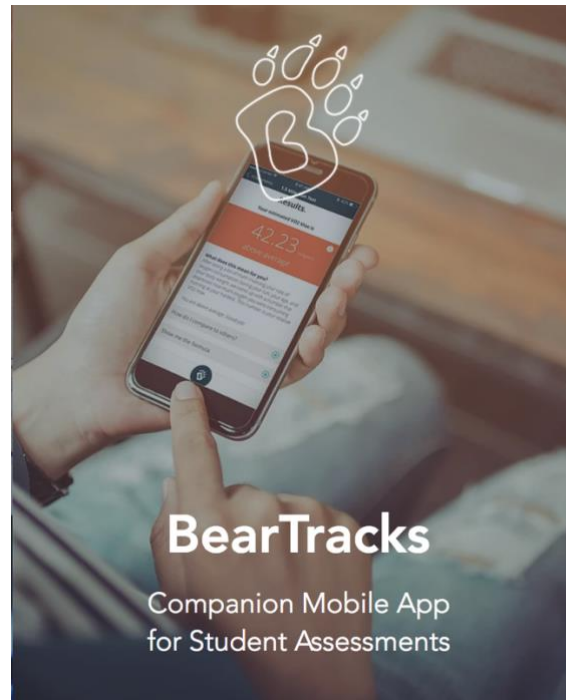


BearTracks Sample Manuscript  
Well-being Assessment: Sexual Health  
Instructional Designer and Author: Chris Johnson



The **BearTracks™ Mobile App** is designed to let students submit self-assessments and labs using their iOS or Android mobile devices.

**Physical Well-being:** Physical well-being is maximizing the health and abilities of your physical body by getting regular physical activity, eating a healthy diet, and practicing a lifestyle that reduced risk of disease and physical dangers.

Table C-8: Sexual Health<sup>1</sup>

#	Question	Response Choice	Response
	<p>Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse or anal intercourse?</p>	<p>0 [end</p>	<p><b>You reported that you did not have oral sex, vaginal intercourse, or anal intercourse within the last 12 months.</b></p> <p>Abstinence from sex is the best way to prevent pregnancy and reduce your risk to sexually transmitted diseases.</p> <p>If you do choose to have sex, it is important that you know your partner’s sexual health, including sexually transmitted infections and number of sexual partners. It is also your responsibility to inform your partner about your sexual health.</p> <p>If an when you choose to have sex, but you do not want you or your partner to become pregnant, you should use an effective method of contraception. There is not a best method that works for everyone. Before choosing a method of contraception, you should consult with a health professional. Things you and your partner should consider are:</p> <ul style="list-style-type: none"> <li>• your health status</li> <li>• the frequency you have sex</li> <li>• your desire to have children in the future</li> <li>• possible side effects of contraception methods</li> <li>• your comfort level with a method of contraception</li> </ul>

<sup>1</sup> American College Health Association (2014) American College Health Association-National College Health Assessment (ACHA-NCHA-II), Institutional Data Report - Spring 2014.

#	Question	Response Choice	Response
			Before sexual activity, you should always have an honest conversation with your partner about effective ways to have a safe and enjoyable sex.

#	Question	Response Choice	Response
SH1	Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse or anal intercourse?	1	[go to SH2]
SH1	Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse or anal intercourse?	2	[go to SH2]
SH1	Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse or anal intercourse?	3	[go to SH2]
SH1	Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse or anal intercourse?	4	[go to SH2]
SH1	Within the last 12 months, with how many partners have you had oral sex, vaginal intercourse or anal intercourse?	5 or more	[go to SH2]
SH2a	Did you or your partner(s) use a method of contraception to prevent sexually transmitted disease or unwanted pregnancy the last time you had oral sex, vaginal intercourse or anal intercourse?	SH1 = 1 Yes [give feedback and end]	<p><b>You reported that you and your partner used contraception to prevent sexually transmitted disease (STI) or prevent pregnancy. Good.</b></p> <p>Before you have sex, it is important that you know your partner’s sexual health, including STIs and sexual activity with other people in the past and present. It is also your responsibility to inform your partner about your sexual health.</p> <p>To reduce risk to STIs and avoid an unwanted pregnancy, you should use an effective method of contraception. <i>There is not a best method that works for everyone.</i> Before choosing a Contraception method, consult with a certified health professional. You and your partner should consider:</p> <ul style="list-style-type: none"> <li>• your health status</li> <li>• the frequency you have sex</li> </ul>

