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## Sexual Education In Adolescence: Contraception Education For Adolescents Leads To Improved Sexual Practices

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Marie Poellinger & Erica Jade Fong



## Introduction

Adolescents of low socioeconomic status from 13-18 years of age face many challenges when it comes to maintaining safe sexual health practices, leading to unwanted pregnancies and exposure to sexually transmitted diseases (STI's).

Challenges include:

- economic barriers → limited access to health care or lack of health insurance
  - lack of proper sex education and therefore limited knowledge around contraceptive
- Addressing these challenges is crucial for better sexual health outcomes.

The nurse's role is essential in providing education about contraceptive options, access to local resources, and guidance pertaining to safe sexual health practices (Dixon, 2014)

## Hypothesis

Nursing interventions and education will improve safe sex practices in LSE adolescents. Proper use of contraceptives would reduce the risk of STI exposure as well as prevent teenage pregnancy.

## Method

**Design:** Quantitative, quasi-experimental  
Independent variable: sex education class  
Dependent variable: participants' attitudes and understanding of contraceptive use

### Participants

- Convenience sample - 150 Marin county high school students (ages 13-18) in health class

### Procedure

- Pre-intervention survey about attitudes, understanding and/or willingness to use contraceptives
- Education on various contraceptive methods, obtaining and using them to prevent pregnancy and reduce the risk of STI exposure
- Post-intervention survey after educational class to determine if attitudes and behaviors regarding contraceptive use have improved

## Results

- Data collection regarding the effectiveness of a sex education course in improving the attitudes, understanding, and willingness to use contraceptives
- Descriptive statistics will be used to compare the means of pre and post tests. Inferential statistics will be used to calculate the p-value. If the p-value is < 0.05, the results will be statistically significant, which will show that the hypothesis is true.
- Limitation: lack of control group, affecting external validity. Methodology without bias, improving internal validity.

## IRB

This proposal will seek IRB approval

## Conclusion

- Comprehensive sex education and access to contraceptives is crucial for LSE adolescents to reduce the risk of unintended pregnancy and STI exposure.
- Immediate intervention can prevent the continuation of risky sexual practices.
- The nurse's role is vital in educating adolescents about local resources and safe sexual practices.
- Further research is recommended to determine additional effective interventions for providing comprehensive sex education.



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Dixon, V. (2014). Special considerations when providing contraception advice and information to young people. *British Journal of School Nursing*, 9(4), 170–175.  
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