

Offices of the Dean of Student Life-Health Promotions
Sex in the Dark Workshop
2020-2021

Purpose of Assessment

The Sex in the Dark workshop, conducted by Health Promotion (HP), is designed to increase the knowledge of students regarding their sexual health. Learning outcomes developed for Sex in the Dark workshop include:

- Participants will report increased knowledge of healthy sexual behaviors.
- Participants will be able to recite the proper steps to apply a condom.

This year an electronic survey was developed intending to measure participants' learning, as well as gauge participants' overall impression of the program and perceptions of the facilitators of the program. All programs offered in 2020-2021 were virtual. This is the fourth year that Student Life Studies has worked with Health Promotion to assess the Sex in the Dark workshops.

Method and Sample

This survey was developed using Qualtrics®, a software program for creating web-based surveys. The survey consisted of 12 questions: six quantitative, four qualitative questions, and two demographics questions. The data were analyzed using SPSS®, a statistical software package and Microsoft Excel. A Quick Response (QR) Code and open link to the survey was provided to attendees near the end of the program through Zoom. It is unknown how many were provided the link or QR code, so a response rate for the survey cannot be ascertained. Due, in part, to the COVID-19 pandemic, 24 attendees responded which is significantly fewer than the 180 paper surveys returned to Student Life Studies for analysis in 2019.

Key Findings with Recommendations

Student Life Studies identified several key findings and developed actionable recommendations the department may take based on the results. However, HP staff may identify other findings using their knowledge and understanding of the program and community. Staff members are strongly encouraged to read all the results and qualitative comments to gain a fuller understanding of students' experiences.

- The Sex in the Dark workshops were successful as many students indicated learning more about healthy sexual behaviors and found the condom application demonstration valuable. To better evaluate the learning outcomes for the program next year, organizers should consider using questions that directly measure the learning outcomes such as listing the steps to put on a condom.
- Overall, participants found the facilitators professional, knowledgeable and engaging. Facilitators may want to allow participant to submit questions anonymously and add polls during the presentations to further engage their audience during the presentations.
- Demographic data provided by participants indicated that female attendance in the program was higher than male. The male population decreased slightly compared to last year. Health Promotions and Sex in the Dark workshop organizers may want to evaluate marketing techniques for future programs to attract more male participants to the program, perhaps targeting other classes and students beyond those in the health program.

Results

Results include frequency percentages, means, and standard deviations (sd) for the number of people (n) who responded to the question. For ease of reading, frequency percentages have been rounded to the nearest whole

percent, so totals may not add up to exactly 100%. In addition, summary themes are contained within this report, while the full qualitative responses can be found in a separate document.

Two out of four questions remained the same as the 2019-2020 survey, however the response measures changed from a three-point scale to a four-point or five-point scale, so comparisons are not presented. Table 1 shows that when the participants were asked if they are currently practicing healthy behaviors regarding their sexual health, 87% answered frequently or almost always.

Statement	Almost Always [5]	Frequently [4]	Sometimes [3]	Occasionally [2]	Hardly ever [1]	2020-2021 Mean (sd) [n]
I am currently practicing healthy behaviors regarding my sexual health.	61%	26%	9%	--	4%	4.39 (.99) [23]

Table 1: Practicing Healthy Behaviors

The students were asked a series of questions to evaluate how they felt about the program. Table 2 show that almost all the students (100%) found the facilitators engaging and effective at answering questions.

Statement	Strongly agree [4]	Agree [3]	Disagree [2]	Strongly disagree [1]	2020-2021 Mean (sd) [n]
The facilitator effectively answered questions about the topic presented.	87%	13%	-	-	3.87 (.34) [23]
I learned something new from this program.	83%	17%	-	-	3.83 (.38) [24]
The facilitator(s) made the content engaging within the learning environment.	78%	22%	-	-	3.78 (.42) [23]

Table 2: Outcome Statements

Participants were then asked about their overall impression of the presentation, and all 24 respondents indicated it was worth their time. When asked if they would recommend this program to another group or organization, 74% of participants replied yes and 26% replied maybe. None selected the no response option.

Respondents were asked to share the most valuable piece of information they learned during the presentation. Of the 20 respondents, many noted that most of the information was valuable to them. Others answered the (applying a) condom demonstration, information about different types of contraceptives, and the resources available on campus were most valuable.

The respondents were also asked about what they learned from the demonstration of the steps of putting on a condom. Seventeen students answered and shared that they learned how to properly put on and dispose of a condom, check the expiration date, and how to check that it was applied correctly.

Next, participants were asked to share any feedback regarding the facilitation or content of the presentation. Twelve (12) students responded. Most of the responses were positive and had no suggestions. A few suggested implementing a quiz or survey to break up the monotony of the workshop and allowing students to submit questions anonymously through their phone.

The participants were asked to provide the name of a group or organization that could be interested in this presentation. There were no responses for this question.

Table 3 provides the demographics for students who participated in the Sex in the Dark workshops. Classification and gender were asked in a multiple-choice format.

Demographic Statements	Frequency Percentages 2020-2021	Frequency Percentage 2019-2020	Frequency Percentage 2018-2019	Frequency Percentage 2017-2018
Classification	n=23	n=177	n=585	n=385
Junior	30%	29%	26%	30%
Sophomore	26%	37%	30%	25%
Senior	22%	16%	13%	6%
Freshman	17%	17%	31%	39%
Graduate Student	4%	<1%	1%	<1%
Gender	n=17	n=179	n=592	n=375
Female	82%	71%	68%	78%
Male	18%	27%	30%	22%
Transgender	--	<1%	<1%	*
Prefer not to answer	--	<1%	1%	*
I identify as:	--	<1%	*	*

Table 3: Demographics

*Not asked in that year

Department or Organization Background

According to the Health Promotion website (<http://studentlife.tamu.edu/hp>), Sex in the Dark is a program hosted by the student organization The Sex Project. The Sex Project “strives to empower individuals to make informed decisions regarding sexual and reproductive health by providing awareness, education, and advocacy to the Texas A&M University student body and surrounding communities.” Sex in the Dark is a Q&A-style program that can be requested year-round by any student group.

Project Details

The Department of Student Life Studies provides quality assessment services, resources and assessment training for departments in the Texas A&M University Division of Student Affairs and student organizations. Services by Student Life Studies are funded, in part, by the Texas A&M University Advancement Fee. Results of this project and

other assessment projects done through Student Life Studies can be found at <https://studentlifestudies.tamu.edu/results/>. Additionally, anyone can follow Student Life Studies on Facebook.

To work with Student Life Studies for future assessment projects, please fill out the Assessment Questionnaire at <https://slsform.dsaapps.tamu.edu/>.

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