

YOUNG PEOPLE, SEXUAL HEALTH AND HEALTH SYSTEM NAVIGATION IN THE DIGITAL AGE

Melissa Kang
University of Technology Sydney
melissa.kang@uts.edu.au

August 2018

**i always get horny!
everytime i see
something about sex
i get horny! But it
feels good! is this
common or am i just
not normal?**

I am a 14 year old girl and I think I am a lesbian. Every time I have sex with my boyfriend I imagine I am having sex with one of my friends. The other day I started to come on to them. Since I have had sex with a boy and dream of having sex with girls. does that mean I am Bi sexual or a lesbian or just normal?

LEZO N.S.W

Dear Melissa,

I am 17 going on 18 & only been sexually active since October last year & every time I have had sex with my boyfriend I have never had an orgasm & I feel like he is getting all the fun & I get none. why is it that I have never had an orgasm?

They [in adult society] feel that we're all very promiscuous and all going out for one night stands and that kind of thing. And that's not necessarily the case.

[I5, Male 20 years]

...[there were] two friends, they both cheated on each other... but my male friend was still kept as part of the friendship group... she was certainly blackened more because she'd had sex with another guy

[I3, Female 18 years]

...this is where the double standards really come out...as a popular guy, then you'd be sort of put up on people's shoulders for promiscuous behaviour. But as a popular girl, the tall poppy syndrome cut in so fast. As soon as there was any talk of you being promiscuous, or rumours about pregnancy or STI, then you were just gone. [I7, Male 21 years]

...females don't want to be seen as you know this contaminated thing and it'd make them you know unpleasing to other partners whereas males are just like 'neh! It's nothing, you know, my body will get over it' it's like a cold ...

[I2; Female, 18 years]

Source: **Kang M.** *Sex, young people and chlamydia: reducing the impact* [Doctoral Thesis].

<http://ses.library.usyd.edu.au/handle/2123/13625>

ACCESS 3 – HEALTH SYSTEM NAVIGATION IN THE DIGITAL AGE

The aim was to explore ways in which young people 12 to 24 access, navigate and experience the health system in New South Wales.

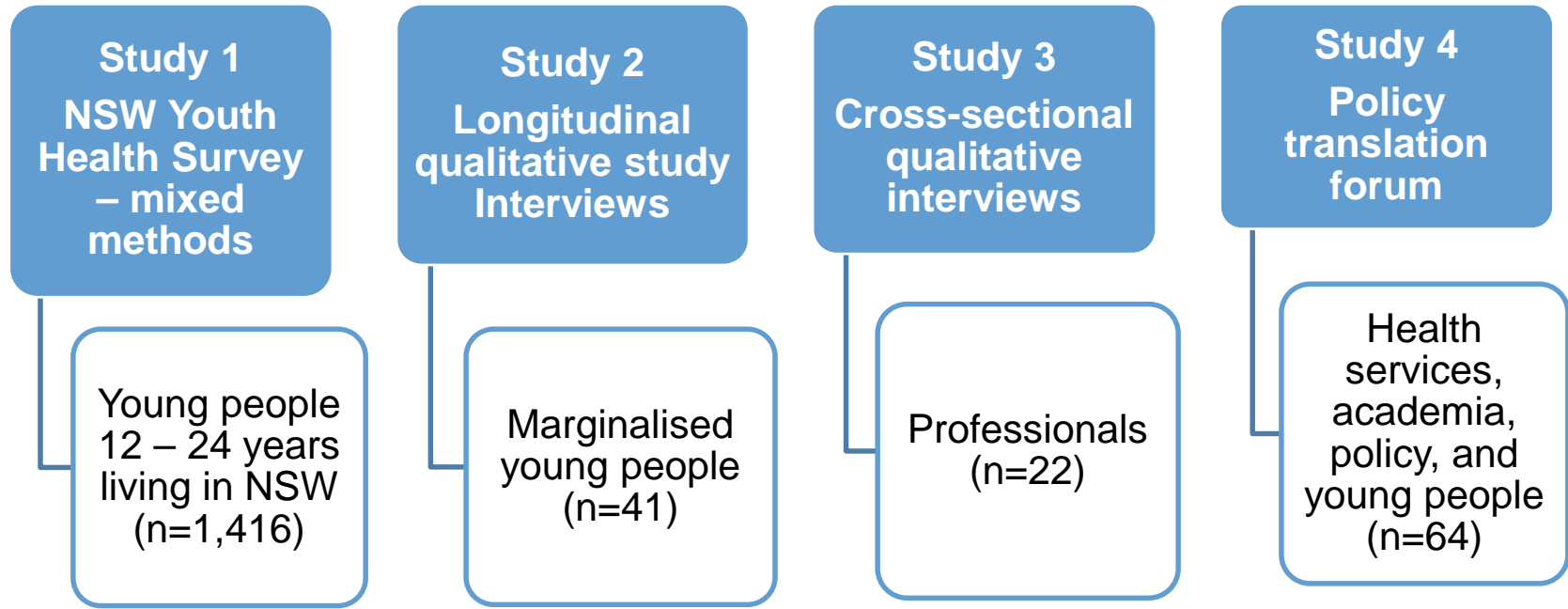
Particular focus on young people who are:

- refugee or vulnerable migrants
- homeless or at risk of homelessness
- Aboriginal and/or Torres Strait Islander
- living in rural and remote NSW
- gender and /or sexuality diverse and/or intersex



NSW Health funded the study to inform the new NSW Youth Health Policy.