#	Question	Response Choice	Response
			<ul style="list-style-type: none"> <li>• your desire to have children in the future</li> <li>• possible side effects of contraception methods</li> <li>• your comfort level with a method of contraception</li> </ul> <p>Before sexual activity, you should always have an honest conversation with your partner about effective ways to have a safe and enjoyable sex.</p>
SH2b	Did you or your partner(s) use a method of contraception to prevent sexually transmitted disease or unwanted pregnancy the last time you had oral sex, vaginal intercourse or anal intercourse?	SH1 = 2 No [give feedback and end]	<p><b>Your health is at risk. You reported that you had sex with 2 people in the last 12 months, and you did not use contraception. You've put your health, and the health of your sexual partners, at significant risk for sexually transmitted disease (STI) and unwanted pregnancy.</b></p> <p>Using contraception during oral, vaginal, or anal sex significantly lowers your risk to sexually transmitted infection (STI) and unwanted pregnancy.</p> <p><i>There is not a best method that works for everyone. Before choosing a method, consult with a certified health professional. You and your partner should consider:</i></p> <ul style="list-style-type: none"> <li>• your health status</li> <li>• the frequency you have sex</li> <li>• your desire to have children in the future</li> <li>• possible side effects of contraception methods</li> <li>• your comfort level with a method of contraception</li> </ul> <p>Before sexual activity, you should always have an honest conversation with your partner about effective ways to have a safe and enjoyable sex.</p>

#	Question	Response Choice	Response
SH2c	Did you or your partner(s) use a method of contraception to prevent sexually transmitted disease or unwanted pregnancy the last time you had oral sex, vaginal intercourse or anal intercourse?	SH1 = 3 No [give feedback and end]	<p><b>Your health is at risk. You said you have had sex with multiple partners in the last 12 months and did not use contraception. You've put your health, and the health of your sexual partners, at <i>significant risk</i> for sexually transmitted disease (STI) and unwanted pregnancy.</b></p> <p>Using contraception during oral, vaginal, or anal sex significantly lowers those risks.</p> <p><i>There is not a best contraception method that works for everyone.</i> Before choosing a method, consult with a certified health professional. You and your partner should consider:</p> <ul style="list-style-type: none"> <li>• your health status</li> <li>• the frequency you have sex</li> <li>• your desire to have children in the future</li> <li>• possible side effects of contraception methods</li> <li>• your comfort level with a method of contraception</li> </ul> <p>Before sexual activity, you should always have an honest conversation with your partner about effective ways to have a safe and enjoyable sex.</p>

#	Question	Response Choice	Response
SH2c	Did you or your partner(s) use a method of contraception to prevent sexually transmitted disease or unwanted pregnancy the last time you had oral sex, vaginal intercourse or anal intercourse?	SH1 = 4 No [give feedback and end]	<p><b>You said you have had sex with multiple partners in the last 12 months and did not use contraception. You've put your health, and the health of your sexual partners, at <i>high risk</i> for sexually transmitted disease (STI) and unwanted pregnancy.</b></p> <p>Using contraception during oral, vaginal, or anal sex significantly lowers those risks.</p> <p><i>There is not a best contraception method that works for everyone.</i> Before choosing a method, consult with a certified health professional. You and your partner should consider:</p>

#	Question	Response Choice	Response
			<ul style="list-style-type: none"> <li>• your health status</li> <li>• the frequency you have sex</li> <li>• your desire to have children in the future</li> <li>• possible side effects of contraception methods</li> <li>• your comfort level with a method of contraception</li> </ul> <p>Before sexual activity, you should always have an honest conversation with your partner about effective ways to have a safe and enjoyable sex.</p>
SH2d	Did you or your partner(s) use a method of contraception to prevent sexually transmitted disease or unwanted pregnancy the last time you had oral sex, vaginal intercourse or anal intercourse?	SH1 = 5 or more No [give feedback and end]	<p><b>You said you have had sex with multiple partners in the last 12 months and did not use contraception. You've put your health, and the health of your sexual partners, at <i>very high risk</i> for sexually transmitted disease (STI) and unwanted pregnancy.</b></p> <p>Using contraception during oral, vaginal, or anal sex significantly lowers those risks.</p> <p><i>There is not a best contraception method that works for everyone.</i> Before choosing a method, consult with a certified health professional. You and your partner should consider:</p> <ul style="list-style-type: none"> <li>• your health status</li> <li>• the frequency you have sex</li> <li>• your desire to have children in the future</li> <li>• possible side effects of contraception methods</li> <li>• your comfort level with a method of contraception</li> </ul> <p>Before sexual activity, you should always have an honest conversation with your partner about effective ways to have a safe and enjoyable sex.</p>