

How can the need for a self-directed sexual and reproductive educational tool be demonstrated in a historical context, and how should this tool be created?

- Historical evidence: Roman medical writings; medieval medical treatises; contemporary scientific, medical, and social research
- Need for erasure of stigma and self-directed education established via contemporary research
- Evidence for utilization of design thinking principles based on journal articles which express benefits and advantages of this design style for the consumer and entrepreneur

App Design Utilizing Design Thinking Principles

Empathize	Background given on the current state of sex education as well as sentiments that exist among young women relating to reproductive functions such as shame
Define	Accounts of the history of sex education in the U.S., research on specific gaps in young women’s reproductive knowledge
Ideate	App development and design thinking sources, potential solutions by researchers
Prototype	Analysis of choices and reasoning used in “Trota” storyboard
Test	N/A

Self-Directed Sexual and Reproductive Health Education: A Demonstration of the Need for Intervention Based on Historical Precedent of Shame, Misinformation, and Concealment



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Conclusions

- Themes of women sharing and educating other women exist in historical sources analyzed; “Trota” app continues that tradition via community health tabs
- Inadequate sexual education from parents and schools creates the need for outside resources for young women
- Young women view their bodies as abnormal, resulting in feelings of isolation and reluctance to ask questions
- Persistence of sexual and reproductive taboos in the U.S. leads to health consequences
- Human-centered design is essential for the best possible product creation
- Overwhelming need for sexual health resources for young women, specifically self-directed educational tools.

