



## Quick Facts 2018: Sex Education in America

### Teen Sexual Behavior

- Among 15-17 year olds, 66% of boys and 70% of girls have never had sexual intercourse.<sup>1</sup>
- Among 15-17 year olds, 52.4 % of boys and 60.3% of girls have never had any sexual contact with the opposite sex, which includes sexual activities that are not limited to sexual intercourse.<sup>2</sup>
- Between 1991 and 2015 the percentage of high schoolers that never engaged in sexual intercourse increased by 28%.<sup>3</sup>
- In the past 20 years, the percent of high school females who are waiting for sex has increased 24%.<sup>4</sup>
- In the past 20 years, the percent of high school males who are waiting for sex has increased 30%.<sup>5</sup>
- The percent of black teens who have not had sex increased 178%, but the increase for black males was 246% between 1991 and 2015. This signifies the greatest improvement of any other group.<sup>6</sup>
- Since 1991, teen birth rates have declined 64%.<sup>7</sup>
- 89% of all teen births are to unmarried parents.<sup>8</sup>
- The most recent data reports that about 30% of pregnancies among 15-19 year olds end in abortion, down from 46% in 1986.<sup>9</sup>
- Teen abortion rates are at their lowest point since abortion was legalized and 66% lower than at its peak.<sup>10</sup>
- The likelihood of using contraception increases the longer a teen delays sex, providing an additional reason to promote sexual delay.<sup>11</sup>
- More sexually active high schoolers are using long-acting reversible contraception (LARC), but are failing to use a condom as well, in order to offer STD risk reduction.<sup>12</sup>
- Sexually active high school students were 7% more likely to use a condom in 2009 than in 2015.<sup>13</sup>
- 57% of sexually active high school students used a condom during last intercourse, the only contraception that also reduces the risk of acquiring an STD.<sup>14</sup>

### Youth and Sexually Transmitted Disease

- Although nearly all (99%) sexually experienced teen women have used some form of contraception,<sup>15</sup> STDs continue to be at epidemic levels among youth.

- Young adults (age 15-24) contract about 10 million new STDs each year, costing about \$8 billion in direct medical costs.<sup>16</sup>
- About 40% of sexually active teen girls (aged 14-19) have at least one STD.<sup>17</sup>
- Half of all new STDs are found among youth, aged 15-24, although they only represent 1/4 of the sexually experienced population.<sup>18</sup>
- The four most common STDs among teen girls are (in order): HPV, chlamydia, trichomoniasis, herpes, and gonorrhea.<sup>19</sup> Herpes and HPV can be easily transmitted even with the use of a condom because they can be spread by skin-to-skin contact.<sup>20</sup>
- Young adults (15-24) account for nearly 2/3 of all reported cases of chlamydia and gonorrhea.<sup>21</sup>
- Most STDs are present without any symptoms.<sup>22</sup>
- The annual number of new infections is roughly equal among young men and young women, but women bear the burden of most of the negative consequences from STDs.<sup>23</sup>
- Gonorrhea is considered an urgent threat because it is showing resistance to the last line of antibiotics usually used to treat it.<sup>24</sup>
- Although the majority of teens are not sexually active, those who are, are at great risk for contracting or transmitting an STD.

### Teen Opinions About Sex

- Most adolescents support reserving sex for marriage, both in general and for themselves.<sup>25</sup>
- About one half of 18 and 19 year olds wish they had waited longer before becoming sexually active.<sup>26</sup>
- More than 80% of older teens believe it is possible for a person to choose to stop having sex after having had sex in the past.<sup>27</sup>
- Although culture is increasingly sexually explicit, the majority of teens are not having sex.<sup>28</sup>
- More than 80% of 18 and 19 year olds say they don't like the idea of casual sex.<sup>29</sup>
- About 40% of teens say that their sex ed classes make them feel pressured to have sex. 32% say they feel pressure from their dating partner.<sup>30</sup>

## American's Opinion On Sex Education

- Most Americans want teens to avoid all the possible consequences of sex, not just teen pregnancy.<sup>31</sup>
- The majority of American parents, regardless of race or political party, support Sexual Risk Avoidance (SRA) education with similar enthusiasm, endorsing all the major themes presented in an SRA education class.<sup>32</sup>
- More than 8 of 10 parents, but especially women and African Americans, support the dominant themes of SRA education.<sup>33</sup>
- Nearly 9 in 10 parents strongly support the way SRA programs share the medically accurate limitations of condoms for preventing pregnancy and disease.<sup>34</sup>
- Most parents want their children to wait for marriage before having sex.<sup>35</sup>
- Almost 3/4 of parents are opposed to premarital sex both in general and for their own adolescents.<sup>36</sup>

