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Sexuality education: A tool to reducing teenage pregnancy rates

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Abstract

Overview: Sexuality education is increasingly recognized as a pivotal tool in reducing teenage pregnancy rates. Comprehensive sexuality education (CSE) programs aim to equip adolescents with the knowledge, skills, and values necessary to make informed decisions about their sexual health. This study was conducted to assess the role of sexuality education in reducing teenage pregnancy rates.

Body of Knowledge: Comprehensive sexuality education (CSE) programs cover a wide range of topics, including human development, relationships, decision-making, and contraception. By providing accurate and age-appropriate information, CSE empowers young people to delay sexual initiation, use contraceptives effectively, and practice safer sex, thereby reducing the incidence of unintended pregnancies.

Methods: The study employed a mixed-methods approach combining quantitative and qualitative methods. The population sampled 250 respondents, consisting of head teachers, teachers, pupils, and community members from 5 selected secondary schools in Lusaka district of Zambia implementing sexuality education programs. Questionnaires and surveys were used to collect quantitative data while interviews and focus groups were used to collect qualitative data from the participants. The study used appropriate statistical methods, such as descriptive statistics using SPSS and Microsoft Excel as well as research themes to analyze data.

Results: The findings indicated that well-implemented sexuality education programs can significantly lower teenage pregnancy rates. These programs help dispel myths and misconceptions about sex, promote healthy attitudes, and foster open communication between adolescents and their peers, parents, and educators. Additionally, CSE programs that address gender equality and power dynamics can help young people develop respectful and consensual relationships, further contributing to the prevention of teenage pregnancies.

Recommendation: By providing young people with the information and skills they need to make informed decisions about their sexual health, CSE programs can help prevent unintended pregnancies and support the overall well-being of adolescents.

Keywords: Comprehensive Sexuality Education; Prevention Programs; Reproductive Rights; Sexual Behavior; Teenage Pregnancy

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1. Introduction

Sexuality education plays a crucial role in reducing teenage pregnancy rates by providing adolescents with comprehensive and accurate information about sexual health, reproductive choices, and responsible behavior. Effective sexuality education programs offer age-appropriate content that includes information on human development, contraception, sexually transmitted infections (STIs), and healthy relationships (Ailyn, 2012). By equipping young people with knowledge and skills, such programs empower them to make informed decisions about their sexual health and reduce risky behaviors. Moreover, sexuality education fosters open communication between teens and trusted adults, helping to address misconceptions and encourage responsible decision-making. Evidence shows that when adolescents receive thorough sexuality education, they are more likely to delay sexual activity, use contraception consistently, and make healthier choices, ultimately leading to lower rates of teenage pregnancies (Becker, 2019). Thus, sexuality education is a vital tool in promoting sexual health and preventing unintended pregnancies among teenagers.

Comprehensive Sexuality Education (CSE) is a curriculum-based process of teaching and learning about the cognitive, emotional, physical, and social aspects of sexuality (Chanda, 2023). It aims to equip children and young people with knowledge, skills, attitudes, and values that will empower them to realize their health, well-being, and dignity. CSE addresses a broad range of topics, including human development, relationships, personal skills, sexual behavior, sexual health, and societal and cultural issues. It emphasizes the development of respectful and consensual relationships, the prevention of sexual and gender-based violence, and the importance of sexual rights. Kinyanjui (2023) says that by providing accurate information and fostering critical thinking, CSE helps young people to make informed decisions about their sexual and reproductive health, and to develop respectful attitudes and behaviors towards sexuality and gender. This education is designed to be age-appropriate and culturally relevant, aiming to foster a safe and supportive environment where young people can explore and express their sexuality in a positive and responsible way (Chanda, 2024).

Prevention programs in sexuality education are comprehensive initiatives designed to educate individuals, particularly adolescents, about sexual health, relationships, and responsible behaviors to prevent sexually transmitted infections (STIs), unintended pregnancies, and sexual violence. These programs typically encompass a wide range of topics, including but not limited to, anatomy and physiology, contraception, consent, healthy relationships, and the emotional aspects of sexual activity (Abera et al, 2024). The aim is to equip individuals with accurate information, skills for decision-making, and the ability to communicate effectively about sexual health issues. Prevention programs often involve a combination of classroom instruction, interactive activities, and community-based resources, and they are designed to be inclusive and culturally sensitive. By promoting awareness and understanding, these programs seek to empower individuals to make informed choices about their sexual health and well-being, ultimately contributing to healthier communities (Achen et al, 2023).

