

## KUCHOP NI POWER!

### WHAT IS SEXUALITY EDUCATION?

**It's not just about sex! It is supposed to help you, as a young person, learn about:**



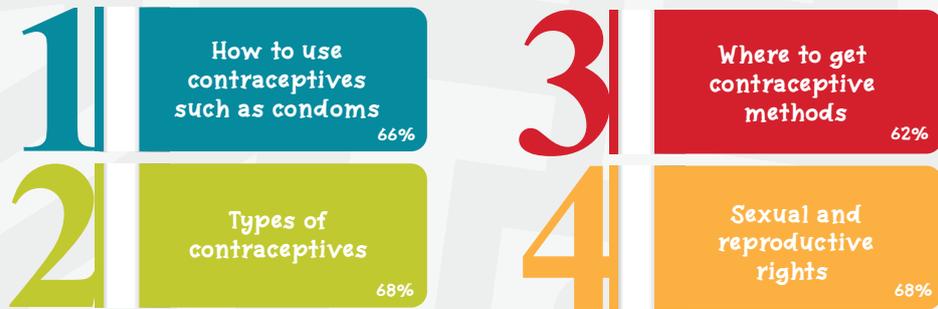
Researchers studied how well Kenya is doing teaching comprehensive sexuality education in Nairobi, Mombasa and Homa Bay counties in 2015. They talked to more than 1,000 Form 2 and 3 students, teachers and principals from 78 schools.

The reality is that at the time of being surveyed for our study, a quarter of the students - who were mostly aged 15 -17 - had already had sex. Students want - and need - information on how to prevent unintended pregnancies, HIV and other sexually transmitted infections.

## What is being taught in school? Here's what the researchers found:

- Incomplete and sometimes inaccurate information is being taught. A majority of surveyed teachers reported emphasizing in their classes that abstinence is the best or only method to prevent pregnancy and sexually transmitted infections
- Most teachers (59%) also reported very strongly emphasizing that having sex is dangerous or immoral for young people
- Only 20% of students learned about types of contraceptive methods such as condoms or the pill, and even fewer had learned how to use and where to get them
- Two out of three students (67%) want more time dedicated to sexuality education topics. They also wish they were taught earlier in primary school

### THE TOP 4 TOPICS STUDENTS WANT TO LEARN MORE ABOUT ARE:



Teachers like to use lectures and talks. But students find this boring! They want more of creative and interactive teaching methods like:



Social media or Internet use



Videos



Theatre and Drama



Art Projects

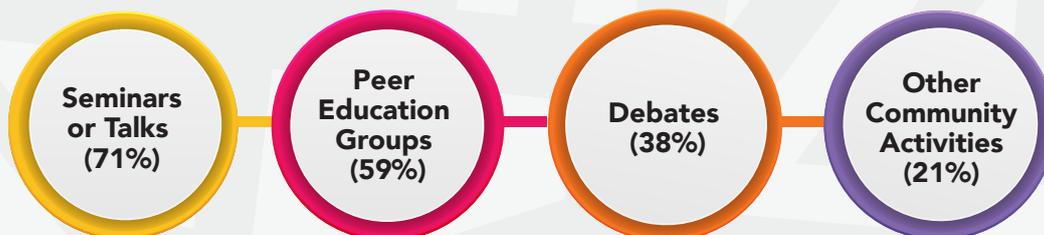


Dance



Poems / Story telling

Almost all students considered sexuality education useful or very useful in their personal lives. Thirty percent of students reported that they did not receive this information from their parents. So where do young people get information outside of school?



### What should be done?

- Schools should ensure ALL sexuality education topics are covered in class. It's an important part of the curriculum
- Liven up the way sexuality education is taught by using creative, interactive aids
- Teachers should be prepared to answer questions about sexual and reproductive health with students - or refer them to someone who is. Young people want guidance on how to have healthy relationships and how to deal with peer pressure

### Got Questions? We've got answers!

 Kukachora or One2OneKe

You can also walk into youth friendly centers hosted by Family Health Options Kenya in Eastleigh, Nairobi and Bombolulu, Mombasa.



African Population and Health Research Center