## Benefits of Sexual Delay

- Sexual delay and limiting the number of lifetime partners is important to decreasing the risk of pregnancy and STDs.<sup>37</sup>
- If a male teen initiates sex by 14, he has almost a 75% likelihood of having 6 or more partners by the time he reaches 20 years of age. A teen girl has 58% likelihood of 6 or more sexual partners by age 20 if she initiates sex by age 14. That risk drops to 10% respectively if the teen waits until he or she is at least 17 years of age.<sup>38</sup> Sexual delay until marriage provides the optimal health outcomes, but even a shorter postponement greatly reduces the physical risks of sex.
- Delaying sex until a lifelong, monogamous, commitment (marriage) with an uninfected partner is the only way to avoid all the possible negative physical consequences of sex.
- Delaying sex appears to aid in the permanence of future marriage.<sup>39</sup>
- Waiting to have children until marriage increases the likelihood of their flourishing.<sup>40</sup>
- Waiting to have children until marriage decreases the likelihood that both parent and child will live in poverty.<sup>41</sup>

## Sexual Risk Avoidance Education is Effective

- Twenty-five research studies of SRA programs show significant behavioral changes in improving teen outcomes.<sup>42</sup>
- An additional 43 studies from the Department of Health and Human Services (HHS) showed early stage positive attitudinal impacts that tend to predict decreased sexual initiation rates.<sup>43</sup>
- Compared to their peers, students in SRA education programs are more likely to delay sexual initiation; If sexually active, more likely to discontinue or decrease their sexual activity; and no less likely to use a condom if they initiate sex.<sup>44</sup>

## Sex Education Policy

- 24 states require sex education in the schools.<sup>45</sup>
- 33 states require HIV/AIDS prevention education in the schools.<sup>46</sup>
- 35 states permit parents to opt out of sex education classes for their children.<sup>47</sup>
- 4 states require parents to opt in to sex education classes for their children.<sup>48</sup>
- 37 states require sex education to include information about SRA and 18 also require information about contraception.<sup>49</sup> What this education looks like at the local level may vary dramatically.
- 22 states and the District of Columbia require that sex education include information about skills for avoiding coerced sex.<sup>50</sup>