Reproductive rights refer to the legal rights and freedoms relating to reproduction and reproductive health (Chandra-Mouli et al, 2018). These rights encompass the ability to make autonomous decisions about one's own reproductive health, including the right to access contraception, safe and legal abortion, and maternal healthcare. Bruce (2001) added that reproductive rights also involve the right to receive education about reproductive health, the freedom to decide the number and spacing of children, and the right to access reproductive healthcare services without discrimination, coercion, or violence. Reproductive rights within sexuality education encompass the right to access comprehensive and accurate information about sexual and reproductive health, the right to make informed decisions regarding one's own body, and the right to access necessary health services (Ketting et al, 2016). This education aims to empower individuals, particularly young people, with knowledge about contraception, safe sex practices, and the prevention of sexually transmitted infections (STIs) and unintended pregnancies. It also emphasizes the importance of consent, gender equality, and the right to privacy. Effective sexuality education, which includes reproductive rights, plays a crucial role in reducing health disparities, promoting gender equity, and enhancing the overall well-being of individuals and communities. By ensuring that individuals are well-informed about their reproductive rights, they are better equipped to advocate for themselves and make decisions that positively impact their health and lives (Khamala, 2020). This education is essential in fostering a society where everyone has the autonomy and support to make informed reproductive choices.

Sexual behavior refers to a range of actions and practices related to sexual activity and expression. It encompasses various forms of behavior, including but not limited to sexual intercourse, sexual play, and the ways individuals express their sexual desires and preferences (Kasonde, 2013). Sexual behavior is influenced by a combination of biological, psychological, social, and cultural factors. Biologically, it involves physiological responses and reproductive functions, while psychologically, it is shaped by personal experiences, emotions, and identity. Social and cultural influences include societal norms, values, and expectations about sexuality, which can vary widely between different cultures and

communities (Chanda, 2024). Social norms govern the behavior of people of the same reference group through social interactions. Through social interactions, social knowledge is understood and exchanged to create a sense of reality that becomes embedded into the institutions of society, and it is enacted based on the reciprocal interactions of people's roles in relation to each other (Chanda, 2023). Understanding sexual behavior involves examining these diverse factors and recognizing that it is a complex and multifaceted aspect of human life.

Chanda (2023) says that teenage pregnancy refers to pregnancies occurring in individuals aged 13 to 19 years, often during adolescence, a stage of significant physical, emotional, and social development. Captain (2011) says that this phenomenon can result from a range of factors, including lack of comprehensive sex education, limited access to contraception, socio-economic factors, and cultural influences. Teenage pregnancy poses numerous challenges, including higher health risks for both the young mother and the baby, such as preterm birth, low birth weight, and increased likelihood of health complications. It also impacts educational and economic opportunities, often leading to a cycle of poverty (Chanda et al, 2023). Socially, teenage mothers may face stigma and emotional stress, affecting their overall well-being. Addressing teenage pregnancy involves a multifaceted approach, including improving sex education, increasing access to contraception, and providing support systems for young parents to mitigate adverse outcomes and enhance their opportunities for a better future (Zagat, 2012).

1.1. Statement of the problem

Teenage pregnancy remains a pressing issue globally, with significant implications for the health, education, and economic prospects of young people. In many societies, the lack of comprehensive sexuality education contributes to high rates of teenage pregnancies, as adolescents often have limited access to accurate information about sexual health, contraception, and the consequences of early pregnancies (Cooper & Schindler, 2008). This gap in education exacerbates the problem, leaving teens vulnerable to unintended pregnancies and the associated challenges (Smith, 2000). Comprehensive sexuality education has been proposed as a vital tool for addressing this issue by equipping teenagers with the knowledge and skills necessary to make informed decisions about their sexual health. However, the effectiveness of such educational programs in reducing teenage pregnancy rates varies, depending on factors such as program content, delivery methods, and cultural contexts (UN, 2007). This study aimed to investigate the role of comprehensive sexuality education in mitigating teenage pregnancy rates, exploring how it can be effectively implemented to foster better outcomes for adolescents. The focus was on evaluating the current state of sexuality education, identifying best practices, and understanding the barriers and facilitators that influence its impact on teenage pregnancy rates.

