

Designing an Online Sex Education Resource for Gender-Diverse Youth

Appendix A: Protocols

Focus Group Prompts

Can you briefly tell me what does sexual health mean to you?

What are some of your favorite websites or apps to find sexual health information? How did you hear about them? What do you like about them? Do you know if your friends use this too?

We are going to present some scenarios to you about people who need sexual health information. We want you to tell us what you think the best way to deliver information about [TOPIC] would be in an ideal world:

- In person (taught in school, a doctor)
- Videos
- Q&A (like where people submit questions and select questions are answered)
- Written/text (articles, fact sheets, books – this could be online or pamphlets or anything you can read anywhere).

We may ask you to explain why you've chosen to stand where you have. You can stand between multiple formats if you think that's what is best. You are also allowed to change your position in the room if you hear someone else's explanation and change your mind.

Topics: Fertility/contraception, STI prevention, puberty/dysphoria, sex & desire, relationships (consent, boundaries, disclosure).

4 Corners Scenarios:

(Fertility, contraception)

Your friend AJ and someone that AJ is dating are talking about having sex or experimenting with some sexual activities. AJ wants to know if it's possible for them or their partner to get pregnant from those activities. If you were AJ, what do you think the ideal method(s) for getting information about fertility, pregnancy, and contraception would be?

(STI prevention)

Your friend Benji thinks they might have an STI and they want to figure out whether they do, and how to get treated. What do you think is the best way to receive information is about STIs and treatment? What would be the best way(s) to communicate it?

(Puberty, dysphoria)

Your friend Cameron has started transitioning by taking hormones prescribed by his doctor. After taking them for a few months, he is happy with some of the changes that he is seeing, but there are some other changes that he is struggling with. Cameron doesn't know if those changes

are normal, or if he will be able to adjust to them. What do you think the ideal way would be for Cameron to learn about puberty and its effects on gender dysphoria?

Your friend Dalles is in middle school, and has been questioning whether they might be trans. Recently, they have started going through puberty and the changes in their body feel out of control. Dalles is scared and doesn't know what to do. If you were Dalles, how would you like to get info about this topic?

(Sex & Desire)

Your friends Tanner and Shiloh have been dating for a long time. They feel like they are ready to experiment with sexual activities, but the sex ed they got in school only covered how cis, straight sex works. Tanner and Shiloh are putting off having sex until they figure out what kind of sex would work with their bodies and desires. They are unsure of where to start or how to stay safe. If you were Tanner and Shiloh, where/how would you prefer to get info or advice about this topic?

(Consent, relationships, boundaries, disclosure)

Emory meets someone who she gets along really well. Emory starts talking to them all the time, and eventually they ask Emory on a date. Emory wants to say yes, but she has not yet told them that she is trans and she is worried about how they might react. If you were in Emory's shoes, which of these method(s) do you think would be most effective for getting information about how to handle this sort of scenario?

Finley is dating someone who has been pressuring Finley to do some things sexually that they are not sure that they want to do. Finley likes them, but wants them to stop pressuring them. Finley doesn't know how to start that conversation with them. For you, which of these method(s) do you think would be most effective for getting information about how to handle this sort of scenario?

ARC Discussion Qs

ARC 1: Co-Design

Wednesday, July 24, 2019 by 5:00pm

Youth brainstorm their ideal sex ed resource/experience accessing that resource.

PROMPT:

At the focus group, we talked about the best methods or formats for communicating sexual health information.

Now we want to hear from you! Let us know your vision for an ideal sex education resource. As a reminder, some of the topics we came up with at the group included 1) Fertility/Contraception, 2) STD Prevention, 3) Puberty/Hormones/Effects on Potential Dysphoria, 4) Sex & Desire, and 5) Relationships/Consent/Disclosure/Boundaries.

What you will do:

1. Think about your *ideal* sex ed or sexual health resource, and what your experience accessing it would be like. Come up with 1-3 ideas for how that could look. You can present your ideas in any way you like - write a story or description, draw what it might look like and post your pictures, make a diagram, map it out, create a storyboard - however is best for you to get your ideas across.
2. Upload your ideas to the “week-1-discussion” channel!
3. Here are some things to keep in mind while you work through this activity:
 - a. This does not have to be something that exists currently and does not need to be realistic. This is your dream resource in an ideal world and can cover any, some, or all of the five topics. Things you can consider: Location, format, who it involves, who sponsors or manages it, which topics are in which format, etc.
 - b. Note that your ideas do not have to be technology!
 - c. It is okay if your ideas overlap or blend together.
 - d. Don’t worry if you’re not an artist, after this post are some example sketches that we’ve gotten in past studies.
 - e. You don’t need to spend more than 20 minutes on this.
 - f. Feel free to build on or comment on others’ ideas, though be sure to be respectful.
 - g. Also, we might ask follow-up questions about your great ideas!

