

# The Jack Trial:

## 4 Key Messages for those building evidence for Comprehensive Sexuality Education

Prof Maria Lohan, Queen's University Belfast

E-mail: [m.lohan@qub.ac.uk](mailto:m.lohan@qub.ac.uk)

1. First RCT of gender-transformative male-engagement CSE

The Jack trial focussed especially on male-engagement gender-transformative CSE

- We developed and tested *If I Were Jack* (<https://www.ifiwerejack.com/>)
- Girls and boys in the intervention arm had significantly increased support for gender-equitable masculinities

2. Provides robust evidence for CSE

Large RCT involving 8000+ adolescents aged 14-15 years in 64 schools in the UK

- The trial demonstrated that CSE led to:
- Increased reliable contraceptive use once young people are sexually active (boys and girls)
  - No increase in sexual initiation
  - Increased sexual health knowledge and intentions to have safe consensual relationships (even up to one year later)

3. One of the first trials to test cost-effectiveness

The Jack Trial demonstrated that CSE is cost effective

- The trial demonstrated that over a 20 year period the intervention would
- result in fewer unintended pregnancies and STIs
  - result in a gain in quality-adjusted life years (QALYs)
  - with a delivery cost of £5 per pupil

4. Supports evidence of co-designed CSE

The Jack Trial supports evidence of co-designed CSE with young people

- The *If I Were Jack* programme was
- co-designed with adolescents, teachers, parents and CSE policy makers, and
  - delivered in faith-based as well as non-faith-based schools.

