

# **The effect of peer sex education programmes on condom use of adolescents**

## **A protocol for a systematic review**

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# Adolescence

Adolescence → 10 - 19 years

early adolescence: 10 - 13

mid-adolescence: 14 - 15

late adolescence: 16 - 19 years of age

1.2 billion adolescents



1/5 of the world's population  
four out of five live in developing countries

# Transition from childhood to adulthood

Physical and emotional changes  
“Sexual development”

Sexual habits and decisions about risk and protection are formed

# What health problems do adolescents face?

- General health problems
- Malnutrition – Eating Disorders
- Mental health problems
- Depression and suicide
- Addictive behaviours
- Accidents and violence
- Early and unprotected sex
- Sexual abuse

Unsafe sex is a major threat to the health and survival of adolescents.

Millions of adolescents worldwide are at risk of early and unwanted pregnancy, and sexually transmitted infections (STIs).

# Condoms

When used correctly and consistently, are very effective to reduce the STIs and pregnancies.



For sexually active young people, consistent condom use is the responsible option.



## Some of the barriers to adolescents' condom use:

- ❖ availability
- ❖ cost
- ❖ having no income
- ❖ negative beliefs about condoms
- ❖ reported discomfort
- ❖ lack of information on correct use
- ❖ lack of having privacy and confidentiality at health facilities where they can obtain condoms

These factors must be considered while preparing a programme for adolescents.

Involving young people as advocates of condom use can be identified as a target in programs for adolescent condom use.

Despite their vulnerability, in most countries, the great majority of adolescents are poorly informed about sexuality and reproduction, and few of them use contraceptive methods.

Adolescent sexuality is still taboo

Location of the services

Laws,

Judgemental and prejudicial approach...



Lack access to family planning services,

Prevention and care of sexually transmitted diseases,

Pregnancy care...

Health services play a specific role in preventing and responding to health problems of the adolescence.

## Youth friendly health services

- ✓ accessible, acceptable and appropriate services for adolescents.
- ✓ in the right place at the right time and if necessary free.
- ✓ the services given are in the right style to be acceptable to young people.

They are effective, because they are delivered by trained and motivated health care providers who are technically competent, and who know how to communicate with young people without being patronising or judgmental.

Involving adolescents in designing, delivering and monitoring services improves relevance, acceptability, and effectiveness.



Peer education in youth,

“the process whereby well trained and motivated young people undertake informal or organized educational activities with their peers over a period of time, aimed at developing their knowledge, attitudes, beliefs and skills and enabling them to protect and be responsible for their own health”.

In

schools

clubs

bars

social clubs

religious settings

workplaces

on the street

Peer educators - not professionals, but trained to assist young people who need reproductive health information and services.

# OBJECTIVE

To review the effect of peer sex education programmes on the use of condoms among adolescents.

# STUDY DESIGN

## Types of studies

- ❖ Randomized controlled trials
- ❖ Quasi-experimental studies

## Selection criteria

### *Inclusion criteria*

- ❖ School based or community based intervention studies

### *Exclusion criteria*

- ❖ Studies including married adolescents
- ❖ Interventions including other programmes in addition to peer sex education programmes

## Types of participants

- ❖ Unmarried adolescents  
(age=10-19)

## Types of outcome measures

- ❖ Condom use at intercourse

# SEARCH STRATEGY

Key Words

*'Peer Education, Adolescent, Condom'*

Electronic databases

*(PubMed, Popline, Social Abstracts, ERIC, FRANCIS, Psycinfo)*

# METHODS OF THE REVIEW

- ✓ Titles and Abstracts will be assessed
- ✓ Full articles will be retrieved for those meeting the inclusion criteria
- ✓ Included studies will be evaluated
- ✓ Tables will be constituted to show the characteristics of the studies.





THANK YOU