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PËRMIRËSIMI I EDUKIMIT PËR SHËNDETIN SEKSUAL TË ADOLESHENTËVE E TË RINJVE: NJË VËSHTRIM LITERATURE

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Përmbledhje

Sfondi: Edukimi seksual i pajis të rinjtë me njohuri, qëndrime dhe sjelljet e nevojshme për të bërë zgjedhje të informuara dhe të shëndetshme për seksin si dhe i ndihmon ata të reduktojnë shanset e tyre për t'u përfshirë në sjellje të rrezikshme seksuale. Rishikimi ynë synon të eksplorojë efektivitetin e ndërhyrjeve të edukimit seksual si një pjesë integrale e shëndetit të adoleshentëve dhe të rinjve.

Metoda: Një rishikim i mjaft prej artikujve shkencor, kryesisht të botuar së fundmi në PubMed, Google Scholar, Scopus si dhe udhëzimeve mbi edukimin seksual të adoleshentëve dhe të rinjve u krye, për të siguruar dhe eksploruar kërkimet e disponueshme në këtë fushë.

Rezultatet: Ky rishikim zbuloi se edukimi seksual është efektiv në rritjen e njohurive mbi shëndetin seksual të të rinjve, përmirësimin e qëndrimeve të tyre për shëndetin seksual dhe ndikimin në sjelljet pozitive të lidhura me seksualitetin. Rishikimi zbuloi gjithashtu se edukimi mbi shëndetin seksual ka ndikim më të madh kur programet e bazuara në shkollë plotësohen me elementë të punës në komunitet, trajnimin e ofruesve të shërbimeve shëndetësore si dhe përfshirjen e prindërve dhe mësuesve. Edukimi cilësor seksual nuk i shtyn të rinjtë të rrisin aktivitetin seksual dhe sjelljet e rrezikshme, por përkundrazi çon në sjellje seksuale më të përgjegjshme.

Konkluzione: Rishikimi ynë sugjeron që edukimi seksual është efektiv në përmirësimin e njohurive, qëndrimeve dhe praktikave të të rinjve ndaj seksualitetit dhe se përfitimet e tij çojnë në rezultate më të dëshirueshme jo vetëm në shëndet, por edhe në shoqëri. Duhet të intensifikohen përpjekjet për edukimin formal dhe joformal si dhe avokimin për tejkalimin e disa sfidave dhe barrierave në zbatimin e edukimit seksual të adoleshentëve dhe të rinjve.

Fjalë çelës: *rishikim, adoleshentë, të rinj, shëndet seksual, edukim seksual*

IMPROVING SEXUAL HEALTH EDUCATION OF ADOLESCENTS AND YOUNG PEOPLE: A REVIEW

Abstract

Background: Sexuality education equips young people with the knowledge, attitudes and behaviors needed to make informed, healthy choices about sex and helps them reduce their chances of engaging in risky sexual behaviour. Our review aims to explore the effectiveness of sex education interventions as an integral part of adolescent and youth health.

Methods: A review of mainly recently published scientific articles in PubMed, Google Scholar, Scopus as well as guidelines for adolescent and youth sexuality education was conducted to provide and explore the available research evidence in this area.

Results: This review found that sexuality education is effective in increasing young people's sexual health knowledge, improving their sexual health attitudes and influencing positive sexuality-related behaviours. The review also found that sexual health education has the most impact when school-based programs are supplemented with community elements, health provider training, and parent and teacher involvement. Quality sex education does not lead young people to increase sexual activity and risky behaviors, but rather can lead to more responsible sexual behavior.

Conclusions: Our review suggests that sexuality education is effective in improving young people's knowledge, attitudes and practices towards sexuality and that its benefits lead to more desirable outcomes not only in health but also in society. Further efforts should be intensified for formal and informal education as well as advocacy for overcoming some challenges and barriers in the implementation of sexual education of adolescents and young people.