- <sup>1</sup>National Center for Health Statistics. (2015, Nov) Key statistics from the National Survey of Family Growth – T Listing. National Survey of Family Growth. National Health Statistics Reports 2011–2013. Retrieved on June 17, 2016 at [http://www.cdc.gov/nchs/nfsg/key\\_statistics/t.htm#teenagers](http://www.cdc.gov/nchs/nfsg/key_statistics/t.htm#teenagers)
- National Center for Health Statistics. (2011). Sexual behavior, sexual attraction, and sexual identity in the United States: Data from the 2006–2008 National Survey of Family Growth. National Health Statistics Reports. 36 :17, 18
- <sup>2</sup>Ibid
- <sup>3</sup>CDC (2016). High School YRBS: 2015. Retrieved June 13, 2016 at <https://nccd.cdc.gov/youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=XX&YID=2015&LID2=&YID2=&COL=S&ROW1=N&ROW2=N&HT=QQ&LCT=LL&FS=S1&FR=R1&FG=G1&FSL=S1&FRL=R1&FGL=G1&PV=&TST=False&C1=&C2=&QP=G&DP=1&VA=C1&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>
- <sup>4</sup>Ibid.
- <sup>5</sup>Ibid.
- <sup>6</sup>Ibid. Two decades ago nearly 9 in 10 black male teens had sex and now the number is slightly less than 6 in 10. While still too high, the improvement translates into more options and opportunities for these teens.
- <sup>7</sup>National Campaign to Prevent Teen & Unplanned Pregnancy. (2016) National and State Date. Retrieved June 13, 2016 at <http://thenationalcampaign.org/data/landing#page-content>. This data is 2015 data.
- <sup>8</sup>Child Trends (2015, Dec). Births to Unmarried Women. Page 7. Retrieved June 2016 at [http://www.childtrends.org/wp-content/uploads/2015/03/75\\_Births\\_to\\_Unmarried\\_Women.pdf](http://www.childtrends.org/wp-content/uploads/2015/03/75_Births_to_Unmarried_Women.pdf)
- <sup>9</sup>Kost, K., & Henshaw, S. (2014). U.S. teenage pregnancies, births and abortions, 2010: National trends by age, race and ethnicity: Guttmacher Institute. Retrieved Nov. 15, 2014 from <http://www.guttmacher.org/pubs/USTPTrends10.pdf>
- <sup>10</sup>Ibid
- <sup>11</sup>Martinez G et al., Teenagers in the United States: sexual activity, contraceptive use, and childbearing, 2006–2010, Vital and Health Statistics, (2011). Series 23, No. 31, Accessed March 18, 2015 at: [http://www.cdc.gov/nchs/data/series/sr\\_23/sr23\\_031.pdf](http://www.cdc.gov/nchs/data/series/sr_23/sr23_031.pdf). Table 11, p 22.
- <sup>12</sup>CDC (2016). Youth Online High School YRBS: 2015. Atlanta: author.
- <sup>13</sup>CDC (2016). Youth Online High School YRBS: 2015, 2009. 61% of sexually active high school students used a condom during last intercourse in 2009 and only 57% did so in 2015.
- <sup>14</sup>CDC (2016). Youth Online High School YRBS: 2015. Atlanta: author.
- <sup>15</sup>Ibid
- <sup>16</sup>CDC (2013) Fact Sheet: Incidence, Prevalence and Cost of STIs in the US. Accessed at <http://www.cdc.gov/std/stats/STI-Estimates-Fact-Sheet-Feb-2013.pdf>
- <sup>17</sup>Forhan, S. E., Gottlieb, S. L., Sternberg, M. R., Xu, F., Datta, S. D., McQuillan, G. M., et al. (2009). Prevalence of sexually transmitted infections among female adolescents aged 14 to 19 in the United States. *Pediatrics*, 124(6), 1505–1512.
- <sup>18</sup>CDC. Sexually Transmitted Diseases: Adolescents and Young Adults. 2018. [cdc.gov/std/life-stages-populations/adolescents-youngadults.htm](http://cdc.gov/std/life-stages-populations/adolescents-youngadults.htm)
- <sup>19</sup>CDC: (2014) 2013 Sexually Transmitted Diseases. STDs in adolescents and young adults. Accessed March 18, 2015 at <http://www.cdc.gov/std/stats13/adol.htm>
- <sup>20</sup>Centers for Disease Control. (2016) Genital Herpes – CDC fact sheet. Accessed June 2016 at <http://www.cdc.gov/std/herpes/stdfact-herpes.htm>
- Centers for Disease Control. (2016) Genital HPV infection – Fact sheet. Accessed June 2016 at <http://www.cdc.gov/std/hpv/stdfact-hpv.htm>
- <sup>21</sup>CDC. Sexually Transmitted Diseases: Adolescents and Young Adults. 2018. [cdc.gov/std/life-stages-populations/adolescents-youngadults.htm](http://cdc.gov/std/life-stages-populations/adolescents-youngadults.htm)
- CDC. (2016) Sexually Transmitted Diseases Surveillance, STDS in Adolescents and Young Adults accessed April 2018 at <https://www.cdc.gov/std/stats16/adolescents.htm>
- <sup>22</sup>World Health Organization. (2013) Sexually transmitted infections (STIs). Accessed at <http://www.who.int/mediacentre/factsheets/fs110/en/>
- <sup>23</sup>CDC (2013) Fact Sheet: Incidence, Prevalence and Cost of STIs in the US. Accessed at <http://www.cdc.gov/std/stats/STI-Estimates-Fact-Sheet-Feb-2013.pdf>
- <sup>24</sup>White House (2014). National strategy for combating antibiotic-resistant bacteria. Washington, DC. Accessed March 18, 2015 at [https://www.whitehouse.gov/sites/default/files/docs/carb\\_national\\_strategy.pdf](https://www.whitehouse.gov/sites/default/files/docs/carb_national_strategy.pdf) ANTIBIOTIC RESISTANCE THREATS IN THE UNITED STATES, 2013 Accessed March 18, 2015 at <http://www.cdc.gov/drugresistance/threat-report-2013/pdf/ar-threats-2013-508.pdf>
