign** was a month long campaign promoting sexual responsibility, increased communication, and free STD screenings in the Student Health Clinic.

- During the month of October, if a student received a screening he/she could enter to win a prize. At the end of the month, there were 70 entries.
- Students receive information about pregnancy prevention and birth control options during these appointments. A student may be referred to the Women's Health Clinic for additional services and exams.
- An awareness table with G, Y, and T balloons was set up in the Student Health Clinic with GYT buttons and educational pamphlets that students could pick up.
- Sexual Responsibility bags were handed out to students at a program in the Student Center on the 18th. The bags contained STD/STI and unplanned pregnancy information, a Student Health Center brochure, condoms, and a GYT button.

February

The **Sexual Health Fair** was a first time event and planned by UCA Wellness Ambassadors, a group of students who volunteer to promote health and well-being through developing wellness activities on campus.

- Seven booths focused on topics that are potentially life-altering for today's college students, such as consent, STDs and STIs, screenings, contraception, HIV, hepatitis, as well as, safe sex practices, including abstinence.

March

Safe Spring Break Week is an annual week of programming held prior to students leaving for spring break.

- The largest event was a Safety Fair with booths set up by student organizations and UCA departments covering spring break related wellness and safety topics. One of the awareness tables focused on alcohol safety and its connection to unplanned sexual activity. Students were given a postcard at the beginning and each table stamped their card after they participated. At the end, they were given a Safe Spring Break t-shirt.
- Approximately 60 safety kits were handed out. Kits included condoms in small envelopes with STI and consent safety messages, lip balm, sunscreen, first-aid kits, and Blood Alcohol Concentration (BAC) cards.

April

The **UCA Wellness Fair** is an annual large-scale community event hosted by Student Wellness and Development.

- Over 30 vendors gathered in the Student Center to provide the UCA community with health and wellness information, screenings, and giveaways.
- Several booths such as Conway Women's Health Center, UCA Health Clinic, and UCA Counseling Center covered pregnancy prevention, provided condoms, and had discussions with students about campus and community resources.

Get Yourself Tested (GYT) Campaign

- Awareness tables were set up multiple times with STD/STI and unplanned pregnancy information and campaign materials.
- Fliers and digital images were posted around campus and on social media throughout the month.
- The Clinic saw the highest number of STD screenings during the months that the GYT campaign was held. (October - 56, April - 110)

A **Sexual Health Education program** was held on the Student Center Lawn.

- The Arkansas Ovarian Cancer Coalition, Allies in Stem, the UCA Counseling Center, and student groups participated in the event.

Report compiled by: Jenna Davidson, Assistant Dean and Director for Student Wellness and Development on June 28, 2019.