1.2. Purpose of the Study

The purpose of the study was to explore the role of sexuality education in promoting safe sexual practices, enhancing self-efficacy among adolescents, and addressing the social and cultural factors that impact teenage pregnancy rates.

Objectives of the Study

- To evaluate the effectiveness of sexuality education programs in reducing teenage pregnancy rates.
- To identify factors influencing the success of sexuality education in preventing teenage pregnancies.

1.3. Conceptual Framework

Sexuality education serves as a critical tool in reducing teenage pregnancy rates by equipping adolescents with comprehensive knowledge and skills related to sexual health. This education encompasses information on human development, relationships, contraception, and sexual behavior, and aims to foster an environment where young people can make informed and responsible decisions (Mwape & Munsaka, 20202). By addressing both the biological and emotional aspects of sexuality, sexuality education helps to debunk myths and misinformation that often contribute to risky behaviors. Furthermore, it emphasizes the importance of consent and healthy relationships, which are crucial for reducing unintended pregnancies. The framework posits that effective sexuality education should be inclusive, age-appropriate, and culturally sensitive, involving parents, educators, and community stakeholders in its delivery. MoE (2013) noted that by integrating these components, sexuality education not only provides the necessary tools to prevent teenage pregnancy but also promotes overall well-being and empowerment among adolescents.

1.4. Significance of the Study

The significance of this study lies in its potential to address and mitigate one of the most pressing public health issues affecting adolescents today. Teenage pregnancy often results in a cascade of negative outcomes, including educational setbacks, economic challenges, and health risks for both the young mothers and their children. Sexuality education plays

a crucial role in equipping teenagers with the knowledge and skills necessary to make informed decisions about their sexual health. By providing accurate information about contraception, reproductive health, and the consequences of unprotected sex, sexuality education can empower young people to delay sexual activity and adopt safer practices. Furthermore, effective sexuality education fosters open communication about sexual health, which can help dismantle stigma and promote responsible behaviors. This study aimed to explore how comprehensive sexuality education programs can be designed and implemented to achieve these goals, ultimately contributing to lower teenage pregnancy rates and improving overall adolescent well-being. Understanding the impact and efficacy of such educational interventions is vital for policymakers, educators, and community leaders who seek to develop strategies and resources that support healthy adolescent development and reduce the incidence of teenage pregnancy.

2. Methodology

The study employed a mixed-methods approach combining quantitative and qualitative methods. Quantitative methods measured the impact of sexuality education programs on teenage pregnancy rates, while qualitative methods provided insights into participants' experiences and program effectiveness. The study was conducted in 5 secondary schools in Lusaka district of Zambia. The target population was 2500 and sampled 250 respondents which was 10% of the targeted number. The sample consisted 5 head teachers, 1 representing each selected school, 25 teachers, 5 representing each selected school, 100 pupils, 20 representing each selected school, and 20 community members. The study made use of the questionnaires, and surveys to collect quantitative data while interviews and focus groups were used to collect qualitative data from the participants. The quantitative data collected were analyzed using appropriate statistical methods, such as descriptive statistics using SPSS (Statistical Package for Social Sciences) and Microsoft Excel whereas the qualitative data were analyzed thematically as well as content wise. The study upheld research ethical considerations such as voluntary participation of the respondents, confidentiality, honesty, and right of privacy.

3. Results and Discussions

3.1. Effectiveness of Sexuality Education Programs in Reducing Teenage Pregnancy Rates

According to research findings, sexuality education programs aim to provide young people with the knowledge and skills to make informed decisions about their sexual health, which can help in reducing teenage pregnancy rates. The study identified 5 factors; Cultural Relevance was at 30%, Delivery Method at 25%, Curriculum Content at 20%, Parental Involvement at 15%, and Access to Resources at 10%. Figure1 below summarized these findings;

