

Adolescents' perception of school-based sex education – an exploratory study

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Introduction

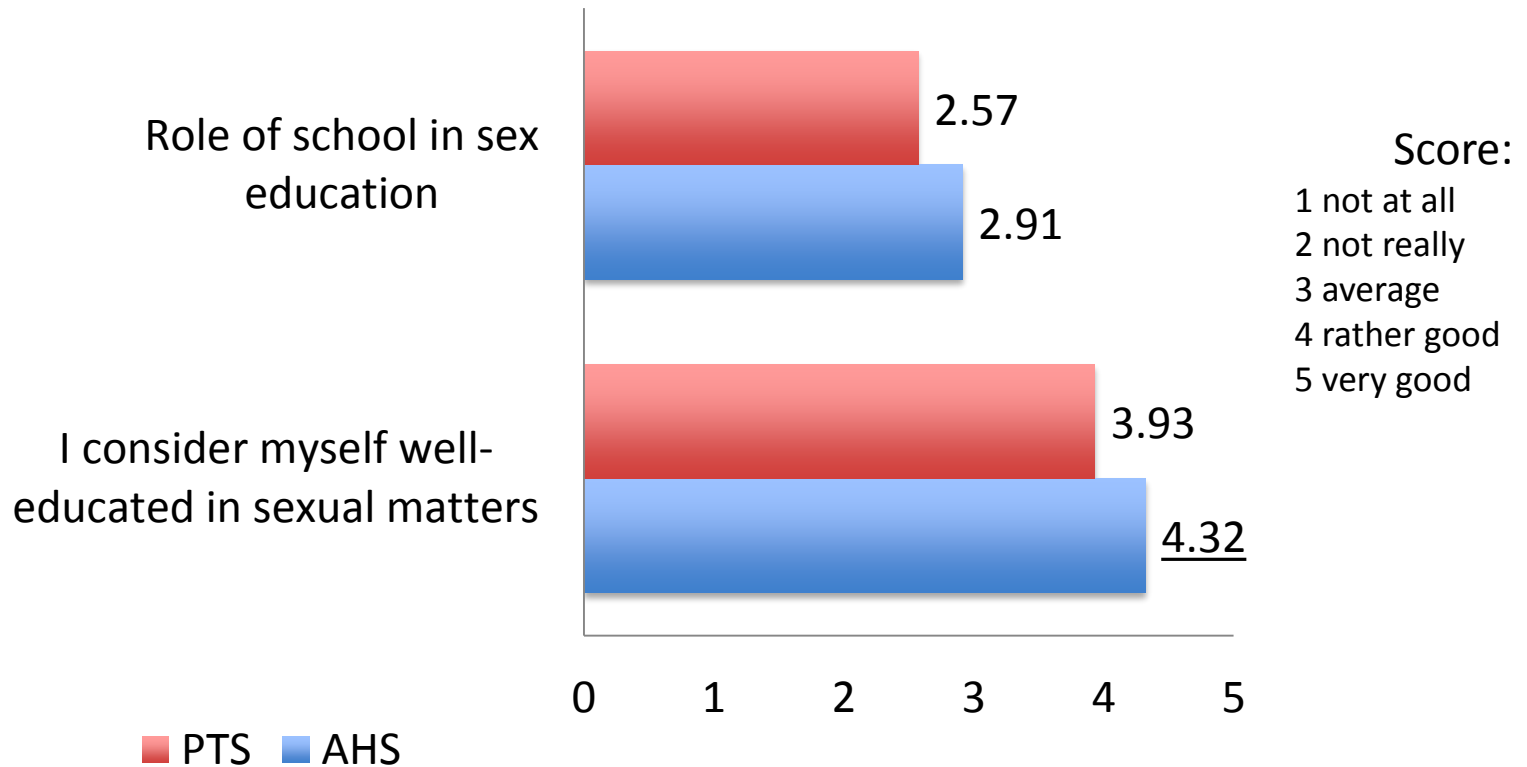
- Sexually transmitted diseases (STIs) appear to be an increasing problem in several European countries among teenagers
- Sex education for adolescents is not just an important tool to help prevent STIs, but also to lay the foundation for healthy sexual and reproductive lives

