

Doi:10.1071/SH15080_AC

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Sexual Health 2016, 13, 22–28

Identifying types of sex conversations in adolescent health maintenance visits

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Supplementary Table 1. *Class 1 Discussions* examples.

Random Example #1: Sexually active teen

Physician: Are you romantically involved with anyone?

Boy: Yes.

Physician: So did you have sex? Are you having sex?

Boy: Yes.

Physician: Are you always wearing a condom?

Boy: Yeah.

Physician: Ok. Again, those are choices that in my opinion you want to think about – all the consequences of sex because there are illnesses out there and you could get a woman pregnant.

Boy: I know.

Random Example #2: Sexually active teen
Excerpt from a Longer Sexuality Conversation

Physician: Now have you ever had sex before?

Girl: Yes.

Physician: And when was the last time you had sex?

Girl: The day before I left for vacation to (location deleted from audio)

Physician: And do you always use protection?

Girl: Yes.

Physician: Every single time?

Girl: Except for that time.

Physician: Ok, so that probably made you nervous.

Girl: Yeah.... I was freaking out the whole time I was there.

Physician: When you got back did you take a pregnancy test?

Girl: I did.

Physician: And it was negative?

Girl: Yeah

Physician: And you had two periods since?

Girl: Yeah. I was scared I was going to be on that show "I didn't know I was pregnant."

Physician: Right, so I cannot emphasize enough that you need to be sure you use protection every time you have sex.. Not just for protection against pregnancy but also to protect against STDs.

Maybe this is another reason to start birth control for another layer of protection.

(They begin to talk about different forms of birth control and whether to talk to her parents about birth control).

Random Example #3: Non-sexually active teen

(Following a discussion on drinking)

Physician: I know these are personal question and your mom is not going to know the answers to these. Are you currently sexually active?

Boy: (no answer)

Physician: Ok have you ever had sex before? Ok. Umm if you decide to have sex make sure you always use a condom. You just never know what somebody's got out there. Not by looking at them you can't tell and people carry all types of diseases like gonorrhea and chlamydia and all kinds of yucky diseases so just make sure to always wear a condom if you decide to be sexually active.
(Topic changes to sports participation)

Supplemental Table 2. Type 2 (Class 3) Discussions examples

Random Example 1

Complete Discussion

(Following a question about alcohol use)

Physician: Um dating?

Girl: Mmm no.

Physician: Too much trouble right now, right? Um I already answered your questions in my system, I am like “no” “no” “no” “no.”

(Discussion turns to a depression screening)

Random Example 2

Complete Discussion

(After a question about drinking and drug use)

Physician: Any sexual activity? Planning around of any kind? Questions about that stuff?

Girl: Uh uh.

(Discussion turns to a depression screening)

Random Example 3

Complete Discussion

(Mother leaves the exam room)

(Door closes)

Physician: (30 second pause). Ok. Umm. This is mostly information for your mom, which is about “Talking to Teenagers About Health Issues” (a pamphlet is handed to the teen). In it, it includes the alcohol, drugs, and tobacco issues, and including things like sexual activity. Has your mom talked to you about those issues in the past?

Boy: must respond non-verbally.

Physician: Is that a yes?

Boy: must respond non-verbally.

Physician: Ok. OK. We will talk a little bit more individually here.

(Topic goes into alcohol but never returns to discuss sex)

Random Example 4

(Conversation During A Pelvic Exam)

Physician: Ever have a boyfriend?

Girl: Am I suppose to have one?

Physician: Well, it sounds like you have been Huh?

Girl: I told my sister.

Physician: You told your sister? Alright. Just uncross your leg. Loose Loose. And how long was that for?

Girl: ummm.

Physician: Just a little while?

Girl: ummm.

Physician: Was he nice?

Girl: He was like in 8th grade was I was in 7th. He left last year.

Physician: So, you are not with him anymore?

Girl: No.

Physician: You don’t like him anymore?

Girl: because, he is like on facebook still.

Physician: Okay. And, did you guys kiss?

Girl: No.

Physician: No? Nothing? No touching? Nope?

Girl: We hardly did see each other. Cause he was in 7th grade and I was in...no he was in 8th grade and I was in 7th grade.

