

Use Of Social Media To Provide Sexual Health Information And Education To Adolescents

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This literature review examines the use of social media as a tool for providing sexual health information and education to adolescents. Over 90% of adolescents use social media and it has become a key resource for accessing sexual health knowledge, shaping perceptions of sexual behaviors, and influencing health behaviors. The review explores the various sources of sexual health information adolescents use, highlighting the preference for informal resources such as peers, family, and the internet over formal, structured educational programs. It further discusses adolescents' openness to using social media for sexual health education, emphasizing their desire for anonymity, trustworthiness, and interactive content. Additionally, the review examines how social media can impact sexual health behaviors, with findings suggesting both positive and negative outcomes. On the one hand, social media has been shown to promote healthier behaviors, such as increased STI testing and HIV prevention. On the other hand, it can also contribute to risky behaviors if not carefully managed. The review concludes by highlighting the potential of social media as a powerful tool for sexual health promotion while underscoring the need for future research to better understand its nuanced impact on adolescent behavior. By using social media's accessibility, engagement, and peer influence, social media can play a vital role in fostering healthier sexual health practices among adolescents.

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