Designing an effective Digital Platform for Sex Education
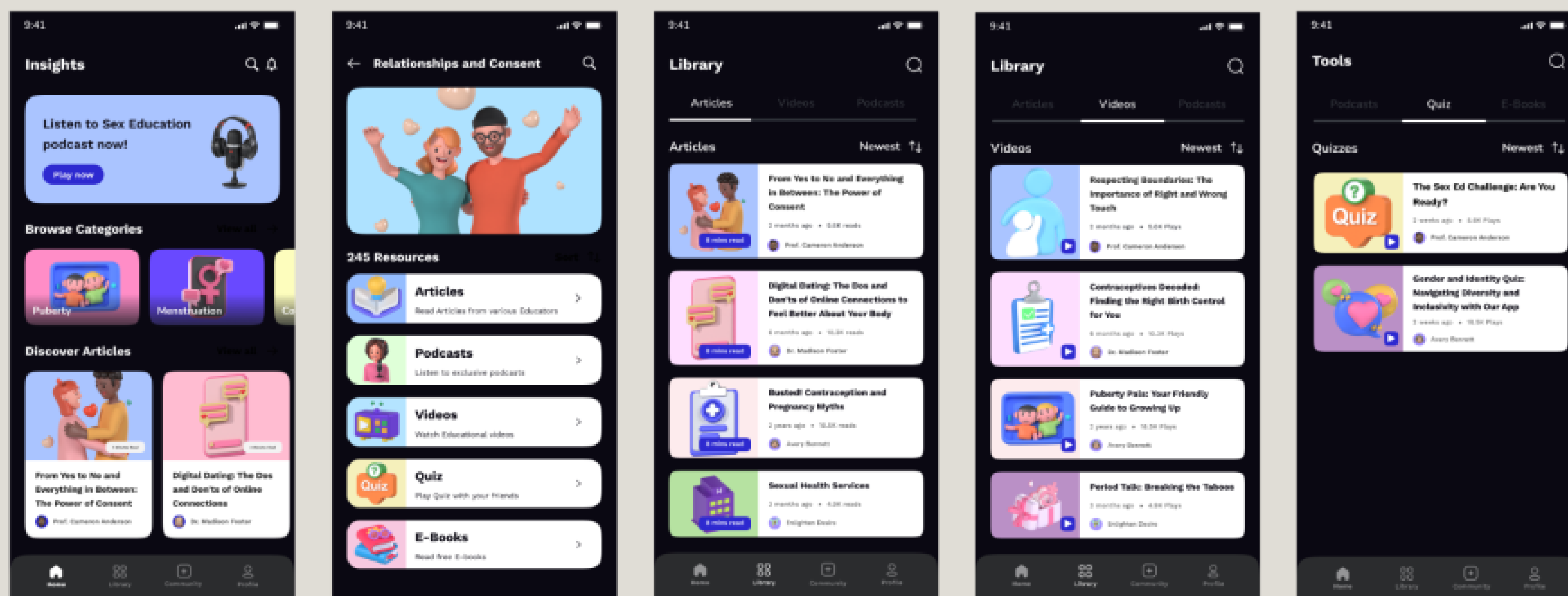
Akanksha Mahangare

Abstract

In response to the growing need for comprehensive and accessible relationships and sexual education among young individuals, this project focuses on designing and developing an effective application. The process involved in designing this application included conducting user interviews, undertaking an extensive literature review, creating wireframes, and interactive prototyping. By designing a user-friendly and age-appropriate interface, the project seeks to empower young individuals with accurate and reliable information for making informed decisions about their relationships and sexual health.

Introduction & Background

Insights is a mobile app designed to educate and inform young adults aged 14 to 25 about sexual health. The innovative app offers interactive lessons, engaging videos, and thought-provoking quizzes to help users develop a comprehensive understanding of sexual education at their own pace.

Furthermore, users can receive expert advice anonymously, safely and confidentially. With Insights, young adults can equip themselves with the knowledge and skills to make informed decisions regarding their sexual behaviour and overall health.

Study Methodology

My investigation employed a mixed-methods approach, combining qualitative user interviews and a comprehensive literature review. These steps informed feature prioritisation, information architecture, wireframes, and interactive prototypes, resulting in a user-centred app design.

Research Results

Sex education programs often heavily emphasize abstinence, leading to a lack of coverage on crucial topics such as contraception, consent, and LGBTQ+ awareness. Outdated or incorrect information can lead to misconceptions and risky behaviors, while cultural and religious influences can limit what is covered. The internet further complicates matters with misleading information. Finding the right balance between parental involvement and teacher training poses a challenge. Consistent, inclusive, and accurate sex education is crucial..

Testing & Evaluation

To verify the project's success, unmoderated task-based usability testing was conducted with 8 participants, and feedback was analysed to refine the prototype iteratively to ensure that the app met specifications, addressing users pain ponits, gaps in sexual education and aligning with user expectations effectively.

What's Good:
- Design and User-Friendly Interface
- Ease of Navigation
- Positive Engagement with Features
- Appreciation for Clear Instructions
- Positive Feedback on Content Quality

Areas for Improvement:
- Category Depth and Hierarchy
- Readability and Accessibility
- Layout Optimization for Content

Conclusion & Future Work

In conclusion, user testing highlighted the app's positive design, navigation, and engagement features. Users desire privacy and open discussions on sex education, valuing account visibility and anonymity options for sensitive topics. To improve the experience, parental controls can be implemented and a feature to directly engage with sex educators should be added. This will enhance the app's educational value and foster a supportive community.