**Background:** The rate of early sex debut among school-going Adolescents is on the increase especially in the developing countries, UN world report 2013 showed 580 million adolescents engaged in early sex worldwide and four out of five were from developing countries (UN world report 2013).Studies and DHS reports showed the earliest age of sex debut among adolescents was as early as 10 years. Literature from different sources and health organizations (WHO, UNICEF and UNAIDS) have indicated early sex debut among students as health threat to adolescents especially in the developing countries.

**Objective:** The study assessed factors influencing early sex debut among school going adolescents and was broken down into three specific objectives.

**Methodology:** The study employed across-sectional study design; it was both descriptive and analytical. Qualitative and quantitative data was collected by means of self-administered questionnaire and key informant interviews. Data collection was through the self-administered questionnaire and was collected from 384 students. Sampling methods applied included purposive sampling and simple random sampling.Data analysis was done using SPSS and findings are presented in line with the study objectives.

**Results:** The study findings showed a significant association between the Demographic variables; specifically Age ($X^2 = 39.184$, P value = 0.000), Class level ($X^2 = 21.975$, P value =0.001),Gender ($X = 8.976$, P value = 0.030) and having and living with parents ($X = 9.373$, P value = 0.025) , the Knowledge factors including; knowledge of the effects of early pregnancies ( $X = 9.256$, P value = 0.026), incest ($X^2 = 46.52$, P value 0.000), cross generational sex ($X = 54.186$, P value = 0.000), oral sex($X^2 = 30.352$, P value = 0.000)and anal sex ($X^2 = 9.669$, P value = 0.005),masturbation ($X^2 = 13.098$, P value = 0.001)the Social familial factors including; sexual content in media ($X^2 = 7.229$, P value = 0.009), watching pornography ($X^2 = 8.648$, P value = 0.005) and blue movies availability of mothers in homes ( $X^2 = 4.088$, P value = 0.049) and Institutional/ school factors including the availability and effectiveness on school rules and regulations ($X^2 = 42.445$, P value = 0.000) and availability of school counselors ($X = 12.369$, P value = 0.001),had influences on early

sexual debut among school going adolescents of Rubaga division.

**Conclusions and Recommendations:** The study therefore recommend availability of adolescents sex health programs and schools to strengthen school rules and regulations on sex debut in schools, employ counselors, organize programs for parents in view of addressing gaps in the up- bringing of adolescents, since these were reported to have been helpful for adolescents to postpone sex debut to a later age. The government and the concerned authorities should take note on what information is disseminated by the different media stations and put restrictions on what is inappropriate to adolescents.