Keywords: *review, adolescents, young people, sexual health, sexual education.*

Hyrje

The "sexual health" is defined as "...a state of physical, emotional, mental and social well-being in relation to sexuality, not merely the absence of disease, dysfunction or infirmity [1]. Later (International Conference of population and Development/ICPD 1994) a broad-based concept of "sexual and reproductive health" was reached, clearly including sexual health, a term which has now become standard in use [2]. Sexual health is an important part of overall health, with a great impact on the well-being of individuals, and on the social-economic development of countries. Sexuality education is defined as "learning about the cognitive, emotional, social, interactive and physical aspects of sexuality". Sexuality education equips and empowers young people with information, skills and positive values to understand and enjoy their sexuality [3]. Global documents have explained in detail the definition of sexuality education, and have provided guidance on the topics discussed, according to different age groups [3,4]. Worldwide, adolescents face considerable challenges to their sexual and reproductive health include lack of information; sexual coercion and intimate partner violence; early and unwanted pregnancy; lack of access to sexual health services; gender inequalities and risk of STIs, including HIV [5]. In order to provide the knowledge, attitudes and behaviors necessary for adolescents to make safe choices about sex, sexual health education has an undisputed great potential to help adolescents reduce their chances of engaging in risky sexual behavior [6]. To increase the awareness of young people to enable them to protect their sexual health, a series of sexual education strategies have been designed and a series of actions have been taken globally to create a framework for sexual education. The ICPD Action Program specifically calls

on governments to provide sexuality education to promote adolescent well-being and specifies key points for such education [7]. To address adolescent sexual and reproductive health, international agencies have declared that the delivery of sex education in schools should be mandatory [8]. But despite various educational initiatives on adolescent sexual health, inappropriate adolescent sexual health behaviors and negative health effects are on the rise, especially in developing countries [6,9].

Aim

To provide an overview regarding sexuality education, to understand the strategies taken to successfully implement sex education, and to explore the effectiveness of sexually education interventions as an integral part of sexual and reproductive health of young people.

Methods

We conducted an overview of literature published on the topic of adolescent and young people sexual health education to explore and provide the available research evidence on this field. Since most studies targeted young people (15-24 years old) together with adolescents (11-19 years old) in this review were analyzed together. This review analyzes published scientific literature that highlighted issues related to sexual health education and the factors that influence it. Several literatures in PubMed, Google Scholar, Scopus and guidelines of sexual health education were searched to find recently and relevant articles as it shown at reference list.

Results

Our review found that sexuality education is effective in increasing youth sexual health knowledge, improves their attitudes about to sexual and reproductive health, and influencing positive behaviors related to sexuality, STI/HIV/AIDS, use of contraceptives, gender-based violence. Our findings are consistent with existing reviews that evaluate the effectiveness of different interventions for improving adolescent sexual and reproductive health and bring different interventions under a broader umbrella, also based on global strategies [7,10,11].

Our review also found that long-term national sex education programs reduce teenage pregnancies and abortions and the rate of sexually transmitted infections, including HIV, among young people aged 15-24, similar with systematic review conducted in several European countries [12]. Likewise, findings suggest that SHR education - school and community interventions, and communication campaigns - are effective in improving young people's knowledge, attitudes, and practices toward SHR. The review also concludes that school-based sexuality education should be part of a holistic strategy involving multiple settings, including schools, communities, health services and families, as recommended in global guidance and strategies [4,13].

Our review also found that sexuality education has more impact if school-based programs are combined with community programs, with training for health service providers and the involvement of parents and teachers [8,14,15]. This multicomponent programme, especially those that link school-based sexuality education with non-school-based, youth-friendly health services, are particularly important for reaching marginalized young people [4]. One of our other findings was that good quality sex education – in or out of school – does not lead young people to have sex earlier than expected, increase sexual activity, increase sexual risk behaviors or increase rates of infection. STI/HIV. This data has been found by much research in Europe as well as in other countries of the world [15,16,17]. On the contrary, good quality sex education can lead to later initiation of sexual activity as well as more responsible sexual behaviors [12,18]. Another finding of our review was that well-designed sex education interventions have a positive impact on young people's knowledge, attitudes and behaviors, even when they are applied in different settings. This is consistent with several other findings which have shown that interventions that are effective in one country or culture can be successfully replicated in different contexts [15,19,20].

Conclusions

Our review provided findings that suggest that sexuality education is effective in improving young people's knowledge, attitudes and practices towards sexual and reproductive health. The benefits of sex education can lead to more desirable outcomes not only in health but also in society. Despite the stated achievements in youth sexuality education, as well as the existence of supportive policies and laws, there are still several challenges and barriers in the implementation of sexuality education. The results also suggest that efforts should be intensified for the young people's sexual education and formal and informal information on should be provided and developed both in schools and at the community level. It is necessary to provide information and advocate for sexual education to young people, not only as a strategy for strengthening health in general, but also for the promotion of gender equality and human rights, as well as for the impact that sexual education has on development. socio-economic of countries.

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