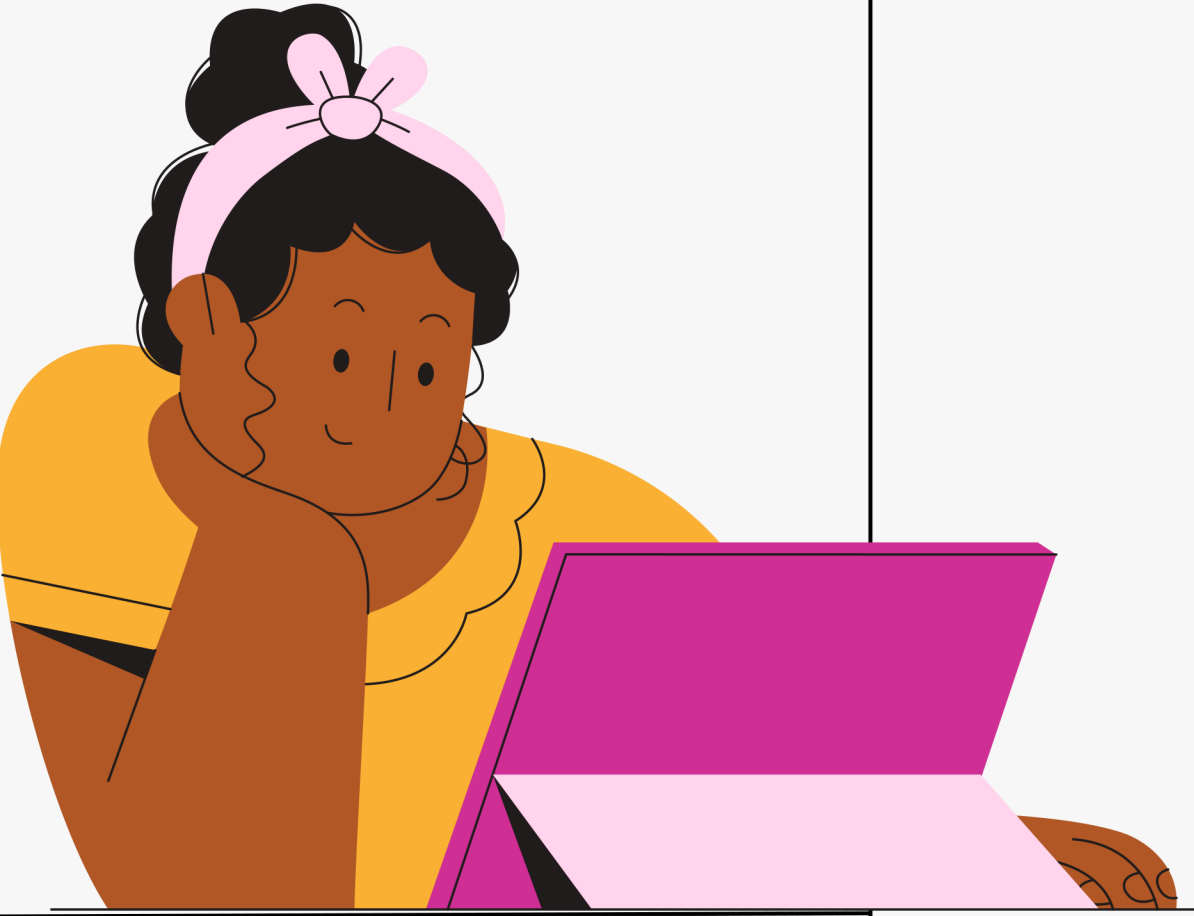


KNOWLEDGE OF SEXUAL AND REPRODUCTIVE HEALTH AMONG YOUNG ADULTS

'SEX EDUCATION, INCLUDING ITS SPIRITUAL ASPECTS, SHOULD BE PART OF A BROAD HEALTH AND MORAL EDUCATION FROM KINDERGARTEN THROUGH GRADE TWELVE, IDEALLY CARRIED OUT HARMONIOUSLY BY PARENTS AND TEACHERS.'

-DR. BENJAMIN SPOCK, 1946



WORLDWIDE POPULATION - 7.2 billion

1.2 BILLION ADOLESCENTS

Worldwide as of November 2020

This number is expected to rise through 2050, particularly in low- and middle-income countries

2.

OBJECTIVE

- To investigate the sources of SRH information and compare their dominance in the three countries – Latvia, Portugal, and Cape-Verde.
- To compare the knowledge of young adults aged 16, 17, and 18 years in SRH topics in three countries with different social backgrounds – Latvia, Portugal, Cape-Verde.

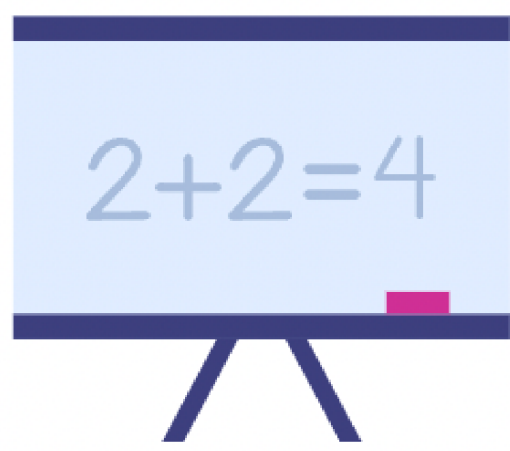
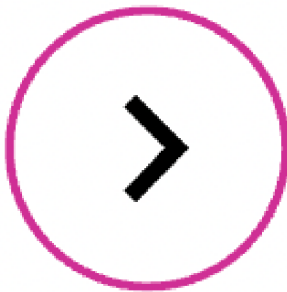
3. METHODOLOGY

- Population sample size = 735
- Students in high school were approached during Biology and Citizenship & Health equivalent classes, with **appropriate consent**, and under the **supervision of their professors**.