ACCESS 3 DESIGN



NSW YOUTH HEALTH SURVEY

RECRUITMENT FINISHED EARLY FEBRUARY 2017

N = 2,100 IN TOTAL WITH **1,416 COMPLETERS**

Rural Remote	Sexuality Gender Diverse Intersex	Aboriginal Torres Strait Islander	Homeless	Refugee	None of these
478 (33.9%)	425 (30.1%)	169 (12.0%)	118 (8.4%)	75 (5.3%)	520 (36.7%)

Gender identity:

68.4% female, 28.7% male, 3% other, 1% Intersex

Age:

Mean = 18.0 years; range 12-24 years

Cultural diversity:

83.4% Born in Australia; 85.2% Speak English at home

Rurality:

66.1% city, 29.5% Inner regional , 3.8% outer regional , 0.6% remote

BARRIERS TO HEALTH CARE (N = 1,416)

Would prevent me from visiting a health service:	%
Cost	45.6
Opening hours mean I need time off study or work	31.7
I would feel embarrassed	27.6
Difficulty getting there	22.8
I would have to ask my parents/ carers to take me	22.0
I would feel judged	20.1
The gender of the doctor/ health professional	18.8
I worry about confidentiality	16.2
I don't have my own Medicare card	12.2
I don't know which service/s to go to	11.7
Language or cultural reasons	5.9

RECENT INTERNET USE (PAST 6 MONTHS) FOR HEALTH INFORMATION (N=1416)

About how to keep healthy: 62.9%

About health problems actually experienced 58.0%

About how to visit a health service: 22.2%

As a clinical intervention (apps, online services and programs): 27.0%



ATTITUDES TO USING THE INTERNET FOR HEALTH CARE

(N=1416)

I use the internet to help me work out if I need to visit a health service:
67.1% frequently or sometimes

I use the internet to decide which health service(s) I will go to:
50.5% frequently or sometimes

I believe information on the internet is as good as visiting a doctor or health service for my health concerns:
63.3% disagree or strongly disagree

STUDY 2 SAMPLE - YOUNG PEOPLE

Numbers in each marginalised group	n
Gender and sexuality diverse (sexuality diverse 22, gender diverse 7, intersex 1)	20
Rural	20
Refugee	9
Homeless	9
Aboriginal/Torres Strait Islander	5
Total (can belong to more than one group)	41

Gender identity: female 30, male 8, other 3
Age: 19.3 years (range 12-24)
K10 score: 29.41 (high) (range 12- 46)
>85% retention (35/41)

SNAPSHOT OF MOVEMENT AROUND THE HEALTH SYSTEM

At baseline interview, 41 participants had accessed 189 types of providers or services in the previous 6 months (41 had seen a GP; 14 visited /admitted to hospital/outpatients; 10 presented to ED)

Waves 2, 3 and 4 were ~3 months apart and captured movement over that time period

An average of 31 participants accessed an average of 90 types of providers or services at each Wave

OVERARCHING THEME: 'AMBIVALENT JOURNEYS'

Complexity

- different governance and cost structures
- different intake criteria
- fragmentation of care
- decisions to access care/ follow up on management over time were not straightforward
- foregone care was evident



ACCESS 3 STUDY – 21 YEAR OLD WOMAN OF REFUGEE BACKGROUND

I've had very, very terrible experiences of GPs in general...with [the] pill and everything - it's usually to do contraception, you know, and it's – it's something that you need, but it's not something that you want to go to the GP for all the time because, you know, you're afraid of judgement and everything, right?

I remember asking him to get the implants. Instead of the pill. And then he's like, "No. No. No. You don't need that. No. Just like try the pill." And I'm like, "Well, I keep forgetting to take the stupid pill."

ACCESS 3 CHIEF INVESTIGATOR TEAM

Associate Professor Melissa Kang, University of Sydney

Fiona Robards, University of Sydney

Professor Tim Usherwood, University of Sydney

Professor Kate Steinbeck, University of Sydney

Associate Professor Lena Sanci, University of Melbourne

Professor Stephen Jan, The George Institute

Associate Professor Catherine Hawke, University of Sydney

Dr Marlene Kong, The Kirby Institute, University of New South Wales

Acknowledgements to: Research participants, NSW Health (funders), Associate Investigators, Youth Consultants, Metropolitan and Urban Reference Groups, Georgina Luscombe (statistician), Ying Ying Liew (Refugee interviews), Eun-Ae Cho, Jessica Harper, Isha Deep, Lalana Kapuwatte (Research Assistants).

YOUTH HEALTH CONFERENCE 2018



Major themes:

Aboriginal and Torres Strait Islander Youth Health
Sexuality Education and Sexual Health
Diversity and Youth Health

<https://www.youthhealth.com.au/>

7 – 9 November 2018
Marriott Resort and Spa
Surfers Paradise