

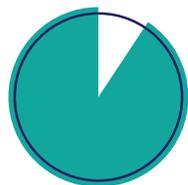
## The Relationship Between Youth + Sexual and Reproductive Health + Technology

**1500** young people shared how they access sexual health information in today's online and digital world.

### MAIN SURVEY FINDINGS

Most popular social media sites among respondents

Snapchat (61%) Instagram (57%) Facebook (43%)



Nearly **90%** of respondents own a smartphone compared to 26% as surveyed in 2011.

*"People ask Google (about sex facts), yeah, cause sometimes you don't have anyone to ask nobody."* Newark, NJ, over 18

*"How bout we just let it be and let your momma deal with it! Ask your mom."*

Birmingham, AL, under 18

### SOUTHERN SNAPSHOT

Participants in Southern states relied more on their families for sexual health information and placed less trust on internet sources.

About **34%** of respondents use dating sites or have in the past.



Tinder  
50.7%



OKCupid  
28.4%



Match  
24.5%

**70%** of those who use online dating have met up with someone in person.

### FUTURE RECOMMENDATIONS

- Online dating offers an opportunity to enhance sexual and reproductive health information diffusion.
- For providers and organizations, bringing services online can engage youth at new levels.
- Bringing together Southern parents and technology might be a powerful strategy to provide fully inclusive sexual health information in the US South.

As **social media** becomes more rampant and young people turn to **Google** for sexual health information, it is vital to begin revamping our programs and health interventions to meet the needs of young people.

## What it is like being a young person accessing sexual health information in today's online and digital world?

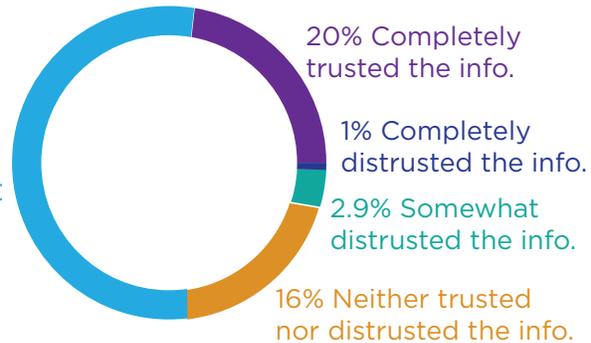
This report explores the relationship between youth, sexual and reproductive health and rights, and technology across the US. Using a mixed-methods design, quantitative data and personal stories were captured through 12 focus groups in 7 different cities: Oakland, CA, Berkeley, CA, Birmingham, AL, New Orleans, LA, Newark, NJ, Chicago, IL, and Tunica, MS.

**When young people have questions about sexual health, they most often turn to Google.** In some cases, participants knew of particular sites like Planned Parenthood or local youth organizations' sites for sexual health information, but often they relied on Google to locate answers for them.



**60%** Somewhat trusted the info.

## How much do young people trust sexual reproductive health information found online?



## SOUTHERN SNAPSHOT

Participants in the Southern sites were more concerned about teenage pregnancy than other cities and relied on family for sexual health information.

In addition, the young people in the South were more wary of online dating. Their reactions to online dating and relationships were very negative, citing catfishing, distrust of other people's intentions, and even fear of violence.

*"Online dating, it's very easy for you to lie. And they can just find where you live. Just show up where you're at."*

Tunica, MS, under 18



## CONCLUSION

As seen in this report, the majority of young people turn to Google and away from doctors or clinics for their health information, often due to stigma, embarrassment, or lack of supportive networks. Social media and online search engines provide confidential health information on demand, which is an ideal alternative to the embarrassment of asking a parent or guardian.

**Health professionals, parents, stakeholders, advocates, and teachers** can use this report to understand the complicated relationships youth have with technology and sexual health information. Online spaces and technology are perfect places for future health information programs and dissemination.