ARC 2: Existing Resources

Wednesday, July 31, 2019 by 5:00pm

Youth review specific apps and websites w/ sex ed resources and/or content for transgender youth, and comment, compare, contrast, etc.

PROMPT:

Below are links to 3 different resources we would like you to look at: Transgender Teen Survival Guide on Tumblr, Clue Sex Blog, and the they2ze mobile device app. Please choose **two** and let us know your feedback with the questions below.

These resources are not meant to be put forth as ideal sexual health resources for gender diverse people, but rather as a starting point for discussion about the strengths and weaknesses of how they present information. Note that you can do this activity at any point before the next activity goes out!

Here are the instructions for accessing each one:

1. Transgender Teen Survival Guide

[<https://transgenderteensurvivalguide.tumblr.com/>]

View website or access via tumblr app:

Either download the tumblr app or go to tumblr website.

- a. If using app: Look up Transgender Teen Survival Guide
- b. If using website: Go to <https://transgenderteensurvivalguide.tumblr.com/>

2. Clue Sex Blog [<https://helloclue.com/articles/sex>]

View website. Can be accessed by mobile device, but displays best on computer.

3. they2ze App

On a mobile device, go to your App Store and download they2ze app.

Apple: <https://apps.apple.com/us/app/they2ze/id1225162417>;

Android:

https://play.google.com/store/apps/details?id=they2ze.android.om.com.they2ze&hl=en_US

Spend 5-10 minutes exploring this site or app. Then 20 minutes commenting on the following questions. Please post your responses to the “week-2-discussion” channel!

1. What do you think of this format/method of presenting information?
2. What is your trust level for this resource? How much do you trust that the information is reliable and correct?
 - a. What might make it feel more trustworthy for you?
 - b. Who would you like this information to come from? (e.g. a doctor, therapist, social worker, trans person, etc.)
3. How do you feel about the look, feel, and design of this resource?
 - a. This can be the colors, images, animations, layout, etc.
4. How do you feel about the content of this resource? Is it missing or lacking anything important? (Note: they2ze is not fully functional and may not return resources results. You can comment on the categories of resources they provide.)

5. What would you do to improve this resource?

ARC 3: REVISITING CO-DESIGN

Summary:

We have really appreciated your ideas so far! Here is our summary of what's been brought up from both groups that participated in the focus group and Discord activities. For this post, we are focusing on ideas that could be incorporated into a sex ed program that involves technology. Please review this summary of ideas before answering the prompts this week:

- 1) A well-designed landing page with broad categories such as “STDs and contraception” and “relationships” and “effects of hormones.” Each category would have drop down menus that you could go to if you wanted, or avoid if you felt it was triggering.
- 2) Fact sheets or articles for concrete health information that tends to be more universal, like “Preventing STDs” or “Birth control options and effects”.
- 3) Option for Q&A with a healthcare provider and/or therapist for health issues. Ideas ranged from an anonymous text line or a format similar to “Transgender Teen Survival Guide” where specific questions are selected and answered over time.
- 4) For relationship related topics, people described wanting to have perspectives from trans and nonbinary people of different ages and gender identities. This could be in the form of a Q&A, a section for blog posts or anecdotes, or videos (or a combination). Scripts for different situations might be helpful.
- 5) People described wanting to know where the information came from (such as citations and a description of whether the answer to Q&A came from a doctor, nurse, therapist, or lay person)
- 6) People described wanting it to be designed professionally (Web MD was mentioned), and wanting it to be anonymous and not obviously for a resource for trans people if looking at the app icon to preserve confidentiality.
- 7) People described wanting content to work for lots of different learning styles.