Aims and methodology

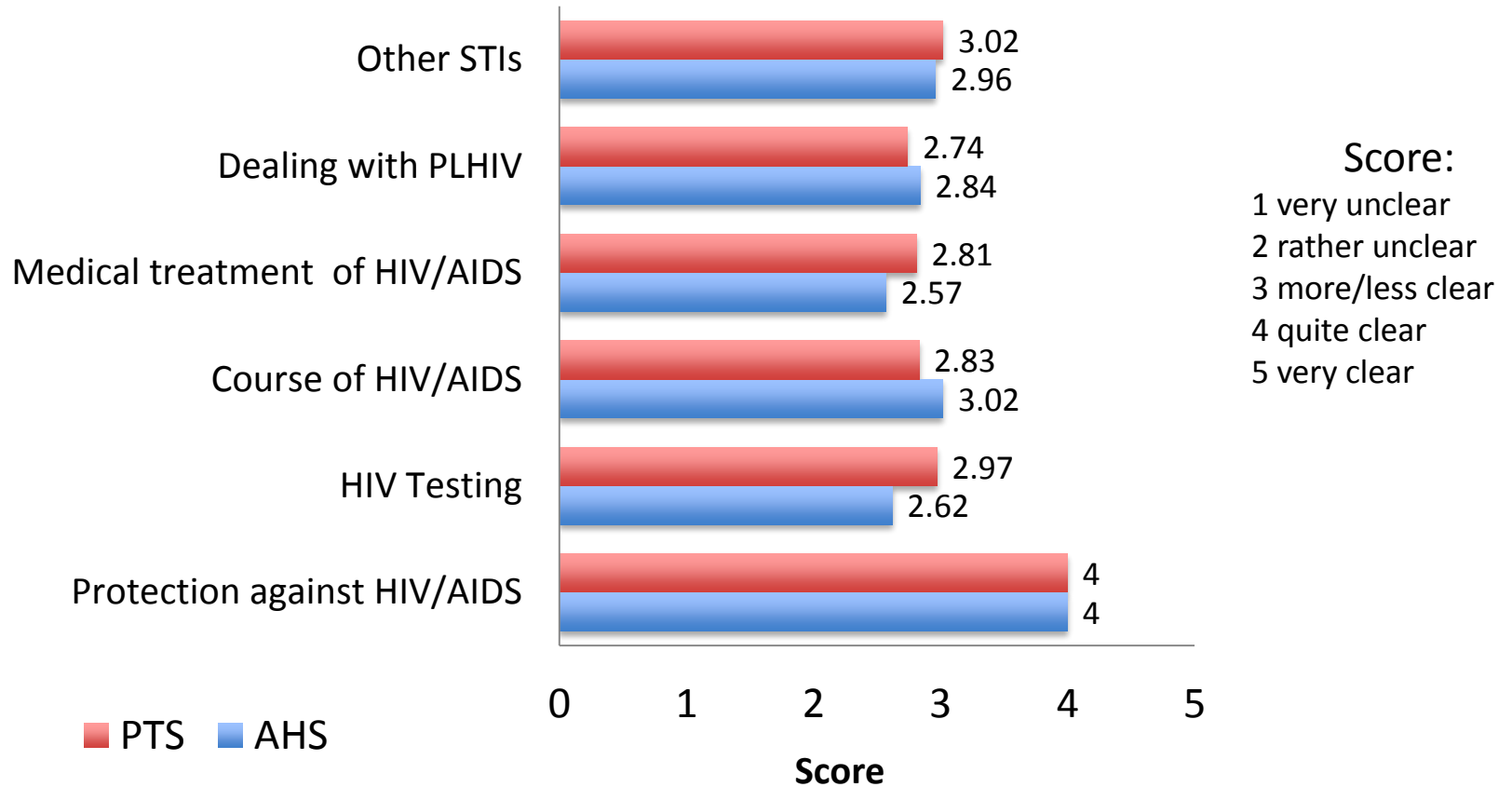
- The study explored how well adolescents (14-16 years) from two types of schools perceive sex education
- Participants of the survey were from the 8th grade of two high schools (**AHS**) n=98 and the equivalent grade from one polytechnic middle school (**PTS**) n= 100
- Data collection through online questionnaire, partly paper and pencil; 64 questions: 60 Likert scale, 4 multiple choice
- Questions covered the following themes:
 - How well different topics on sexuality have been explained
 - The importance of specific people in sexuality education
 - The importance of information sources in sexuality education
 - Gender role in sex education
 - Methods that are and could be used in delivering sex education

