

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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List of some of the barriers to expanding or improving sexuality education in my community

1. Cultural disapproval of sexual education viewing it as a scandal rather than scientific knowledge.
2. Ignorance of parents to consequences of sexual unawareness of adolescents and young adults of violence and dangerous relationships.
3. Lack of scientific approaches of mass media in drawing attention of adolescents or general population to proper sexual behavior.
4. Lack of inclusion of information on sexual behavior in schools curricula, universities or even to parents or teachers.
5. Ignorance and embarrassment of adolescents to seek knowledge or advice from parents.
6. Lack of access to proper approved scientific resources for adolescents when seeking knowledge about sexual behavior, or when faced with problems.
7. Lack of adolescents and specially girls/women of decision-making and control over ones' own sexual behavior.
8. Belief that awareness on sexual education encourages out of culture and religion approved sexual activities among adolescents and the rest of the society.

Suggestions on overcoming these barriers

Provision and distribution of proper scientific knowledge of sexuality education re-inforcing and strengthening values and attitudes, largely considering the role of religious leaders and mass media to help reduce risk behavior.

Admission by the community, authorities and policy makers, that sexuality is a central aspect of human lives, and inclusion of solutions; prevention, control and management within national policies.

Provision of national and international data on STIs, HIV/AIDS pandemics and unwanted pregnancies to public to solidify awareness through available evidence.

Assess reproductive health needs and behavior of adolescents and young adults, and provision of effective counseling based-programmes to support risk reduction to STI, HIV and unwanted pregnancies.

Inclusion and effective implementation of evidence-based approaches into curricula of schools and universities, as a guide on sexuality education with clear goals and purposes, addressing proper ages of young groups, clarifying the role of schools, teachers and health educators in promoting values and building support to adolescents.

Proper teacher training by sharing experience from previous lessons of application of similar programmes and adaptation to different social and cultural settings, considering teachers and educators' own beliefs and morals. Promoting the participation of young people in sensitizing parents, teachers and leaders in sexuality education, and provision of appropriate teaching materials.

Through promotion of health and gender equality, provision of knowledge to girls and women, and victims of unawareness, and help increase their self efficacy and promotion of proper decision-making.

Support research, design and provide evidence based solutions to sexuality problems, specifically including into considerations religious and cultural beliefs and values, and documenting and disseminating evidence of the impact of sexuality education.

Global and local financial support of STI and HIV/AIDS prevention programmes.

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.](#)