

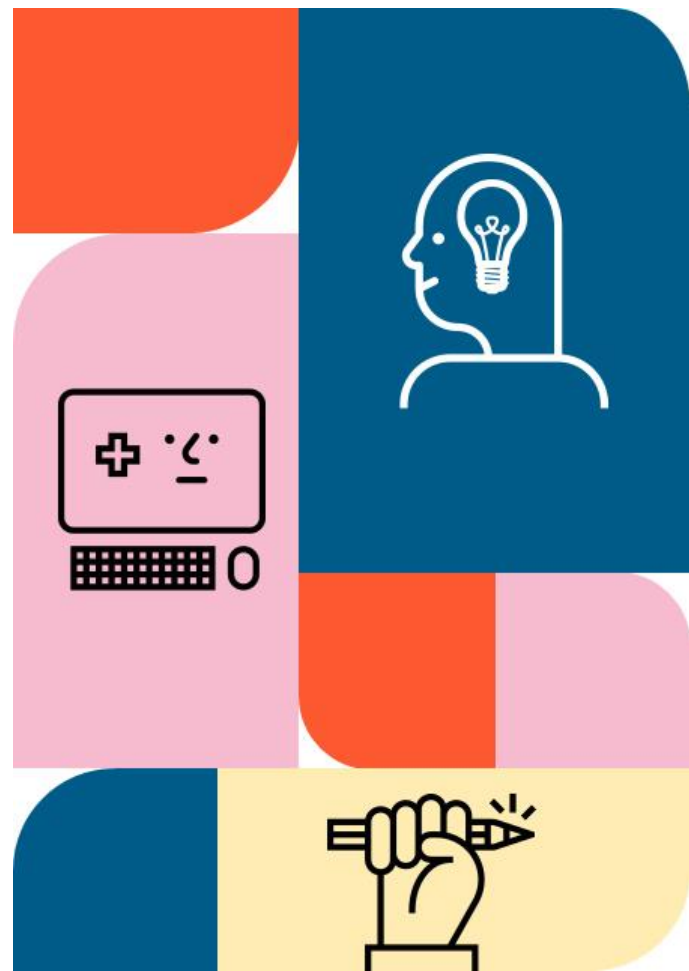


SEXual health Identification Tool (SEXIT) in school health care

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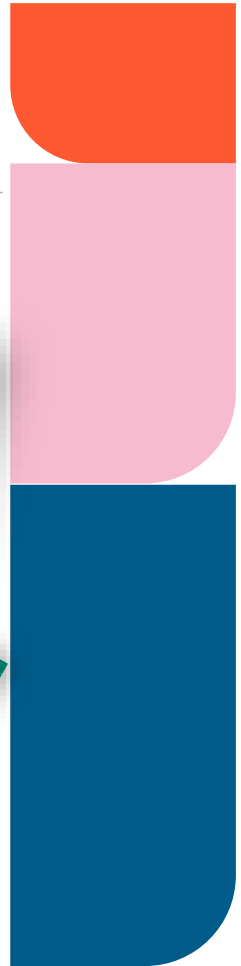
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SEXIT

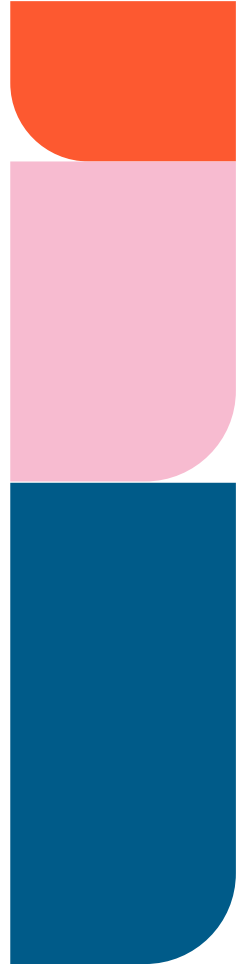
- A scientifically developed method that aims to identify and offer relevant care and support to young people who are sexually at risk or vulnerable and/or people with experience of violence.
- Consists of training, questionnaire and a guidance, used systematically with youth to promote dialogue.
- Developed for Youth clinics (13-25 years) and implemented in most parts of Sweden.
- Currently evaluated for use in school health dialogues offered in grade 7 and 11.



