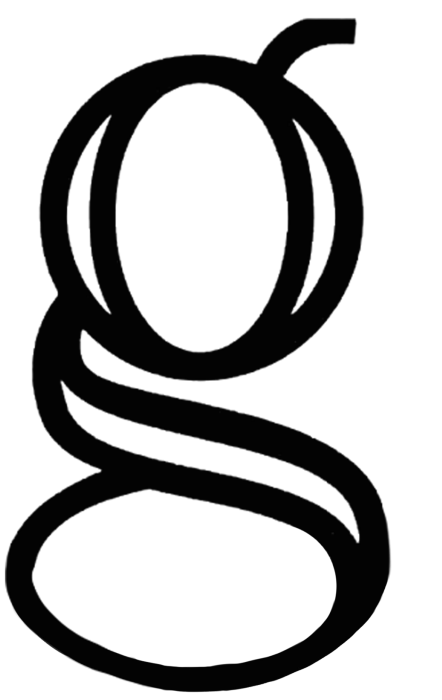




# Knowledge, Attitudes, and Practices Towards Teaching of Menstruation and Sexual Health among Parents of Middle School Students

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## Background

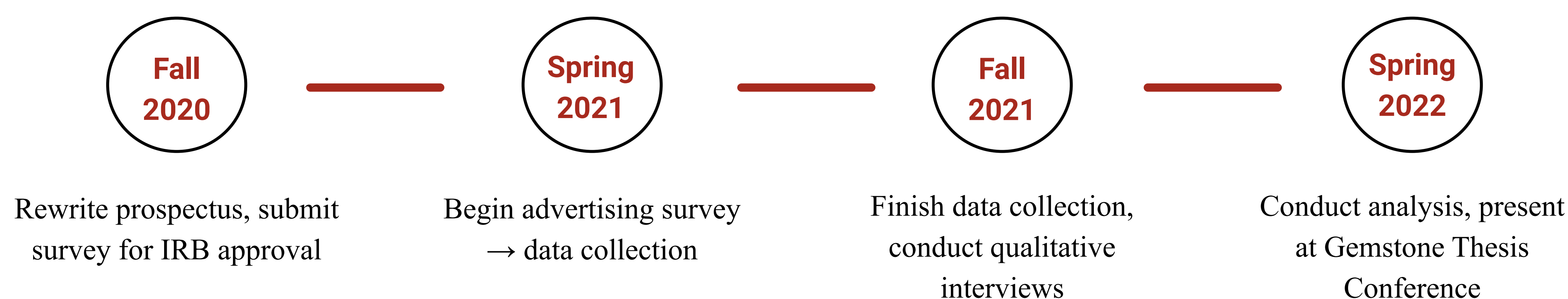
- Menarche, the onset of menstruation, marks a critical time period for adolescents → accurate knowledge is crucial
- Family members and the education system are two formative influences on how adolescents view puberty.
  - There is limited information on transmission of sexual and menstrual health knowledge and practices among families in the U.S.
- Schools are doing an inadequate job of teaching sex ed, particularly in low income communities and communities of color, so this duty falls on the parents
- Parents' knowledge and self-efficacy in talking to their children about these topics can lead to a cycle of misinformation and gaps in knowledge



## Research Questions

1. What are parents' **knowledge** and **attitudes** towards sexual and reproductive health, including menstruation?
2. What are some of the **sources of influence** on their knowledge and attitudes?
  - a. Racial-ethnic identity, gender identity, socioeconomic status, etc.
3. What is the **practice of transmitting this knowledge** within families?
  - a. Do people who menstruate learn different information than those who do not?

## Timeline



## Methodology

- Gather contact information to connect with parents from six different regions throughout the US
- Distribution of initial quantitative survey through Qualtrics to parents of middle-school aged children in the US
- Hold qualitative interviews of select participants to gain a better understanding of their knowledge and attitudes
- All participants will be compensated via raffle

## Data Analysis Plan

- Survey response scales: 5-point Likert Scale and Dichotomous Scale
- Interview response analysis: NVivo
- Statistical analysis in R:
  1. Separate responses → Knowledge, Practices, Confidence, Attitude
  2. Data visualization → Frequency barplot and Likert Package plot
  3. Question reliability → Determine Omega coefficient
  4. Model generated predictions → Regression analysis

## Future Research & Impacts

- **Develop ideas for programmatic initiatives for parents**
  - Especially parents in racially and socioeconomically diverse areas
- Bring awareness to the importance of sexual and reproductive health, especially menstruation, which are stigmatized topics that tend to cause discomfort
- Use of inclusive language (**PWM for “people who menstruate”**) to acknowledge all gender identities, which is not a common practice in sexual and reproductive health research