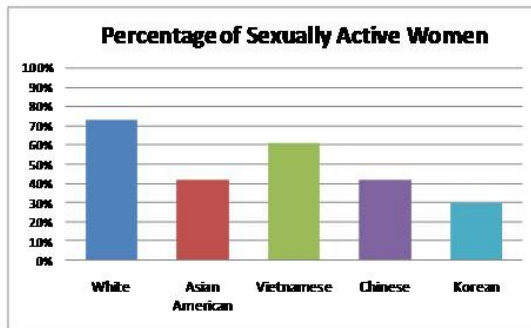


# sexual health education and empowerment fact sheet

*Talking about sex is hard for everyone but let's speak up!*

## Are Asian Americans having sex?

- While overall, Asian Americans are less sexually active than White Americans, there are significant subgroup differences. Among the three Asian American subgroups, Vietnamese women are the most sexually active.



- Asian Americans have similar risky behaviors to White Americans. There are no ethnic differences in the use of protection against sexually transmitted infections (STIs) and pregnancy.
  - 27% of women rarely or never use protection against STIs
  - 7% of women rarely or never use protection to prevent pregnancy

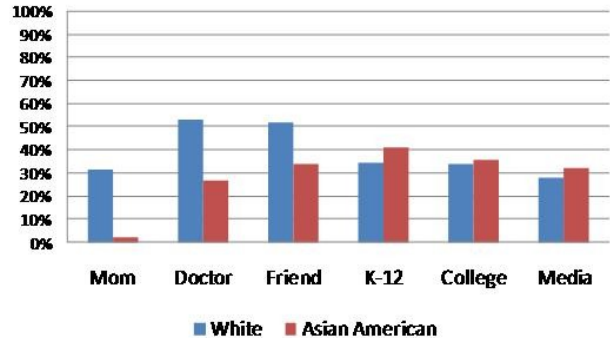
## How do Asian Americans feel about sex?

- Asian Americans are less comfortable communicating about sex, expressing their sexuality and making empowered sexual decisions.
  - 72% of Asian Americans find sexual communication to be difficult or extremely difficult compared to 49% of White Americans.
  - 59% of Asian Americans are uncomfortable or very uncomfortable expressing their sexuality and making empowered sexual decisions compared to 42% of White Americans.
- Among Asian Americans, less comfort in communicating about sex is related to lower use of preventive clinical services.

## Where are Asian Americans learning about sex?

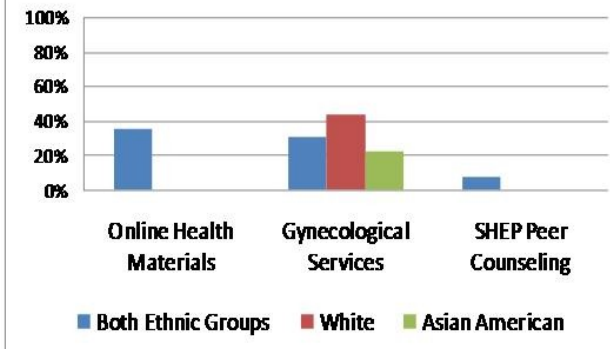
- Most women at UC Berkeley have their first sexual experience in the first years of college.
  - Average Age of Sexual Onset: 19 years
- Asian Americans are more likely to learn about sexual health from school (e.g., K-12 and college) than from personal sources that involve direct communication like their mom, doctor, or friend.
- This suggests that college is an especially important time for Asian Americans to get the sexual education they need to be healthy and safe.

## Where did you learn about Birth Control?



## Who is using the Tang Center?

### Utilization of Tang Center Services



# sexual health education and empowerment

## fact sheet

### Online Health Materials

- 1 in 3 women use Tang Center Online Health Materials to look up sexual health related information.
- In general, women feel that the Internet is a good way to obtain accurate sexual health information anonymously and with less embarrassment.

### Tang Center Gynecological Services

- White Americans are two times more likely than Asian Americans to use Tang Center gynecological services.
- Later sexual onset and less comfort with sexual communication are the main reasons for the ethnic difference in utilization.
- Almost half the sexually active women in both ethnic groups have not received a women's health exam at the Tang Center or from another medical source. The American College of Obstetricians and Gynecologists (ACOG) and the American Cancer Society recommend a gynecological exam for women who are sexually active or over the age of 21.
  - 58% of sexually active Asian Americans do not use Tang Center clinical services compared to 45% of sexually active White Americans.

### SHEP Peer Counseling

- Less than 10% of women have made an appointment to speak with a SHEP peer counselor.
- SHEP peer counseling has low utilization across all ethnicities surveyed.
- Lack of awareness is the most common barrier to using SHEP peer counseling services.

### What does it all mean???

*To improve the overall health of our campus community, in which Asian Americans are the largest ethnic group, we are advocating for increased communication around sexual health and increased utilization of sexual health services, especially among Asian American women.*

### What can I do?

- **REQUEST** for a Sexual Health Education Program (SHEP) Peer Educator to lead workshops about sexuality for your living center, class, or student group. Request a workshop online at: [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) (Search keyword: SHEP)
- **VISIT** the Tang Center's Online Health Materials website for sexual health related information: [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) (Search keyword: sexual health)
- **SIGN UP** for a women's health exam at the Tang Center by calling (510) 642-2000 or visiting [www.uhs.berkeley.edu](http://www.uhs.berkeley.edu) (Search keyword: online appointment). The American College of Obstetricians and Gynecologists and the American Cancer Society recommend a gynecological exam for any woman who is sexually active or over 21 years of age.
- **EDUCATE** yourself by taking a class at UC Berkeley geared towards sexual health and awareness such as "Sex 101: Topics in Sexual Health and Sexuality," "FemSex Decal: Feminine Sexuality," or "Integrative Biology 140: Human Reproduction".

### Who is s.h.e.?

s.h.e. (Sexual Health Education and Empowerment) is a social action and health education campaign organized by the California Young Women's Collaborative (CYWC) at UC Berkeley. We are part of a nation-wide Asian Pacific Islander advocacy organization called the National Asian Pacific American Women's Forum (NAPAWF). Over the past two years the CYWC has been conducting a campus-wide research project on women's sexual health and utilization of Tang Center sexual health services. Please contact us at [uc.berkeley.cywc@gmail.com](mailto:uc.berkeley.cywc@gmail.com) for more information!



Sexual Health Education and Empowerment