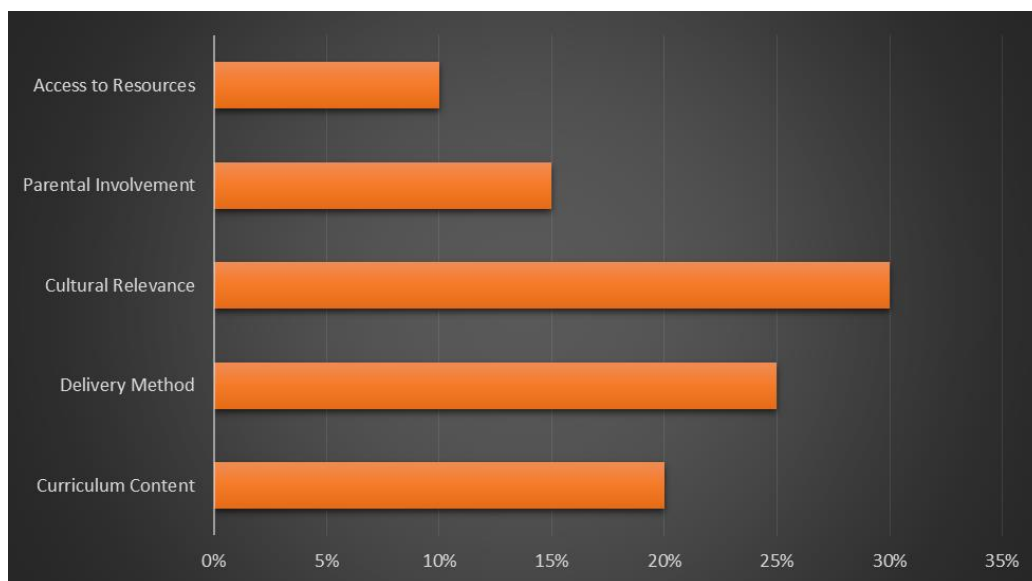


Figure1 Effectiveness of Sexuality Education Programs in Reducing Teenage Pregnancy Rates

According to study results, cultural relevance plays a crucial role in the effectiveness of sexuality education programs in reducing teenage pregnancy rates. Malunga et al (2023)'s study added that programs that are culturally sensitive and tailored to the specific values, beliefs, and practices of the community they serve tend to be more impactful. By integrating culturally relevant content, these programs resonate better with adolescents, making the information more

relatable and applicable to their lives. When sexuality education acknowledges and respects local customs and norms, it fosters a more inclusive learning environment and encourages open dialogue between educators, students, and parents. This approach also helps to address cultural taboos and misinformation about sexual health, which can be significant barriers to effective education (Chanda, 2023). Furthermore, culturally relevant programs often involve community leaders and stakeholders, which can enhance credibility and support for the program. As a result, such programs are better positioned to engage teenagers, promote healthy behaviors, and ultimately contribute to a reduction in teenage pregnancy rates.

The findings also revealed that delivery methods in sexuality education programs are crucial in determining their effectiveness in reducing teenage pregnancy rates. A comprehensive delivery approach often incorporates multiple strategies, including interactive classroom sessions, peer education, and community involvement, to address diverse learning styles and needs. One of the teachers stated that:

“Interactive methods, such as role-playing and discussions, engage students more effectively than traditional lectures, fostering a deeper understanding of sexual health and decision-making skills”.

Peer education programs, where trained peers provide information and support, can also be particularly impactful, as they create a relatable environment and normalize open conversations about sexuality (Browes, 2015). Additionally, integrating sexuality education into broader health education frameworks and involving parents and community stakeholders in the process enhances the program’s reach and relevance. Evaluations of such programs suggest that those employing a combination of interactive, peer-based, and community-oriented approaches are more successful in reducing teenage pregnancy rates, as they address both educational and contextual factors influencing adolescents’ choices (Mumtazah et al, 2024). Effective programs are often characterized by their adaptability to local cultural norms and their ability to provide accurate, age-appropriate information while fostering a supportive environment for open dialogue (Chanda, 2023).