Results:

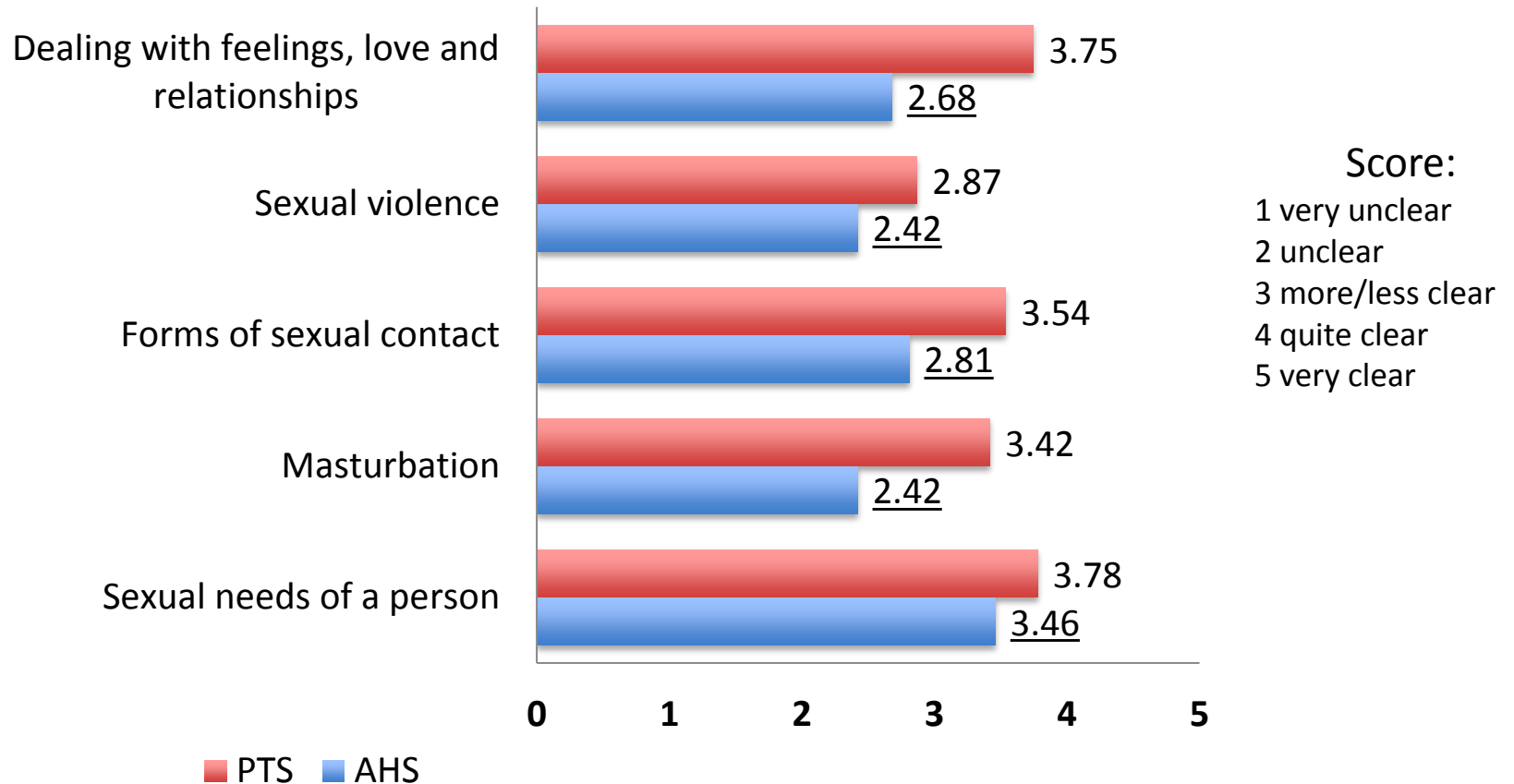
Sex education in school



