

Women's Health Information Survey

The University Health Center (UHC) Sexuality Education eXchange and the Women's Center want to know what information you would like to have so we can develop programming about women's health based on what you tell us.

1. Which of the following topics would you like more information on?

a. Contraception (please check all topics you are interested in):

- Talking with my partner about using contraceptives
- Methods (birth control pills, condoms, other types)
- How to decide what methods to use
- Other (please specify): _____

b. Reproductive health (Please check all that you are interested in):

- Menstruation (menstrual cycle, cramps, Pre-Menstrual Syndrome)
- What's normal and what's not (how to know when to go to the doctor)
- Breast Self-exams and other things I can do to stay healthy
- Anatomy (How my body and my partner's body works)
- Sexually Transmitted Infections (including HIV/AIDS)
- Other (please specify): _____

c. Nutrition (please check all you are interested in):

- Nutrition Counseling/Healthy Eating
- Body Image Eating Disorders
- Other (please specify): _____

d. Alcohol and Other substances (please check all you are interested in):

- Responsible drinking Information about drug addiction
- How to stop smoking Other (please specify): _____

e. Relationship Issues (please check all you are interested in):

- Healthy Relationships
- Signs of abusive relationships Sexual Assault
- Other (please specify): _____

2. How would you prefer to get this information? Please rank in order of your preferred method of getting the information where 1 = most preferred and 10 is least preferred).

- One-on-one session with a peer educator (trained UNL students)
- One-on-one session with a doctor, nurse or other health provider
- Program in my residence hall
- Scheduled time for myself and 3 or 4 of my friends at the Health Center
- Scheduled time for myself and 3 or 4 of my friends at the Women's Center
- Read the information on the UHC or Women's Center web site
- Power point presentation to be viewed at:
 Women's Center Health Center a web site
- Watch a videotape at: Health Center or Women's Center
- Check out a videotape from the Health Center or Women's Center
- Other (please specify): _____

Thank you for taking the time to complete this survey. Please return it in the provided envelope through campus mail to: Pat Tet-reault, University Health Center Sexuality Education eXchange, 15th & U Streets, Rm. 12 (lower level), Lincoln, NE 68588-0618.