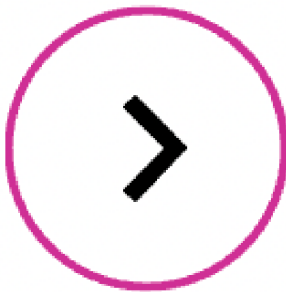


Descriptive cross-sectional multi-country study - Questionnaire method

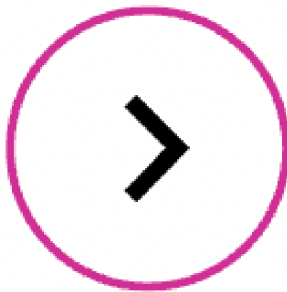
Latvia, Portugal and Cabo-Verde
3-part Questionnaire



Sample size calculation
Demographic statistics
Survey Monkey



Data acquisition
Distribution of consent forms and questionnaires



Data Analysis
Microsoft Excell
IBM SPSS



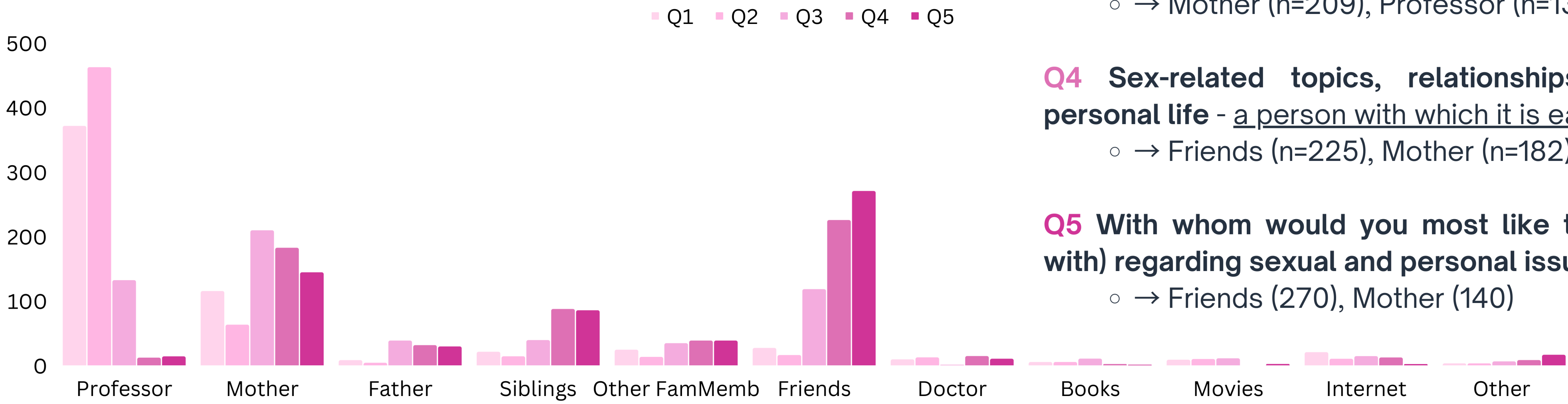
4.

Part 1: Identification

- 611 participants
- 59.7% from Cape-Verde and
 - 40.3% from Portugal
 - Mostly (n=267) 16-year-olds of the female binary gender (n=316)



Part 2: Sources of information



Part 3: Knowledge of Sexual and Reproductive Health

(most chosen option)

- Q1** Women can get pregnant the very first time she has sexual intercourse → True
- Q2** Both women and men can acquire an STI on the very first time that they have sexual intercourse → True

- Q3** At what time during the monthly menstrual cycle do you think pregnancy is most likely to occur? → Don't know
- Q4** When would you prefer to have your first child? → When I'm financially independent

- Q5** Which method(s) can prevent STIs?
- Condoms (n=580)
 - most participants disregarded the option 'Abstinence'.
- Q6** Have you heard about the following STIs?
- HIV (95.9%),
 - Chlamydia (80.4%) HPV (78.4%), Gonorrhoea (69.2%), Herpes (62.4%) and Syphilis (56%),
 - 'Trichomoniasis was **not chosen in 90.7%** of the cases.

(most chosen option)

- Q1 Puberty**
- → Professor (n=371)
- Q2 S&R systems of men and women**
- → Professor (n= 462)
- Q3 Relationships**
- → Mother (n=209), Professor (n=132), Friends (n=118)
- Q4 Sex-related topics, relationships, secrets, your personal life - a person with which it is easiest to discuss**
- → Friends (n=225), Mother (n=182)
- Q5 With whom would you most like to learn (be open with) regarding sexual and personal issues?**
- → Friends (270), Mother (140)



5.

DISCUSSION/CONCLUSIONS

- Young adults are educated but overwhelmed with information.
- Young adults do gravitate more toward their peers for SRH information.
- Cultural differences were proven statistically significant and Cape Verdean students lean more towards their family and friends as opposed to Portuguese students who lean more towards the internet.
- Deficient education of SRH affects both developed and developing countries.
- Latvia would also benefit from further, more in-depth, studies similar to this one.
- This study represents a **small step in better understanding the sexual and reproductive needs of adolescents in Portugal, Cape Verde, and Latvia.**