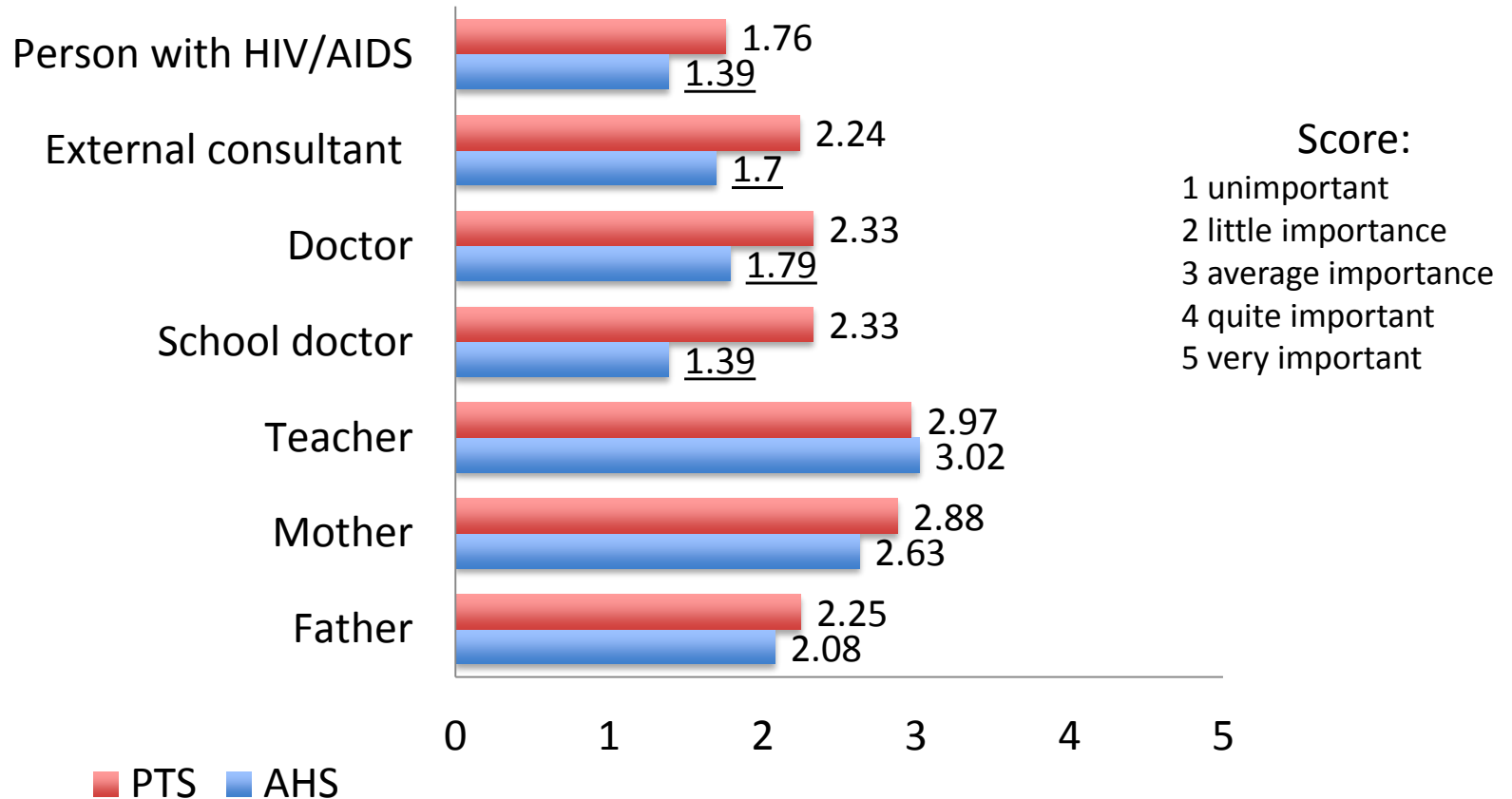
1a) Clarity of Topic (HIV/STI)