The study results further provided that a well-designed curriculum that is age-appropriate, culturally sensitive, and scientifically accurate can significantly impact students’ understanding and attitudes towards sexuality, contraception, and reproductive health. Effective curricula incorporate comprehensive information about sexual health, including anatomy, contraception methods, sexually transmitted infections (STIs), and healthy relationships. They also emphasize skill-building, such as communication and decision-making, which empowers students to make informed choices (Barrera & Castro, 2006). Interactive and participatory teaching methods, like discussions, role-plays, and case studies, enhance engagement and retention of information. Additionally, addressing the social and emotional aspects of sexuality, including peer pressure and self-esteem, contributes to a more holistic approach. Regular evaluation and updates to the curriculum ensure it remains relevant and responsive to emerging issues and trends (Chavula et al, 2022a). By providing students with accurate knowledge and practical skills, sexuality education programs with robust curriculum content can reduce risky behaviors, support healthy decision-making, and ultimately lower teenage pregnancy rates.

Additionally, parental involvement plays a crucial role in the effectiveness of sexuality education programs aimed at reducing teenage pregnancy rates. When parents actively participate in these programs, they can reinforce the information provided by educators, address individual concerns, and offer personalized guidance that aligns with family values (Diiorio et al, 2003). One of the head teachers explained that:

“Effective parental engagement fosters open communication between teenagers and their parents, which is essential for discussing sensitive topics like sexual health. This involvement not only enhances the educational content but also supports the development of teenagers’ decision-making skills and personal responsibility”.

Additionally, when parents are involved, they can collaborate with schools to ensure that the sexuality education curriculum is comprehensive, culturally relevant, and responsive to the needs of the students. Fisseha et al (2017) supported this finding by stating that the synergy between parental support and educational efforts contributes significantly to the success of sexuality education programs in decreasing teenage pregnancy rates by creating a consistent, supportive environment that encourages responsible sexual behavior and informed choices.

The respondents also observed that access to resources is a critical factor in the effectiveness of sexuality education programs aimed at reducing teenage pregnancy rates. Comprehensive sexuality education programs that provide accurate, age-appropriate information and resources play a significant role in equipping adolescents with the knowledge and skills they need to make informed decisions about their sexual health. Eleanor (2019) added that when students have access to well-resourced programs, they benefit from high-quality educational materials, skilled

educators, and supportive environments that foster open discussions about sexuality and reproductive health. This access can include physical resources such as condoms and contraception, as well as digital resources like online information and counseling services (UN, 2005). Additionally, effective programs often involve collaboration with healthcare providers and community organizations, enhancing the availability of support and services. By addressing both educational and practical aspects of sexual health, such programs can effectively reduce the incidence of teenage pregnancies, as they empower young people to make safer choices and seek appropriate medical care (Glanze, 2007). The accessibility of resources thus plays a pivotal role in the success of these programs in mitigating teenage pregnancy rates.

3.2. Factors Influencing the Success of Sexuality Education in Preventing Teenage Pregnancies

According to study results, sexuality education is crucial in preventing teenage pregnancies, and its success can be influenced by various factors. Peer influence is a crucial factor influencing the success of sexuality education programs in preventing teenage pregnancies. Adolescents are heavily influenced by their peers, who can shape attitudes, behaviors, and decision-making processes. In the context of sexuality education, peers often act as a primary source of information and social norms regarding sexual behavior (Haberland, 2015). Effective sexuality education programs that incorporate peer-led components or involve peers in delivering messages can enhance their reliability and impact. When peers are seen as role models or credible sources of information, they can effectively reinforce the lessons learned and encourage positive behaviors. However, if peers propagate misinformation or engage in risky behaviors, the effectiveness of sexuality education can be undermined. Therefore, understanding and leveraging peer influence in sexuality education involves not only educating students but also empowering them to become positive peer educators who can support and influence their peers towards healthier choices (Gisa, 2020). This approach ensures that the information and skills imparted through education are reinforced in real-life social interactions, thereby increasing the likelihood of preventing teenage pregnancies.

The study results also revealed that cultural norms play a significant role in contributing to teenage pregnancy, especially in communities where traditional beliefs and practices hold strong sway. In many cultures, early marriage is encouraged and even expected, often seen as a rite of passage or a means to secure economic and social stability for young girls. These norms can pressure teenagers into early sexual activity and motherhood before they are emotionally or physically ready (Chanda et al, 2023). Furthermore, cultural attitudes toward contraception and sexual education can exacerbate the issue. In societies where discussing sexual health is taboo, young people are often left uninformed about safe sex practices and the availability of contraceptives, increasing the likelihood of unintended pregnancies. Moore (2011) alluded that gender inequality and the subordination of women also play a critical role, as girls may have limited power to refuse sexual advances or to negotiate contraceptive use. The emphasis on traditional gender roles can limit their educational and career opportunities, perpetuating a cycle of poverty and early pregnancy. Additionally, cultural stigmatization of unmarried teenage mothers can lead to a lack of support and resources, further entrenching the challenges associated with teenage pregnancy.

