



# Sexual Health Education Around the World

Dr. Nombuso Dlamini  
York University, Toronto, Canada

Dr. Uyi Oni Ekhosuehi  
Ministry of Education, Edo State, Nigeria

# Most prominent type of sexual health programmes by country/region\*

Abstinence only	Comprehensive	Holistic
United States	United States	Canada
	Mexico	
Central and Eastern Europe		Western Europe
	South-East Asia	South-East Asia
	Asia	
	Australia	
*Table developed upon review of selected documents on sexual health programmes and policies in North America, Europe, Asia, and Australia		

# Major differences between types of sexual health education programmes

	Abstinence only & Comprehensive	Holistic
<b>Focus</b>	Changing behaviours	Developing understanding, skills and motivation Changing social, environmental and economic conditions
<b>View of sexuality</b>	Negative	Positive
<b>Orientation</b>	Fear-oriented	Human rights-oriented
<b>Sexual health</b>	Absence of disease, dysfunction of infirmity	State of physical, emotional, mental and social well-being in relation to sexuality

# Nigeria Policy Position

- What is the position of Nigeria in relation to world trends?
- What position does HP4RY brings in relation to world trends?
- What recommendations do we have based on lessons from HP4RY?

# Other lessons

- Age appropriateness, cultural sensitivity, and respect for diversity
- Multi-sector approaches
- All levels of education
- Life-skills approaches and interactive teaching
- Need to strengthen research, monitoring and evaluation, and grassroots organizing.

# Regression Results where Training made a Statistically Significant Difference

Area	FLHE>Delay
FLHE Resources available in school	★
Comfortable teaching FLHE topics	★
Have enough training to teach FLHE	★
Parents won't object	★
Evidence of programme delivery in school	★
Talk to students about condoms	★

# Availability of resources

Q: Were you given workshop bags, materials during the training?

*P: No, we were not given...only the students were given notebook and biro to write.*

Q: Can you think of a big blue book given to you?

*P: Yes, we were given one and it is in the principal's office, the book contains the entire course guide for the FLHE scheme.*

# Comfort

Q: Should JSS students be learning about sex and sexuality?

P: *In fact, right from JSS they should be taught sex education so they will not be in a position to be learning how to practice sex wrongly.*

Q: Many teachers find it uncomfortable to talk about sex with students. What do you think?

P: *To me that idea should be ruled out. They should boldly be talking to them in respect to this sex.  
(ISS1183: 17-30)*



# Condom talk

*They should stay away from sex. I do not see any reason why they should be using condom they should just stay away from it until they are married or mature enough. (ISS 1013: 65-69)*

*I don't even encourage them to go into sexual activities neither will I tell anyone to use condoms. It means we are encouraging them, (IMU 1193: 191-193)*

# Condom talk

*I told them that they should hold themselves [abstain], but if they know they cannot hold themselves they should use condoms. I tell them if you are having a boyfriend and the two of you are having sex, use condoms to protect yourself from infection, from HIV.  
(ISS1193: 155-160)*

## Areas where training had no statistical impact

Area	Comment
Knowledge	86-90% correct answers before training
Attitudes toward teaching FLHE content	>90% had positive attitudes before training
Not enough time	40% in all schools agreed
Teaching about condoms encourages sex	70% in all schools agreed
Talked to students about abstinence	90% in all schools did this before training

# Knowledge

86-90% correct answers before training

*I think everybody has accepted the fact now that sex and HIV is very important to be delivered in a school system, our teachers are fully aware, most especially with the assistance of the Ministry of Education by giving us proper knowledge on that topic. Our students are taught on how to avoid indiscriminate sex, they are taught too even if they are not using condom to protect themselves. (IGC1123: 22-27)*

# Attitudes towards new program

Attitudes toward  
teaching FLHE content

>90% had positive attitudes  
before training

*If not for that training I wouldn't have had the knowledge I have now, and a lot of students wouldn't have benefitted from it. I use it every day, even outside school I use it to educate the youth. (IGC1123: 16-18)*

# Condom talk

Teaching about condoms encourages sex	70% in all schools agreed
Talked to students about abstinence	90% in all schools did this before training

# Recommendations

- The Ministry of Education:
  - use language in policies that translates in convergent ways with what is happening in schools
  - develop a policy that mandates a continuous teacher development scheme that will enable more teachers to get equipped with resources
  - develop policy that recognizes & compensates teachers who work in rural areas
  - develop a policy shift that recognizes condom education as part of the FLHE curriculum