

STEPS2: Socialization To Enrich Participation and Support Sexuality for young people with I/DD

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Why are we doing this study?

- Need to improve reproductive and sexual health outcomes in youth with I/DD
 - Increased risk for intimate partner violence compared to youth without I/DD
 - Reduced access to contraceptive methods and method choice
 - Young people in general (with or without I/DD) are at increased risk for sexually transmitted infections (e.g., chlamydia)
- While many materials exist on sex education for young people with I/DD, these have not been rigorously evaluated in a randomized controlled trial
 - Important to develop best practices for sex education for youth with I/DD
 - National Institutes for Health (NIH) is promoting the inclusion of people with Down syndrome and other types of I/DD in clinical trials

What is the study?

- Randomized controlled trial among 16-27-year-olds living in New York State with mild to moderate I/DD



Participants will respond to survey questions, four times, and get a \$25 gift card each time (\$100 total).

What is the STEPS2 curriculum?

- Curriculum given over 6 weeks, once a week in one-on-one online sessions by qualified individuals from the study team.
- Tailored to individual based on need; includes discussions about friendships, sexuality, gender, boundaries, anatomy, contraceptive methods, self-advocacy in healthcare
- Tested in South Carolina among over 800 people with I/DD and found to improve knowledge (STEPS).
- We have updated and piloted this curriculum with help from lived-experience consultants and an advisory board comprised of physicians and health experts.
- **All participants will receive a Participants Manual (a beautiful guide which they can keep forever)**

What is Steps to Your Health curriculum?

- Curriculum also given over 6 weeks, once a week in online group sessions by qualified individuals from the study team.
- Includes discussions and activities about healthy eating habits, physical activity, and stress management.
- Tested in South Carolina among people with I/DD and found to improve levels of physical activity.
- We wanted to make sure that the group of young people with I/DD that do not get randomized to the STEPS2 (sex education) arm receive an intervention with known benefits.
- **All participants will receive a Participants Manual (a beautiful guide which they can keep forever)**

Who are the Health Education Coordinators?



Lived-Experience Consultant Testimonials

- Educators are friendly
- They help you feel at ease while asking questions about sex education.
- They present you with several websites and videos for topics you wish to learn more about.
- They can teach you about various foods that can help you increase energy.
- You can learn new things about topics you're unfamiliar with in health education.
- Remote sessions, making it easy to attend or participate in them.



How to get involved!

- The study started in October 2023.
- If you or someone you support would like to participate, please complete this form: <https://forms.gle/iL2gwrUCT4WJHehi7>
- You can also call (914) 365-8959 and leave a message letting us know you'd like to participate.
- Our staff will reach out with more information about how to join.
- If you have any questions, please email us at steps2@sph.cuny.edu or call (914) 365-8959.

Initial thoughts? Questions? Feedback?

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We hope that you will participate
in our program

Thank you so much for your time!