Additionally, cultural sensitivity plays a crucial role in the success of sexuality education programs aimed at preventing teenage pregnancies. These programs must be tailored to respect and align with the diverse cultural values and norms of the target population to be effective. One of the community members expressed that:

“In many cultures, discussions around sexuality can be highly sensitive or even taboo, which can impact the openness and effectiveness of educational interventions”.

Culturally sensitive sexuality education addresses these concerns by incorporating local customs, beliefs, and communication styles into the curriculum. This approach not only fosters a more inclusive environment but also enhances the relevance and acceptability of the information provided (Chanda et al, 2024). By engaging with community leaders and stakeholders, educators can ensure that the content respects cultural norms while still conveying essential knowledge about sexual health, contraception, and relationships. This alignment helps build trust and encourages participation from both students and their families (Christine, 2016). Furthermore, integrating cultural perspectives can help identify and address specific barriers that might hinder the effectiveness of sexuality education, such as stigma or misinformation. Ultimately, cultural sensitivity ensures that sexuality education is both respectful and impactful, leading to better prevention outcomes and a reduction in teenage pregnancies.

The results further revealed that teacher training plays a crucial role in the success of sexuality education programs aimed at preventing teenage pregnancies. Effective training equips educators with the necessary knowledge, skills, and confidence to deliver comprehensive and age-appropriate sexual education (Dancil, 2002). This training includes understanding sexual health, reproductive rights, and the social and emotional aspects of adolescent development. It

also involves strategies for creating a safe and non-judgmental classroom environment where students feel comfortable discussing sensitive topics. Lufupa et al (2024)'s study observed that trained teachers are better prepared to address misconceptions, answer questions accurately, and provide support to students. Additionally, ongoing professional development ensures that educators stay updated on current research and best practices. Without adequate training, teachers may struggle to convey information effectively, leading to gaps in students' understanding and potentially less successful prevention of teenage pregnancies. Thus, investing in teacher training is essential for implementing effective sexuality education that empowers students with the knowledge and skills to make informed decisions about their sexual health.

Moving on, student engagement plays a pivotal role in the success of sexuality education programs aimed at preventing teenage pregnancies. When students are actively involved in their learning, they are more likely to absorb and apply the knowledge imparted through these programs. Chanda (2024) noted that engagement can manifest in various forms, including participation in discussions, involvement in interactive activities, and the willingness to seek additional information on the subject. Effective sexuality education programs foster an environment where students feel comfortable discussing sensitive topics and asking questions. This supportive atmosphere encourages openness and honest communication, which is crucial for addressing misconceptions and promoting accurate understanding (Hagues & McCarty, 2023). Furthermore, engaging students through relevant, culturally sensitive materials and real-life scenarios can enhance their connection to the content, making it more relatable and impactful. The incorporation of interactive methods, such as role-playing, group projects, and peer-led discussions, can also boost engagement by making the learning experience more dynamic and participatory. Ultimately, higher levels of student engagement in sexuality education correlate with better retention of information and more informed decision-making, thereby reducing the incidence of teenage pregnancies.