Items in SEXIT

1. Age
 2. Gender identity
 3. Sexual orientation
 4. Living circumstances
 5. Alcohol use
 6. Illicit drug use
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- 7-8. Control and restrictions
 - 9-10. Psychological and physical violence
 - 11-12. Sex against ones will
 13. Witnessed violence in the family

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14. Age of sexual debut
 15. Sexual partners in the past year
 16. STI protection (condom use)
 17. Contraceptive use
 18. Previous STI-infection
 19. Unplanned pregnancy
 20. Sex as self injury
 - 21-22. Transactional sex



Research, development and national dissemination of SEXIT in the school setting

- Funded by the Swedish Gender Equality Agency 2023-2026
- Research questions in short:
 1. To what extent do SHC professionals implement SEXIT as prescribed in the manual and deliver SEXIT to every pupil as part of the regular health dialogues?
 2. To what extent do SHC professionals perceive SEXIT to be an acceptable and appropriate assessment tool for use in health dialogues?
 3. Are there differences in SHC professionals' attitudes towards addressing sexual health, when comparing SHC staff trained in the SEXIT-method and SHC staff without training in the SEXIT-method?
 4. What are the students' experiences of SEXIT regarding means of delivery, needs, and offered care and support?

Här ställer vi frågor om din sexuella hälsa och erfarenhet av våld

Alla som besöker oss erbjuds att fylla i ett formulär där vi ställer frågor om våld, sexualitet och annat som är viktigt för din hälsa. Dina svar blir sedan underlag för våra fortsatta samtal.

Frågorna ställs för att kunna ge bättre vård och stöd. Att svara är frivilligt, du väljer själv vilka frågor du vill svara på och vilka svarsalternativ som stämmer bäst på dig.

Informationen du lämnar i formuläret hanteras på samma sätt som saker du berättar vid ditt besök, journalen lyder under sekretess och vi som arbetar här har tystnadsplikt. Vi har dock alltid en skyldighet att göra en orosanmälan till socialtjänsten om vi misstänker att någon under 18 år far illa.

sexit

VÄSTRA GÖTALANDSREGIONEN

SRHR.se
socialtjänsten i göteborg

Some initial results...



61% used SEXIT,
20% planned to
start.



97 % believed that
SEXIT is appropriate
in SHC.



92 % responded that
they felt comfortable
using SEXIT.



86 % responded that
SEXIT support them
in asking questions
that otherwise is
difficult to raise.



97 % would
recommend SEXIT to
other schools.

Published research on SEXIT

- Hammarström S. Identification of young people at risk of sexual ill health : implementing a new tool in youth clinics [Doktorsavhandling]. Linköping University Medical Dissertations; 2021. DOI: <https://doi.org/10.3384/diss.diva-178042>
- Hammarström S, Nilsen P, Lindroth M, Stenqvist K, Bernhardsson S. Identifying young people exposed to or at risk of sexual ill health: pilot implementation of an evidence-informed toolkit (SEXIT) at Swedish youth clinics. European Journal of Contraception and Reproductive Health Care. 2019; 24:1; 45-53. <https://doi.org/10.1080/13625187.2018.1564815>
- Hammarström S, Bernhardsson S, Nilsen P, Elisson J, Frosthalm E, Lindroth M. Ask me, listen to me, treat me well and I shall tell: youth clinic visitors' experiences of systematic assessment of sexual ill health and risk-taking (SEXIT). Sexual and Reproductive Health Matters 2022. <https://doi.org/10.1080/26410397.2022.2146032>
- Hammarström S, Lindroth M, Nilsen P, et al. Staff's experiences of a pilot implementation of the SEXual health Identification Tool for assessing sexual ill health among visitors to Swedish youth clinics: A focus group study. Sexual & Reproductive Healthcare. 2021;29:100643. DOI: <https://doi.org/10.1016/j.srhc.2021.100643>.
- Hammarström S, Alehagen S, Kilander H. Violence and sexual risk taking reported by young people at Swedish youth clinics. Ups J Med Sci. 2022;127(1). DOI: [10.48101/ujms.v127.7823](https://doi.org/10.48101/ujms.v127.7823)
- Kilander H, Alehagen S, Hammarström S, Golsäter M. Identifying sexual risk-taking and ill health in the meeting with young people –experiences of using an assessment tool. Scandinavian Journal of Caring Sciences 2022. <http://doi.org/10.1111/scs.13081>
- Wilhsson M, Törnqvist L, Söderquist I, Larsson M. SEXIT as a screening tool to identify adolescents exposed to or at risk of sexual ill-health and sexual risk taking. British Journal of Child Health [Internet]. 2023;4(4):196–203. Tillgänglig vid: <https://doi.org/10.12968/chhe.2023.4.4.196>
- Håkansson M, Söderström S, Makenzius M. Experiences of school health professionals in implementing structured assessments of sexual health and experiences of violence among youth in Sweden using the SEXual health Identification Tool (SEXIT): a qualitative sequential study. BMJ Public Health 2024;2:e001667. <https://doi.org/10.1136/bmjph-2024-001667>