Physician: Have you ever kissed anybody else?

Girl: Nope.

Physician: No touching anyone else?

Girl: Nope.

Physician: Have they taught to you about that stuff in school, safe sex and everything?

Girl: Yes.

Physician: Yeah?

Girl: They told me in 6th grade.

Physician: All those embarrassing classes and stuff?

Girl: It was really (inaudible).

Physician: So, alright let's see what you learned. What are..name two things that are bad that can happen from having sex.

Girl: STDs and unwanted feelings and stuff...

Physician: Alright there you go.

Girl: Oh, pregnant.

Physician: Right. So what can you do to prevent not get STDs or pregnant?

Girl: Don't have sex.

Physician: (excited) There you go! You are smart! Ok so when people decide they are going to have sex, what can they do to make it less risky? They can wear a what?

Girl: A condom.

Physician: And what can girls take to not get pregnant.

Girl: Birth control pills.

Physician: (to parent): See she is way ahead of the game. We had someone 16 last week who was like "I dunno...I dunno."

(Pelvic Exam Continues and Topic Turns to School Activities)

Supplemental Table 3. Type 3 (Class 4) Discussions examples

Random Example 1

Complete Discussion

(Following a question about alcohol use)

Physician: Do you have any questions at all about puberty? Or sex?

Boy: (quick replies) Nope!

Physician: And have you had sex education in school or?

Boy: Yes.

Physician: And, and have you talked to your parents or has it all been...

Boy: Um, we talked about it.

Physician: Ok. Good. Um when you've talked about it either at school or at home, did you learn about how girls get pregnant?

Boy: Yes.

Physician: And, um, what kind of infections you can get

Boy: Yes

Physician: While having sex? Good. Any question that you want to ask me? Like even if you think it is a stupid question but you had? Over the years if you think of anything don't worry about asking me.

Boy: Alright.

Physician: That's one of my jobs, ok? Do you know if any of the kids in your grade are having sex?

Boy: No.

Physician: No. And how about you, have you ever had sex?

Boy: No.

Physician: No. That's a really smart decision. To wait as long as possible because once you get into that part of your life, it gets it makes your life complicated. So, I say keep up the good work!

Boy: Alright.

Physician: With not um not having sex.

(topic changes to questions about mood)

Random Example 2

(after mother leaves the exam room)

Physician: Alright, here are the embarrassing questions. Do you have any questions at all about puberty or sex? Or birth control?

Girl: Must respond non-verbally

Physician: And did you learn that all in school?

Girl: Yep.

Physician: And is that something that you learned anything else on the side like through talking to your mom or dad or brother or books

Girl: No.

Physician: Do you have any questions about HIV? Do you understand that it is a virus you can get from having sex and there is no cure for it?

Girl: Yeah.

Physician: What did they teach you about safe sex and stuff?

Girl: Like. Um. They say, they mainly say that if you are going to do it do it, use uh protection. And if you are not, choose to stay abstinent.

Physician: Right. Yeah. So the safest thing is to not have sex. And that is generally what we recommend. But if at some point you are in a relationship where you think I am old enough, I am mature enough, that I can handle the consequences and you are going to have sex, make sure you always use a condom. That's what they mean by protection. Every time you have sex. And then

um, there is also oral sex, which you have probably heard about. It doesn't involve your penis going into a girl's vagina, but you can still get diseases from that. So we do recommend using protection for that. Do you know if any of your friend's are having sex?

A: No

Physician: How about you?

A: No

Physician: No? That is a really smart decision to wait, it is, it is a big decision, it changes your life, so I applaud you for that decision. Wait. It is a big decision.

(topic switches to questions about alcohol use)

Random Example 3

(after questions about alcohol and drug use)

Physician: Any boys in your life?

Girl: Uh, yeah.

Physician: Boyfriend?

Girl: Yeah

Physician: Ah, cool. What's his name?

Girl: (name)

Physician: Does he treat you well?

Girl: Yep

Physician: Awesome. Do you treat him well?

Girl: Uh yeah

Physician: That's what we like to hear. Uh, have you, uh, have you ever had sex?

