"Most young men think you have to be naked in front of the GP"
Changing young men's perceptions on sexual health care

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Results

<table>
<thead>
<tr>
<th>Participant Demographics (N=13)</th>
<th>18-24 (mean 19.9)</th>
<th>International Student (5)</th>
<th>Friends (1)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age (years)</td>
<td>18-24 (mean 19.9)</td>
<td>International Student (5)</td>
<td>Friends (1)</td>
</tr>
<tr>
<td>Nationality</td>
<td>Australian (8)</td>
<td>International Student (5)</td>
<td>Friends (1)</td>
</tr>
<tr>
<td>Living Arrangements</td>
<td>Family (10)</td>
<td>In a relationship &lt; 1 year (4)</td>
<td>In a relationship &gt; 1 year (1)</td>
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<tr>
<td>Relationship Status</td>
<td>Single (8)</td>
<td>In a relationship &lt; 1 year (4)</td>
<td>In a relationship &gt; 1 year (1)</td>
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<tr>
<td>Sexual Orientation</td>
<td>Heterosexual (9)</td>
<td>Gay (3)</td>
<td>Prefer not to say (1)</td>
</tr>
</tbody>
</table>

Barriers to Sexual Health Care

Ideas of Masculinity
men feel like they got to contain everything, [...] they gotta be stronger than what they are
19, Australian, gay

Lack of Concern
men just kind of shrug it off
18, International, heterosexual

Embarrassment
I'd say for most part there's that embarrassment factor
19, Australian, heterosexual

Privacy
as for all my visits my parents have been in there as well, so I think that could be a bit awkward
18, International, prefer not to say

Not Knowing Where to Go
Some people they don't know where to go, like me [...] I'd go to a hospital and just say at the front desk or is there like a specialised person who deals with these issues?
18, Australian, sexual preference not disclosed

Conclusions & Implications

We should rethink the expectations placed on young men and offer novel strategies to help them look after their sexual health. GPs can help young men feel more at ease to discuss sexual health by affirming privacy, acknowledging its sensitivity and bringing up sexual health appropriately. Universities should provide young men with appropriate sexual health information. Multiple methods of promotion should also be designed to reach and engage young men.

References