

Abstract

The general objective of the study was to assess the factors influencing early sexual exposure among school adolescents in Namasuba Parish. The study objectives were to assess the level of awareness on early sexual exposure among secondary school adolescents, to identify the social-cultural factors that influence early sexual exposure among secondary school adolescents and to determine the level of adolescent health services available in Namasuba Parish.

The study adopted a cross sectional study design in data collection and analysis where both Quantitative and Qualitative approaches were employed so as to capture the information. A representative sample of 383 respondents was selected from a population of 1439. The selection of the sample size was based on the Keish and Leslie formula. The study used primary and secondary data. Primary data was gathered using self-administered questionnaires and secondary data from key informants.

The researcher found out that most of the respondents had heard of early sexual exposure, however, she observed marked confusion over the definition on “sexual exposure”, although most participants came from the same schools, the degree of confusion observed across participants of different ages and schools suggests a more pervasive issue than a deficiency in school-based sexuality education.

The study concluded that abstinence -only sexual education can work in a timely and early introduction in the lives of adolescents. The findings of this study reveal the need to teach abstinence -only sexual education at an early age as what is right and obtainable by parents who are the first contacts, in religious organizations, and then teachers in school for possible positive results

The study recommended that health service providers need to be trained on Adolescent friendly Health Service. The training should not only the emphasis Reproductive Health that comprises of the early sexual exposure, but also other pertinent issues of adolescence such a relationship, age sex among others.