

Offices of the Dean of Student Life-Health Promotions
Sex in the Dark Workshop
2018-2019

Purpose of Assessment

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

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

This year a 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. This is the second year that Student Life Studies has worked with Health Promotion to assess the Sex in the Dark workshops.

Method and Sample

A survey was produced using Teleform®, a survey design software that creates scannable forms and databases. Of the 13 questions on the survey, seven were quantitative, four were qualitative, and two were demographic. The quantitative data was analyzed using SPSS®, a statistical software package, and the qualitative data was analyzed using Microsoft Excel®. Surveys were distributed after the training classes were completed; surveys from 27 classes were returned to Student Life Studies for analysis. Last year, 388 surveys were returned to SLS representing 10 classes. Of the 622 surveys distributed during the Sex in the Dark 2018-2019 workshops, 592 participants completed the survey, resulting in a 96% response rate, slightly lower than last year's 100% response rate.

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 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 workshop were successful as many students indicated learning more about healthy sexual behaviors and found the applying a condom demonstration valuable. They also indicated gaining the confidence to have open conversations about sexual health. In order to better evaluate the learning outcomes for the program next year, organizers should consider questions, which are a direct measure of the learning outcomes, such as listing the steps to put on a condom.
- Overall, participants found the training facilitators professional, knowledgeable and engaging. Per the recommendations from the participants, more time for question and answer sessions and avoiding repetitive information would improve the overall presentations. Managing facilitators in ways to gear responses in a way that new information is always presented to participants, and perhaps facilitator training would also help presenters to even further engage the participants in the workshop.
- Demographic data provided by participants indicated that female participation in the program was much higher than male participation. However, the male population did rise significantly compared to last year. Health Promotions and Sex in the Dark organizers may want to evaluate marketing techniques for future programs to attract more male participants to the program. Perhaps targeting other classes other than 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.

The students were asked a series of questions to evaluate how they felt about the program. Table 1 shows that students were very positive about all aspects of the program. They found the presenters to be very professional and knowledgeable about the information, and were least positive about learning something new from the program, similar to last year's responses.

Statement	Yes [n]	No [n]	Not Sure [n]
The presenters were professional	99% [589]	<1% [3]	<1% [3]
The presenters were knowledgeable about this information	99% [588]	- [-]	1% [7]
The presenters were engaging	97% [575]	1% [9]	1% [8]
I am currently practicing healthy behaviors regarding my sexual health	94% [555]	3% [20]	3% [16]
I learned something new from this program	90% [534]	8% [46]	3% [15]

Table 1: Outcome Statements

Participants were then asked about their overall impression of the presentation. Of the 586 respondents, 80% indicated it was worth their time, 18% found it just so-so, 1% thought it was a waste of time, and 1% had no opinion. Participants were also asked if they would recommend this program to another group or organization. Five-hundred fifty-four (554) responded, 75% replying yes, 20% replying maybe, and 5% replying no. Contact information for groups or organizations attendees that would recommend this workshop can be found separately in the attached document.

Respondents were asked to share the most valuable piece of information learned during the presentation. Of the 538 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 importance of communication of safe sexual practices. Some mentioned proper hygiene, STD prevention, and the resources available on campus.

Next, participants were asked how the presentation could be improved. Four-hundred seventy-seven (477) students responded, and many respondents suggested allotting more time for questions and shortening the answers to allow for more questions. Other popular suggestions were to avoid repetitive information, to make the room not as dark, and maybe use a colored flashlight. Respondents also mentioned to have the audience participate more in the presentation, use proper terminology, and have more information on same sex relations to ensure they are informed of safe sexual practices. One student suggested a sexual health hotline/app may be beneficial to answer questions that were not answered in the workshop.

Participants were then asked how they heard about the program. Five-hundred twenty-seven (527) people responded with a wide variety of answers. Most commonly mentioned were a human sexuality and healthy life styles classes, through Dr. Rahn or Dr. Fehr, from an RA, from an email, from MSC CAMAC, and from advertising at residence halls. Many respondents also noted that they received notification from the Howdy Week events on the Texas A&M App and on Howdy Week pamphlets. A comprehensive list of responses can be found on a separate sheet.

Table 2 provides the demographics for students who participated in the Sex in the Dark workshops. Classification was asked in a multiple choice format while respondents were able to write in their gender.

Demographic Statements	Frequency Percentage 2018-2019	Frequency Percentage 2017-2018
Classification	n=585	n=385
Freshman	31%	39%
Sophomore	30%	25%
Junior	26%	30%
Senior	13%	6%
Graduate Student	1%	<1%
Gender	n=592	n=375
Female	68%	78%
Male	30%	22%
Transgender	<1%	*
Prefer not to answer	1%	*

Table 2: Demographics
*not asked in previous year

Participants were also give the option to respond to how they identify their gender. The majority of the eleven respondents (<1%) said they identified as bisexual, female, male, straight, or non-binary. Other responses can be found in a separate data sheet.

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, division staff 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/>.

Report prepared for: Lauren Dorsett, Health Promotion, Offices of the Dean of Student Life
Report Prepared by: Andrea Mendoza, Student Life Studies
Report Prepared on: June 18, 2019
Analysis Prepared by: Shaun Ko, Student Life Studies
Surveys Created by: Barbara Schumacher, Student Life Studies