Girl: No

Physician: No. Ok! What are your feelings on sex? Like when would someone be ready for sex.

Girl: I dunno. Not me yet. (laughs)

Physician: What I try to encourage people to do – what I encourage you to think about is in my opinion is – you kind of think about it and you think –there will come a point in your life where if you got pregnant it would be ok. There will probably come a point in your life where if you got pregnant you would be delighted. Maybe before that time comes there will be a point where if you got pregnant it would be alright. Your life would not come crashing down on you. I don't know how old you will be when that comes – when you come to that point – my guess is you will be in college if not out of college – you might well be married when you get to that point. But, um, many people aren't truly ready at that point. But, I can't tell you when that point is going to come for you. But I would ask you to be really honest with yourself and if you think “oh my god if I got pregnant, the world would end” then you're not ready. And most people at 15 are not there. But, if you ever need to talk about birth control or STD screening or anything like that, either confidentially or I would rather especially your mom be involved, I could definitely do that. I can give you confidentially if you need to. We are here for you if you ever need comes up.

(physician begins physical exam)

Supplemental Table 4. Class 2 Discussions examples

Random Example 1

Complete Discussion

(Following a question about alcohol use)

Physician: Um dating?

Girl: Mmm no.

Physician: Too much trouble right now, right? Um I already answered your questions in my system, I am like “no” “no” “no” “no.”

(Discussion turns to a depression screening)

Random Example 2

Complete Discussion

(After a question about drinking and drug use)

Physician: Any sexual activity? Planning around of any kind? Questions about that stuff?

Girl: Uh uh.

(Discussion turns to a depression screening)

Random Example 3

Complete Discussion

(Mother leaves the exam room)

(Door closes)

Physician: (30 second pause). Ok. Umm. This is mostly information for your mom, which is about “Talking to Teenagers About Health Issues” (a pamphlet is handed to the teen). In it, it includes the alcohol, drugs, and tobacco issues, and including things like sexual activity. Has your mom talked to you about those issues in the past?

Boy: must respond non-verbally.

Physician: Is that a yes?

Boy: must respond non-verbally.

Physician: Ok. OK. We will talk a little bit more individually here.

(Topic goes into alcohol but never returns to discuss sex)

Random Example 4

(Conversation During A Pelvic Exam)

Physician: Ever have a boyfriend?

Girl: Am I suppose to have one?

Physician: Well, it sounds like you have been Huh?

Girl: I told my sister.

Physician: You told your sister? Alright. Just uncross your leg. Loose Loose. And how long was that for?

Girl: ummm.

Physician: Just a little while?

Girl: ummm.

Physician: Was he nice?

Girl: He was like in 8th grade was I was in 7th. He left last year.

Physician: So, you are not with him anymore?

Girl: No.

Physician: You don't like him anymore?

Girl: because, he is like on facebook still.

Physician: Okay. And, did you guys kiss?

Girl: No.

Physician: No? Nothing? No touching? Nope?

Girl: We hardly did see each other. Cause he was in 7th grade and I was in...no he was in 8th grade and I was in 7th grade.

Physician: Have you ever kissed anybody else?

Girl: Nope.

Physician: No touching anyone else?

Girl: Nope.

Physician: Have they taught to you about that stuff in school, safe sex and everything?

Girl: Yes.

Physician: Yeah?

Girl: They told me in 6th grade.

Physician: All those embarrassing classes and stuff?

Girl: It was really (inaudible).

Physician: So, alright let's see what you learned. What are..name two things that are bad that can happen from having sex.

Girl: STDs and unwanted feelings and stuff...

Physician: Alright there you go.

Girl: Oh, pregnant.

Physician: Right. So what can you do to prevent not get STDs or pregnant?

Girl: Don't have sex.

Physician: (excited) There you go! You are smart! Ok so when people decide they are going to have sex, what can they do to make it less risky? They can wear a what?

Girl: A condom.

Physician: And what can girls take to not get pregnant.

Girl: Birth control pills.

Physician: (to parent): See she is way ahead of the game. We had someone 16 last week who was like "I dunno...I dunno."

(Pelvic Exam Continues and Topic Turns to School Activities)