- <sup>25</sup>U.S. Department of Health and Human Services (2010) National Survey of Adolescents and Their Parents: Attitudes and Opinions About Sex and Abstinence. Washington, D. C.: HHS. Accessed August 29, 2011 at [http://www.acf.hhs.gov/programs/fysb/content/docs/20090226\\_abstinence.pdf](http://www.acf.hhs.gov/programs/fysb/content/docs/20090226_abstinence.pdf)
- 62% say that it is against their values to have sex before marriage; 75% believe that having sex would make life difficult; 84% oppose sex at their age; 69% oppose sex while in high school. (p. 61)
- <sup>26</sup>Barna Group. (2015). Teens Speak Out survey. Ventura: Author.
- Albert, B. (2012). With One Voice 2012. Washington, DC: the National Campaign to Prevent Teen Pregnancy. Retrieved March 18, 2015 at [https://thenationalcampaign.org/sites/default/files/resource-primary-download/wov\\_2012.pdf](https://thenationalcampaign.org/sites/default/files/resource-primary-download/wov_2012.pdf) This older survey shows that among younger teens, the regret is even more pronounced.
- <sup>27</sup>Barna Group. (2015). Teens Speak Out survey. Ventura: Author.
- <sup>28</sup>CDC (2016). High School YRBS: 2015. Retrieved June 13, 2016 at <https://nccd.cdc.gov/youthonline/App/Results.aspx?TT=A&OUT=0&SID=HS&QID=QQ&LID=XX&YID=2015&LID2=&YID2=&COL=S&ROW1=N&ROW2=N&HT=QQ&LCT=LL&FS=S1&FR=R1&FG=G1&FSL=S1&FRL=R1&FGL=G1&PV=&TST=False&C1=&C2=&QP=G&DP=1&VA=C1&CS=Y&SYID=&EYID=&SC=DEFAULT&SO=ASC>
- <sup>29</sup>Barna Group. (2015). Teens Speak Out survey. Ventura: Author.
- <sup>30</sup>Barna Group. (2015). Teens Speak Out survey. Ventura: Author.
- <sup>31</sup>Barna Group. (2015). Americans Speak Out survey. Ventura: Author. Retrieved April 9, 2018 at <https://tinyurl.com/yc2szsaz>
- <sup>32</sup>Barna Group. (2015). Americans Speak Out survey. Ventura: Author. Retrieved April 9, 2018 at <https://tinyurl.com/yc2szsaz>
- <sup>33</sup>Barna Group. (2015). Americans Speak Out survey. Ventura: Author. Retrieved April 9, 2018 at <https://tinyurl.com/yc2szsaz>
- <sup>34</sup>Barna Group. (2015). Americans Speak Out survey. Ventura: Author. Retrieved April 9, 2018 at <https://tinyurl.com/yc2szsaz>
- <sup>35</sup>Pulse Opinion Research (2012). Parents Speak Out. Available at [www.WhatTheyToldUs.org](http://www.WhatTheyToldUs.org)
- <sup>36</sup>S. Department of Health and Human Services (2010) National Survey of Adolescents and Their Parents: Attitudes and Opinions About Sex and Abstinence. Washington, D. C.: HHS. Accessed August 29, 2011 at [http://www.acf.hhs.gov/programs/fysb/content/docs/20090226\\_abstinence.pdf](http://www.acf.hhs.gov/programs/fysb/content/docs/20090226_abstinence.pdf)
- <sup>37</sup>Ibid
- <sup>38</sup>Moore, K. A., Miller, B. C., Sugland, B. W., Morrison, D. R., Flei, D. A., Blumenthal, C., (n.d.) Beginning too soon: Adolescent sexual behavior, pregnancy and parenthood: A review of research and interventions. Washington, D.C.: U.S. Department of HHS. Retrieved on March 18, 2015 from <http://aspe.hhs.gov/hsp/cyp/xsteesex.htm>
- <sup>39</sup>U.S. Department of Health and Human Services (2001). Trends in the Well-Being of America's Children and Youth, 2000. Office of the Ass.t Secretary for Planning and Evaluation, Washington, DC
- <sup>40</sup>Paik, A., (2011) Adolescent sexuality and the risk of marital dissolution. *Journal of Marriage and Family*, 73:472–485.
- <sup>41</sup>U.S. Department of Health and Human Services (2010) National Survey of Adolescents and Their Parents: Attitudes and Opinions About Sex and Abstinence. Washington, D. C.: HHS. Accessed August 29, 2011 at [http://www.acf.hhs.gov/programs/fysb/content/docs/20090226\\_abstinence.pdf](http://www.acf.hhs.gov/programs/fysb/content/docs/20090226_abstinence.pdf)
- <sup>42</sup>Haskins, R. (2011). Mobility is a problem; Now what? Social Genome Project Research: 24. Washington, DC: Brookings Institute. Accessed March 18, 2015 at <http://www.brookings.edu/blogs/up-front/posts/2011/12/23-mobility-opportunity-haskins>
- <sup>43</sup>Ascend (2016) SRA Works. Washington DC
- <sup>44</sup>Ibid
- <sup>45</sup>Ascend (2016) SRA Works. Washington DC
- <sup>46</sup>National Conference of State Legislatures. (2014). State policies on sex education in schools. Accessed March 18, 2015 at <http://www.ncsl.org/research/health/state-policies-on-sex-education-in-schools.aspx>
- <sup>47</sup>Ibid
- <sup>48</sup>Ibid
- <sup>49</sup>Ibid
- <sup>50</sup>Guttmacher Institute (2014, Mar 1.). State policies in brief: Sex and HIV Education. Washington, DC: Author. P. 4. Accessed March 18, 2015 at [http://www.guttmacher.org/statecenter/spibs/spib\\_SE.pdf](http://www.guttmacher.org/statecenter/spibs/spib_SE.pdf)

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