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Sexual and Reproductive Health Awareness among Adolescents and the Utilization of their Resources

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Objective

To evaluate the sexual health awareness of adolescents and level of effectiveness for sexual health information provided in high schools and other available resources.

Keywords: Sexual health, Sexual awareness, adolescent health

Methods

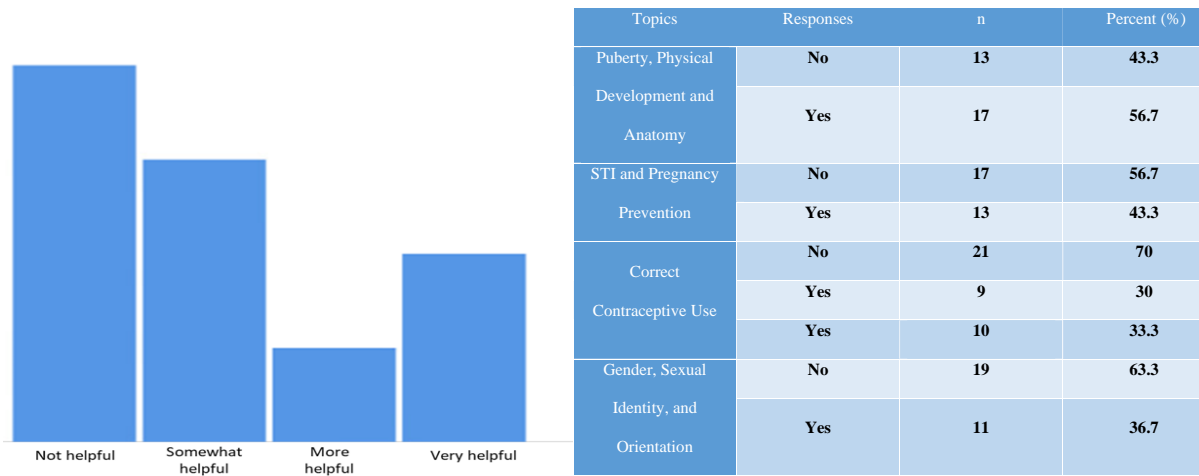
- Analyzed available resources within Baldwin County that provide sexual health information
- Surveyed 30 students aged at 18-19 years-old who attend Georgia Military College
- Utilized a 30-item questionnaire to evaluate the 3 following components:
 - Sexual health awareness
 - Levels of communication and accessible information resources
 - Sexual behaviors

Acknowledgements

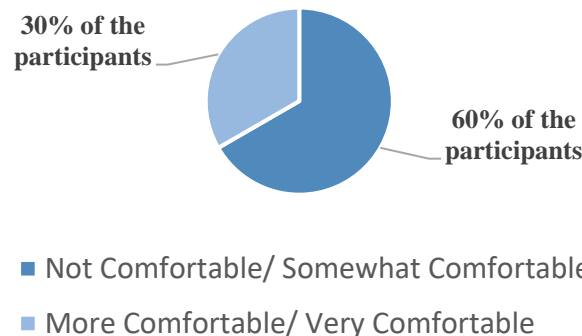
Much gratitude to Georgia Military College, the instructors, and students for their participation in this study.

Figures & Charts

Satisfaction Levels with High School Health Education and Reports of Sexual Topics Discussed



Comfort Levels with Communicating to Parents about Sexual Health



Results

- Study states that nearly 50% of the participants believe that their high school health education was not helpful to their sexual health awareness.
- Related sexual health topics such as correct contraceptive use and gender and sexual identity/ orientation, were reported as least likely to be taught in high school.
- However, topics like puberty, physical development/ anatomy and STI/ pregnancy prevention, were the sexual health topics mostly like taught in high school.
- Exactly 60% of the participants reported having some discomfort with talking to their parents about their sexual health.

Conclusion

Overall, the study concluded adolescents understand the basic information regarding sexual health, but an increased access of sexual health information is needed. Increasing sexual education would seal the gap of information adolescents are not receiving from other resources within their communities.