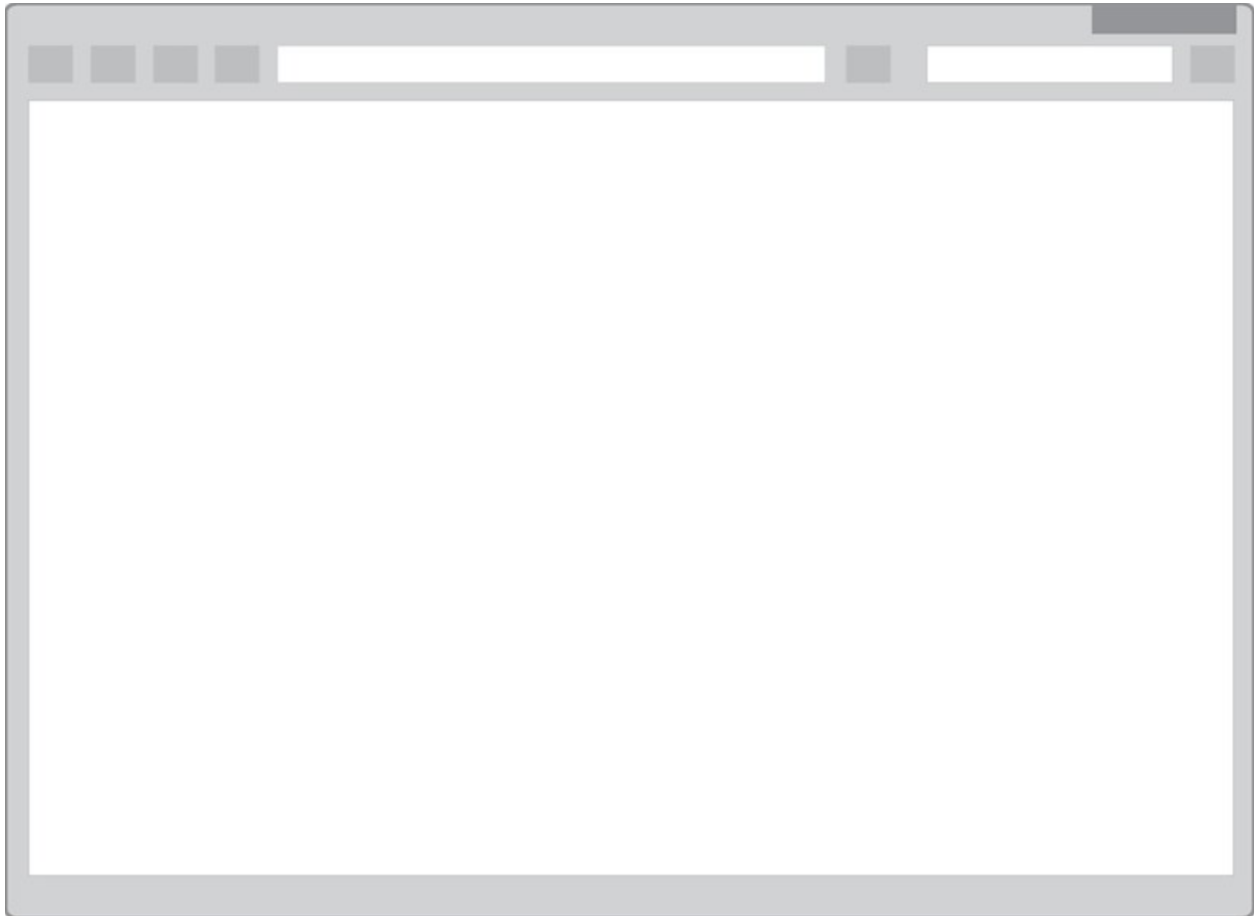
Here are this week's questions and activity. This might feel similar to the first activity in which we asked you to think about your dream scenario for getting sexual health information, but this week, we will focus on what could realistically be done today.

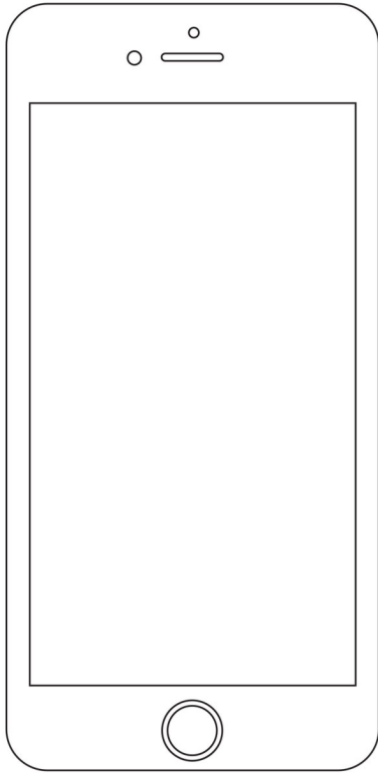
- 1) What do you agree or disagree with from the summary above? How would you expand on or take these ideas further? Is there anything important that you think we missed?
- 2) Draw out 3 sketches of a sex education app, website, or program that incorporates the ideas from above. Some of you did post sketches/images in the first posting - you can

just expand upon those. This time, drill in on ideas you think might be realistic, that we could do using either just on an app/website or a combination of app/website and some in person education or support sessions. Again, don't worry about how your drawings look, we are more interested in yours ideas than anything.

