

Reproductive and Sexual Health Education

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# Reproductive and Sexual Health Education: Addressing Challenges of Physiological Changes among Adolescents

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## Abstract

*Reproductive and sexual health of adolescent is a major concern across the globe. This study was aimed to understand the reproductive and sexual health problems of the adolescent in the erstwhile Andhra Pradesh, so as to find probable solution to address their problem. The study was conducted among 402 adolescents comprising 300 girls and 102 boys from two districts, Mahabubnagar rural area and Hyderabad city. The study finds the girls have noticed their sexual and physiological changes in their body at the age of 11, where as in case of boys notice their changes by 13 years. Girls often consulted friends, parents, elder siblings about the changes whereas boys mainly discussed with the peers. The major source of information was school, internet, television, newspaper, radio and pornographic material. About 50 per cent of the girls faced some form of reproductive health related problems and their health seeking behaviour was poor. They are largely dependent on the private hospitals than the government. Based on these findings the study has suggested certain policy measures to address these issues.*

**Keywords:** Adolescent, Reproductive Health, Sexual Health, Awareness

## Background: Need for Adolescent Reproductive and Sexual Health Education

Adolescent population across world in the age group of 10-19 is 1.2 billion. It is almost 16 per cent of the population, though the proportion is decreasing but the actual number of adolescent is increasing (UNICEF 2016). More than half of the adolescent population live in Asia and majority of them are living in the developing nation. Apart from Africa in all other regions their proportion is

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