

Introduction: Parent's involvement in adolescent sexual education is more likely to reduce adolescent risk taking sexual behaviors although parents decide to talk about particular sexual health topics and remain silent on other topics. Particularly parents fail to discuss with their adolescent children sensitive sexuality issues like contraceptive use, body changes and STI's.

This study was conducted to determine the level of parent's involvement in adolescent sexual health education and the factors influencing it.

Objective: The main study objective was to determine the level of parents' involvement in adolescent sexual health education in Makindye East division, Kampala Uganda.

Methodology: The study followed quantitative and qualitative research methods using a cross-sectional study design. The target population comprised of parents and adolescents within Makindye East Division Kampala.

Probabilistic sampling methods like simple random sampling and non-probability sampling methods like purposive and convenient sampling methods were used to provide data relevant to the study. Researcher administered questionnaires, self-administered questionnaires and FGD were the data collection tools used.

Quantitative data was analyzed using SPSS version 16.0 Microsoft excel and qualitative data from the FGD was analyzed manually.

Results: Findings from the study revealed that 68% of the parents who participated in this study sex health educate their children and 42% of them do not sex health educate their children. Most of the parents who sex health educate their children do it on individual basis through conducting one on one. Counseling of children. During the bivariate analysis on the socio culture factors influencing parents involvement in adolescent sexual health education, gender (p value= 0.000), marital status (p value= 0.006), and employment status of parents (p value=0.001) had significant influence on parent's involvement in adolescent sexual health education. Other factors like age (p value =0.13), religion (p value =0.121) and education level (p value=0.338) did not have a significant influence on parent's involvement in adolescent sexual health education.

Parents have perceptions towards their involvement in sexual health education of their children and these perceptions have been attributed to hinder them from carrying out the sexual health education. The study also shows that few adolescents (33%) want to receive sexual health education from their parents although they trust sexual information from parents, This was attributed to adolescent's perceptions as most of them think that if they discuss with their parents issues related to their sexual health as parents might use this as actual evidence for their being sexually active.

Conclusion and recommendation: In conclusion, gender differences between parents and their children, marital status and employment status of parent's have been highlighted to influence

parent's involvement in adolescent sexual health education. Majority of parents do sex health educate their children although most of them still have negative perceptions towards carrying it out. Also adolescents want to receive sexual health education from their parent"s but they also have negative perceptions towards discussing sexual related issues with their parents.

The study recommends that parents should be sensitized on the importance of sex health educating adolescent children so as to reduce on the adolescent risk taking behaviors and the consequences.