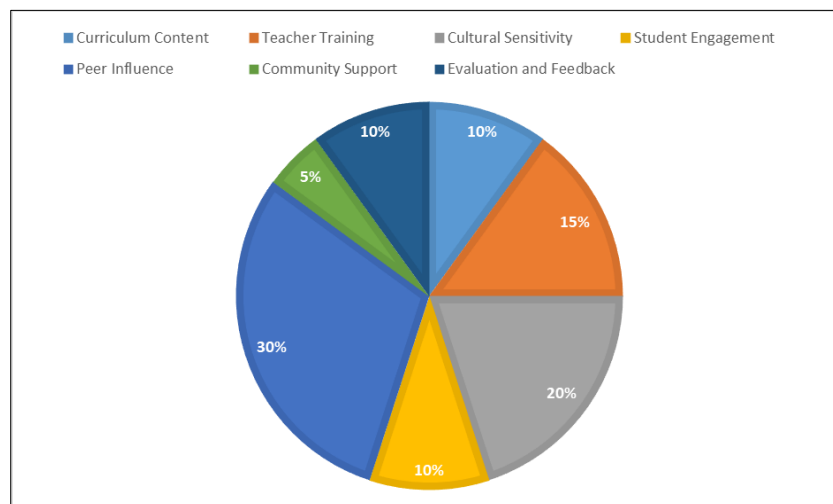


Figure 2 Factors Influencing the Success of Sexuality Education in Preventing Teenage Pregnancies

Additionally, evaluation and feedback are crucial factors influencing the success of sexuality education programs aimed at preventing teenage pregnancies. Effective evaluation involves systematically assessing the curriculum's content, delivery, and outcomes to ensure it meets the educational needs of students and addresses relevant issues effectively (Chanda et al (2024). Feedback from students, educators, and parents provides valuable insights into the program's strengths and areas for improvement. Positive feedback indicates that the program resonates with its audience, engages them meaningfully, and provides practical, relatable information about sexual health and decision-making. Conversely, constructive criticism helps identify gaps in the program, such as cultural insensitivity or lack of engagement, allowing for necessary adjustments. Lismayanti & Sari (2019) alluded that regular evaluation and feedback loops help in adapting the program to evolving societal norms and educational needs, enhancing its relevance and effectiveness in reducing teenage pregnancies. By incorporating ongoing assessment and responsive improvements, sexuality education programs can better equip teenagers with the knowledge and skills necessary to make informed choices, ultimately contributing to a reduction in teenage pregnancies (Daniel, 2000).

The findings also noted that community support plays a crucial role in the effectiveness of sexuality education programs aimed at preventing teenage pregnancies. When communities actively engage in and support these educational initiatives, they provide a robust network that enhances the delivery and impact of the program (Chanda, 2024). This support can come in various forms, including endorsement by local leaders, involvement of parents, collaboration with

healthcare providers, and integration of the program into local schools. Such backing helps to normalize discussions around sexual health, making it easier for teenagers to access and engage with the information. Additionally, community support fosters a more comprehensive approach to education, addressing not only the factual content about contraception and sexual health but also the social and emotional aspects. Engaged communities can help tailor programs to local cultural contexts, address specific needs, and mitigate barriers to access (Kapungwe, 2003). Furthermore, active participation by community members can reinforce positive behaviors and attitudes towards sexuality education, increasing its effectiveness in reducing teenage pregnancies. Overall, community support strengthens the infrastructure surrounding sexuality education, making it a more inclusive, relatable, and impactful intervention for preventing teenage pregnancies (Leung et al, 2019).

4. Conclusion

Sexuality education serves as a crucial tool in addressing and reducing teenage pregnancy rates by equipping young people with comprehensive knowledge and skills regarding sexual health and reproductive rights. Effective sexuality education programs not only provide accurate information about contraception, sexually transmitted infections (STIs), and safe sex practices but also foster open communication about sexual values and decision-making. By promoting awareness and understanding of these issues, sexuality education helps to dispel myths, reduce risky behaviors, and empower teenagers to make informed choices. Furthermore, it encourages respectful relationships and consent, contributing to overall healthier sexual practices. When implemented with sensitivity to cultural and individual needs, such programs can significantly lower teenage pregnancy rates and improve adolescents' health and well-being, ultimately contributing to their educational and personal development.

Recommendations

The following are actions that should be taken on the basis of the findings of this study;

- The ministry of education through curriculum developers should develop and implement comprehensive sexuality education programs that are age-appropriate, culturally sensitive, and evidence-based.
- The ministry of education should expand access to sexuality education across different schools and communities, ensuring that marginalized groups, such as those in remote areas or from low-income backgrounds, receive the same quality of education.
- The government should provide ongoing training and support for teachers and educators to effectively deliver sexuality education effectively.
- The ministry of education in collaboration with community leaders should foster collaboration between schools, parents, and community organizations to create a supportive network for sexuality education

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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