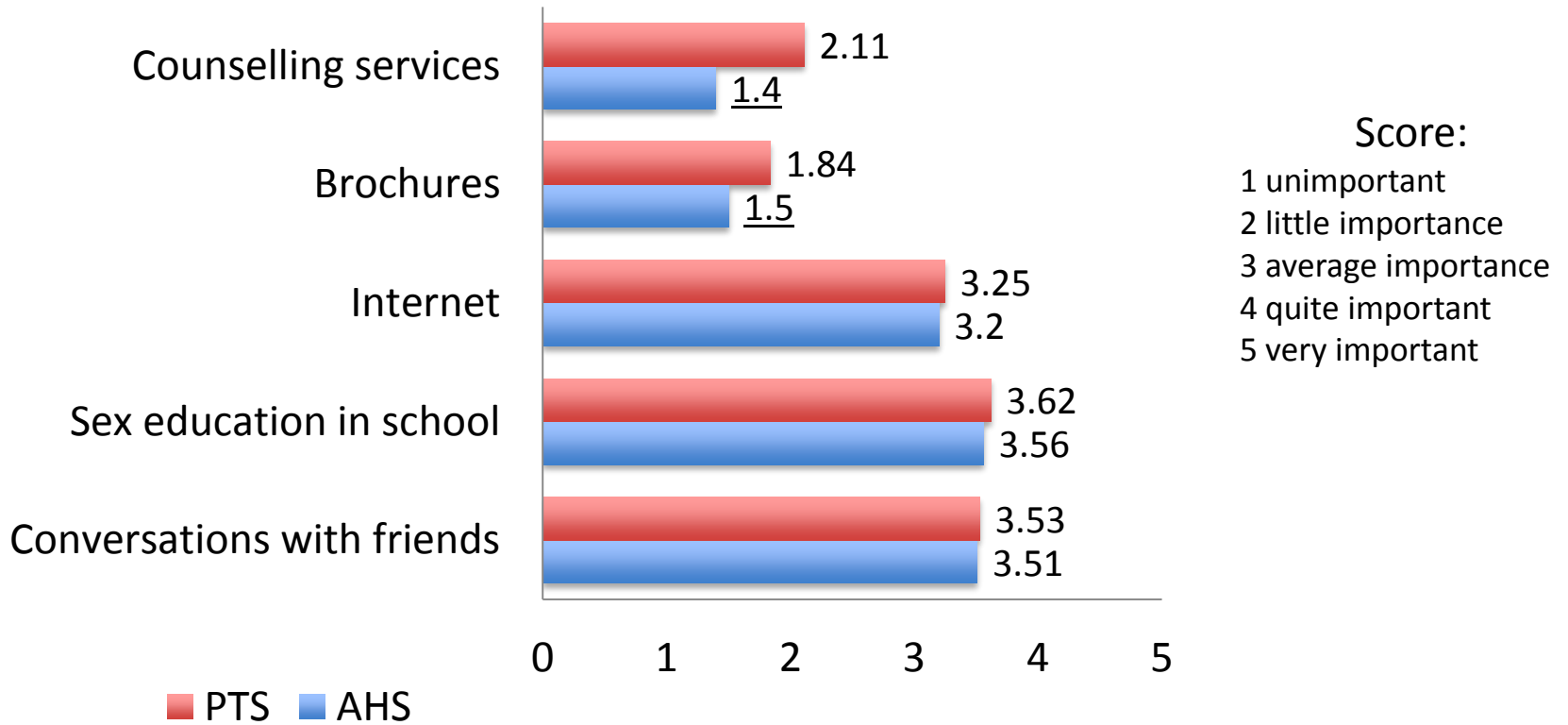
1b) Clarity of Topic (sexuality)



