

src5-01390537

Investigating the impact of sex education on family health and planning for population empowerment

Romina Arabi¹, Roya Nikjou^{2*}

¹Midwifery student Department of Midwifery, School of Nursing and Midwifery, Ardabil University of Medical Sciences, Ardabil, Iran

²Department of Midwifery, School of Midwifery Nursing, Ardabil University of Medical Sciences, Iran

Abstract

Introduction: The World Health Organization reported that a third of all new HIV infections around the world are estimated to occur among youths (aged 15–25). and teen pregnancy rates are on the rise in many places. These worrying trends suggest that existing sexuality education programs and interventions may be inadequate and/or ineffective. Although the 1994 International Conference on Population and Development's (ICPD) Programme of Action highlighted the roles of Governments to offer sex education to young people to promote teenage reproductive health, yet inconsistency exists in the related initiatives in the global context. A life skills-based sex education program increased the level of life skills, knowledge about sexuality and sexual and reproductive health, and helped people identify appropriate behaviors when faced with sexually risky situations. And it increases the health of the family and the population. Population growth is a global challenge with far-reaching implications for public health and sustainable development. population empowerment emerges as a key theme. Improvements in reproductive health lead to improvements in population empowerment.

Search strategy: In this systematic review, online databases (Medline, EMBASE, Scopus, Web of Science, Cochrane Library, CINAHL, CIVILICA, and Google Scholar search engine) were searched with the keywords sex education, family health, population empowerment without time limit until 2023.

Results: The objective of this overview was to identify and evaluate the effectiveness of sex education interventions aimed at population empowerment. There were 2289 potentially relevant studies, of which 31 systematic reviews related to adolescent interventions were included. It was demonstrated that interventions involve parents and the community as participants, are based on audiovisual media and school workshops, and their emphasis is on information and training in school. Different reviews framed in methods of psychosocial intervention based on community groups and the home as a fundamental axis were reported. Finally, a large amount of scientific evidence related to the subject was identified. Population empowerment is done through formal education or health systems such as family planning clinics. Community empowerment is considered vital in the development of girls, from interaction with parents to cultural practices.

Conclusion: This research provides valuable insights in the areas of population control, public and family health, and population empowerment. This reinforces the importance of family planning programs as a catalyst for sustainable development and underscores the importance of informed policy decisions and program promotion in addressing global population and sexuality education challenges.

Keywords: sex education, family health, population empowerment