Below are some webpage, phone, and storyboard templates you can use if you like.

3) Upload your designs to the “week-3-discussion” channel!





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Guide for Co-Design Focus Group

Co-design Session Guide

Facilitator's introduction:

- Thank you for participating.
- Facilitator(s) introduce themselves and their preferred pronouns
- Briefly review purpose of study
- Name and pronouns of all participants.
- "I have a few logistical things to mention..."
 - Review Consent Form/do consent conference
 - Our session will last about two-hours

Information for participants before video-recording:

- Participation is voluntary. If there's a question you don't want to answer, you are welcome to skip it; and you are free to leave the focus group at any time.
- A few guidelines for this group. 1) Discussion is confidential. Discussion and information about people in this group will stay in this group. Please avoid discussing any identifying information like names or locations. 2) We will be respectful of everyone's opinions. 3) We will try to allow everyone to have an opportunity to talk and contribute. 4) The only exceptions to confidentiality are if we believe there is a danger of harm to yourself or anyone else.
- A reminder that we will be video-recording this interview today so that we can review the videos later in case we miss anything you say today. To help protect your confidentiality, we will store these videos on secure Seattle Children's servers. Let's try not to use your name or specific locations during the discussion today, just so that identifying information is not recorded in the recording.
- Just to double-check, is it okay with everyone that we video-record the session today?
- Before we start our discussion, I want to review the purpose of this research study you are participating in today. We are doing this study to discuss what sorts of features and design elements would be helpful in a Care Map app or mobile platform for transgender and gender diverse patients at Seattle Children's Gender Clinic. We will also have you review design ideas and prototypes from transgender patients and gather your feedback on them.
- To answer our research questions, we will ask you questions.
- Any questions before we start?
- I'll start the recorder now, and I'll say for the video-recorder:
 - "This design session is for the Sex Ed Technology study and is on [date]."

BEGIN SESSION:

15 min – Consent conference, introductions, review guidelines/rules of session

Divide into 2 groups, each with a facilitator

Option 1: Pros: Get designs out of it, Cons: Will take time to ask about design rationale

PART 1: Individual design (15 min)

5 min — Research team presents findings so far and screens designed in Discord and introduce prototype design

10 min — Participants sketch wireframes on templates provided

- The hope of today's focus group is to create designs for a sex-ed online resource for trans and gender non-conforming teens together. Your input is super valuable! Today, we are going to be designing apps/websites and sharing things with each other. Some of you might be nervous about designing things, but don't worry! It doesn't matter to us how good something is, we just want to talk to you about your thought process.
- Here's an example of what we might create today! [Calvin shows quick example on phone/laptop]
- Many of you participated in our online ARC on Discord a few weeks ago. We wanted to share what we've seen so far to help you remember and give you a place to start. [Kym shares]
- Now we're going to have you each design your a sex ed resource for trans and gender non-conforming teens. Using the templates, spend the next 10 minutes drawing out what you would like your app to look like. Try to think about what content should go where, what you think things should look like, and more.

PART 2: Pair and mix ideas (30 min)

10 min — Participants pair up and share their designs

20 min — Participants create one prototype

- Now we're going to mix your ideas! You are going to pair up with someone, share your designs, and create one prototype that you create together.
- Pair up with someone, then spend 10 minutes sharing your designs. Talk about what you like about the other's or what you might do differently and what you might use in your combined prototype.
- Now you're going to spend 20 minutes designing one prototype together that combines ideas from both of your individual designs.

PART 3: Mixing to one idea (1 hr)

20 min — Pairs share their designs with group

30 min — As a group, work on designs

10 min — Debrief/summarize session while Calvin creates prototype

- So we just mixed ideas. Now, we're going to do one BIG mixing of all our ideas to hopefully create one final prototype!
- Each pair is going to share what they just designed to the group. Talk about why you made certain decisions and what you like about your design. *[as participants are listing why, one of the researchers writes this down on a large notepad]*
- Now, as a group we are going to take everything we just talked about to create one super prototype. Working together, let's design some screens.