

[Module 2: Evidence based approaches to sexuality education for adolescents - Adolescent health and development with a particular focus on sexual and reproductive health - Assignment](#)

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Barriers to expanding or improving sexuality education in Kenya

Beliefs about sexuality: Culture and Religion are the most hindering factors to Sexuality education as it is considered as Taboo and should never be discussed.

Beliefs about the role of the family and Marriages: It is believed that only the families (parents) have the role to teach the young people about sexuality when they reach proper age and they will continue to learn when they get married. This issue should not be raised at national and society levels.

Restrictive laws and policies: Some official laws and policies in health institutions make a barrier in expanding and improving sexuality education. The presence and consent of a guardian or husband when an adolescent needs health services is a barrier, as it hinders the youth to come forward when they need care.

The Subject Not part of Primary education Curriculum: Sexuality education has still not been incorporated as part of the primary education curriculum; however primary schools are the only place where youth and adolescence can be targeted.

Lack of Training on Sexuality education to Health workers/Head teachers and religious leaders: There should be an increase of awareness itself among the health workers/teachers and religious leaders on this topic in order to have their support in improving the subject.

National Health Priorities: Sexuality health compared to other health issues, like maternal and child health has still not been recognized as a priority when it comes to allocation of funds and grants. Till now this issue is seen as being part of HIV/AIDS prevention and control strategy and not an independent field.

Suggestions on overcoming these barriers in Kenya

Adolescents and youth face multiple barriers to access reproductive and sexual health services, and sexuality education. These include lack of information and education, lack of youth-specific services, concerns about confidentiality, affordability and access to services, social pressures and taboos. In-order to promote and improve sexual and reproductive health services, certain aspects need to be tackled and given priority.

Education and information regarding sexuality and reproductive health to the young people is mandatory. This can be achieved by introduction of this subject earlier in life targeting youth while still in primary schools and high schools. Incorporating this subject in school curriculum and informing the youth on their right to access this service. When proper education and information is achieved this will help the youth especially the girls and young woman to know their rights and improve their Social status.

On the other hand the government should be able to support and provide appropriate Youth-Friendly Health Services. Creation of youth friendly clinics where youth and young people will have freedom to attend without need of a guardian and parental consent, a place that will make the youth feel free to express and receive what they need without hindrance.

It is highly important to train community leaders, religious leaders, teachers and parents on the importance of this subject and how to help the youth recognize it without problems.

Creation of appropriate services and programs like peer educator programmes, young leaders' groups, and youth advocacy will help in promoting this field.

More funds should be allocated to sexuality education. The government should pay more attention in to promote above-mentioned services for adolescents.

Assignment documents

1. [IPPF. From evidence to action: Advocating for comprehensive sexuality education. London: IPPF; 2009.](#)
2. [UNESCO. International Technical Guidance on Sexuality Education. Volume I. The rationale for sexuality education. Paris: UNESCO; 2009.](#)
3. [UNESCO. International Technical Guidance on Sexuality Education. Volume II. Topics and learning objectives. Paris: UNESCO; 2009.](#)
4. [UNESCO. Levers of Success. Case studies of national sexuality education programmes. Paris: UNESCO; 2010.](#)