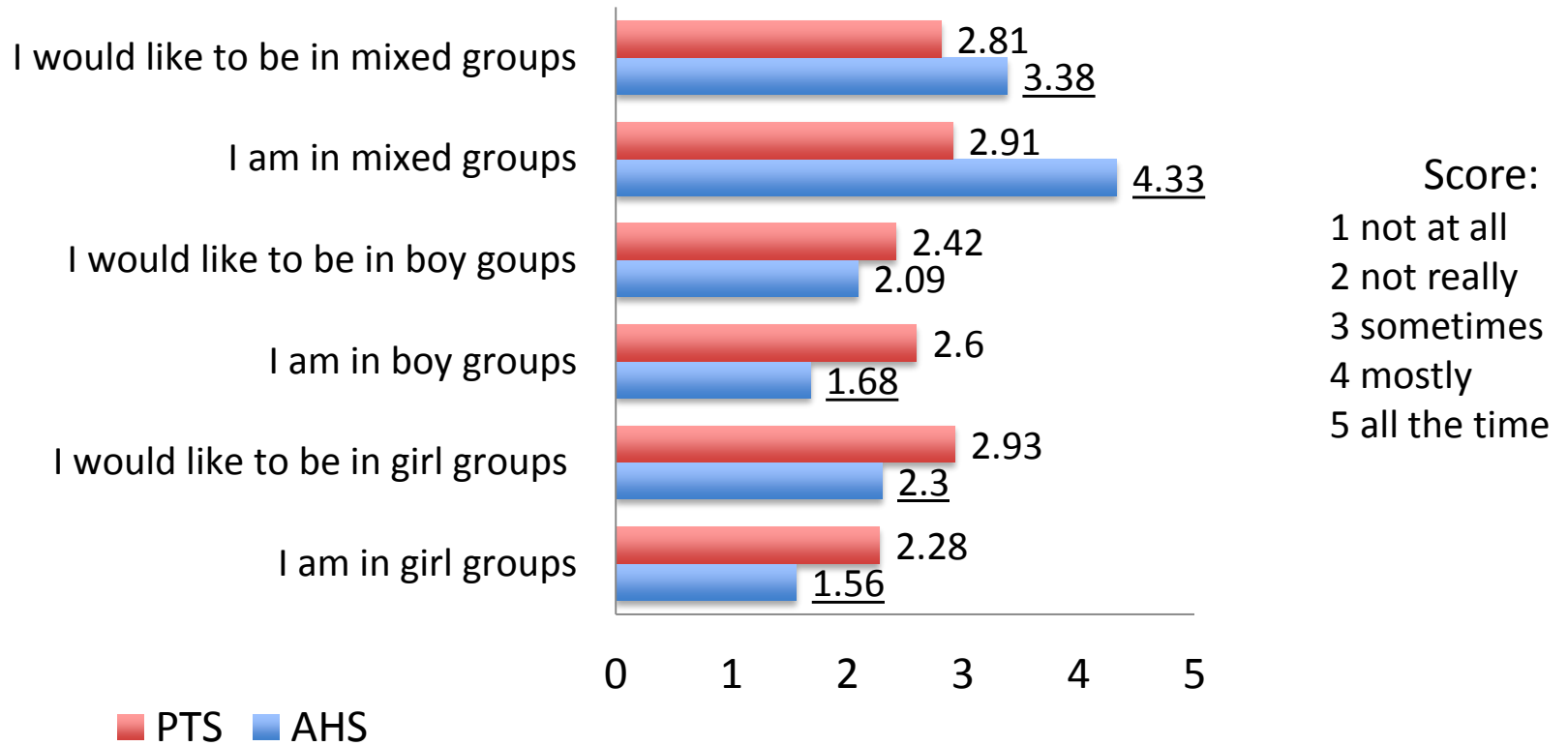
2) Importance of specific people in sexuality education



