

# Sexual Health Awareness with Intervention Plan for Young Women: A Value Driven Approach

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**Abstract**—The current research is an initiative to address the issue of sexual health and hygiene through a peer education programme at the undergraduate level. The focus of sexual health awareness and promotion was addressed through the introduction of multipronged interventions designed by a group of students under the Value Education Program (VEP). Adopting the community health model the study identified the context as the college washroom used by the students. The values that guided the study were, namely, 'help yourself by helping others', 'equal rights and equal duties' and 'empowerment and participation'. Hence the intervention employed four different strategies, namely, maintenance of a daily diary to keep a record of cleanliness in the washrooms, distribution of flyers that stated basic points regarding menstrual hygiene, designed a way to enable students to use newspapers for proper disposal of personal products, and, putting up posters in the washrooms, asking students to maintain cleanliness in the washroom. The intervention was followed for a fortnight. These interventions focused on the theme of menstrual hygiene and maintaining hygienic conditions in the washroom. Following the intervention programme, it was seen that the newspapers put up in the washrooms were used by the students to dispose of the sanitary towels, the diary maintenance helped in keeping a check over washroom cleanliness, whereas, the flyers and the posters improved students' awareness regarding personal health and menstrual hygiene. Importantly the program on sexual health is an ongoing process for the undergraduate students.

**Keywords:** Sexual health and hygiene, value education, intervention,