

From Paper to Practice: Sexuality Education Policies and Their Implementation in Kenya

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Abstract

Timely provision of accurate and comprehensive information and life skills training regarding sexual and reproductive health and rights (SRHR) is essential for adolescents to achieve sexual health and rights and avoid negative health outcomes.^{1–3} While sexuality education is just one component in a multifaceted approach to address, and ultimately improve, the sexual and reproductive lives of young people, it provides a structured opportunity for adolescents to gain knowledge and skills, to explore their attitudes and values, and to practice the decision making and other life skills necessary for making healthy informed choices about their sexual lives.^{2–7} Abstinence-only education programs have shown little evidence of improving sexual and reproductive health (SRH) outcomes.^{8,9} In contrast, comprehensive sexuality education programs that recognize sexual activity during adolescence as normative behavior, that seek to ensure the safety of such behavior, and that focus on human rights, gender equality and empowerment have demonstrated impact in several areas: improving knowledge, selfconfidence and self-esteem; positively changing attitudes and gender and social norms; strengthening decision-making and communication skills and building self-efficacy; and increasing the use of condoms and other contraceptives....

Key words: Sexuality education; Sexuality Education Policies; Kenya

Full-text: https://www.guttmacher.org/sites/default/files/report_pdf/sexuality-education-kenya-report.pdf