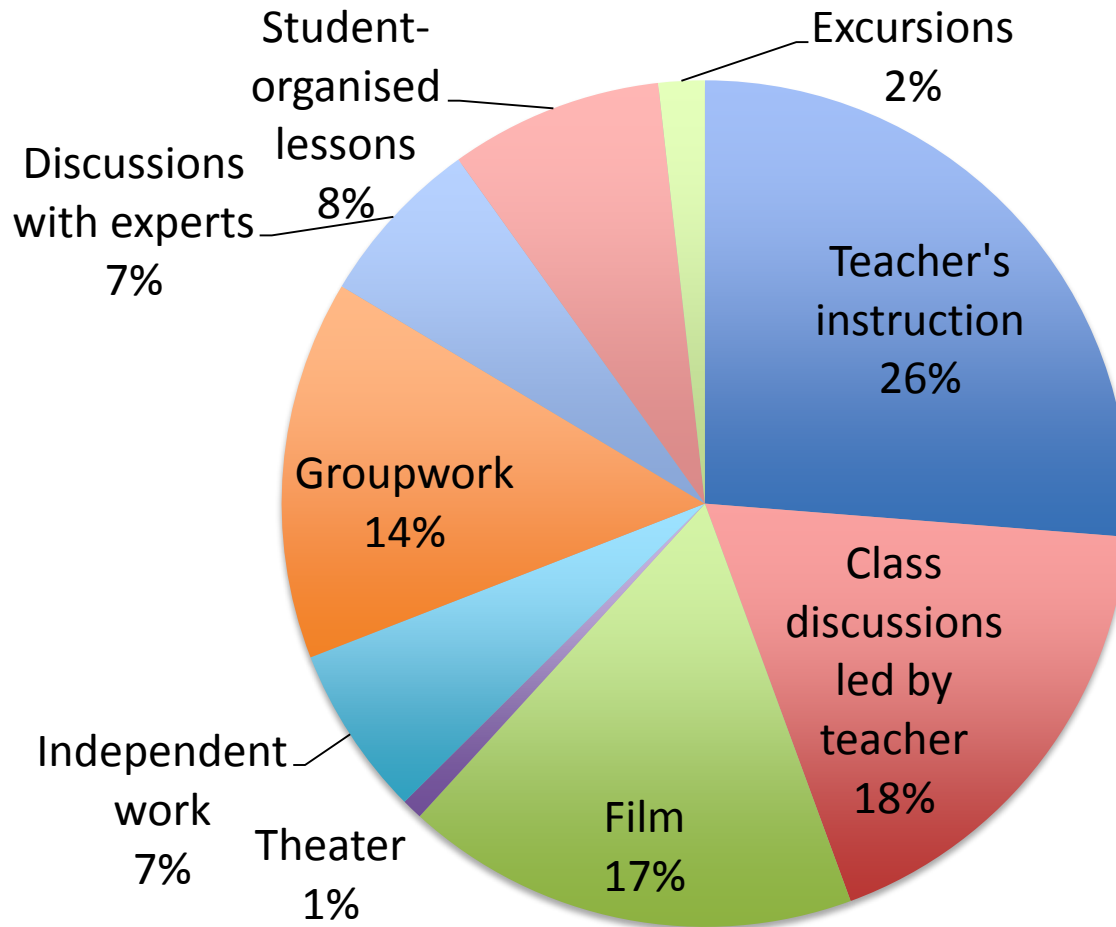
3) Importance of information sources in sexuality education



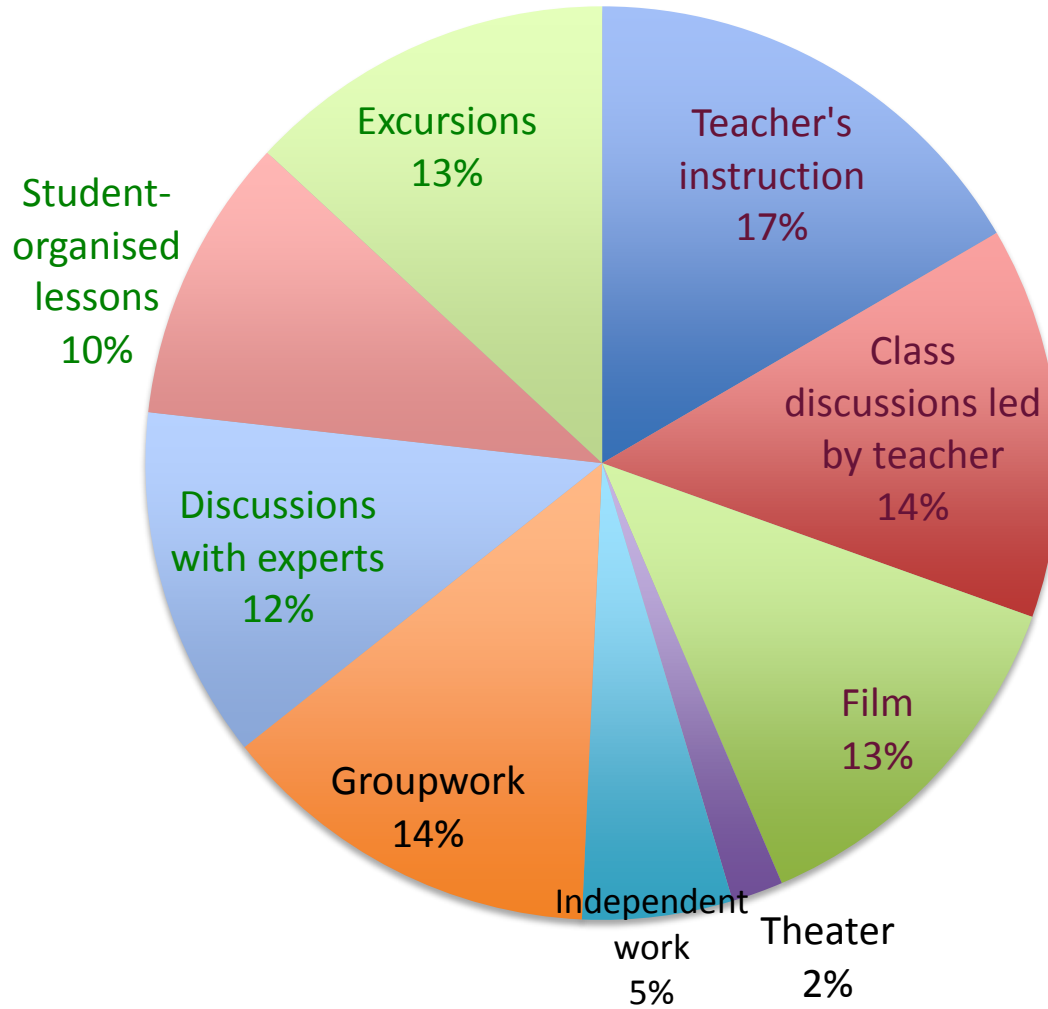
4) Gender role in sex education



5a) Methods currently used in sex education



5b) Methods students feel should be used in sex education



Discussion and Conclusion

- Students seemed to feel that schools play an average to minor role in sex education
- However detailed evidence showed that students get the most of sex education through schools
- Teachers play a significant role in sex education
- Lack of clarity in topics such as STIs, the social and medical aspects of HIV and addressing physical and emotional aspects of sexuality, especially among high school students
- Adolescents would like to be more aware of the topics that were presented and welcome a variety of interactive lessons
- High schools should consider sex education as an important feature of their curriculum

THANK
YOU SO
MUCH!