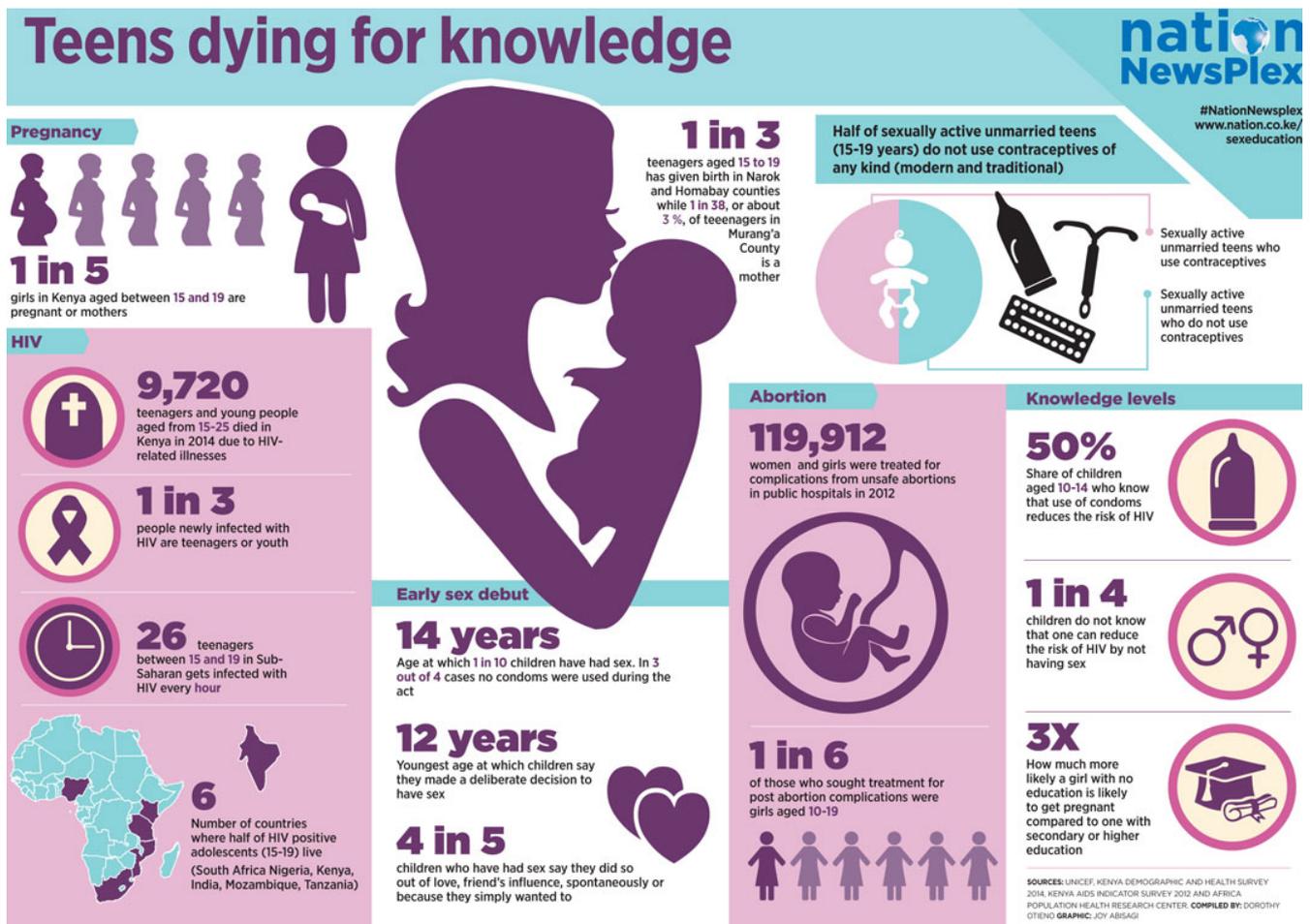


How do young Kenyans receive sex education?

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The quality of sex education young people receive is predictive of healthy sexual behaviors, including when they initiate sexual activity, whether they practice safe sex, and how sex impacts their health.

The above picture is from a [story](#) in the Daily Nation in 2016 highlighting the high teen HIV & abortion rates & citing the need for better sex education in Kenyan schools.

But what kind of sex education do young Kenyans actually receive?

To understand more about sex education young Kenyans receive, I interviewed Vincent, a young man from Nandi Hills who works at AMPATH, about his sex education. (Listen to full audio file below)

He recalls his first experience with sex education in primary school class 6 when they were shown a video of people sick with HIV as a way to scare them not to have sex.

From his parents and church, he says they only got the message of "No sex before marriage," but no education about how to have safe sex. Because of this, he feels, they did not receive adequate sex education, and he recalls young girls even 12 or 13 years old becoming pregnant because they didn't know how to protect themselves.

Most of his real sex education came from his peers-- both positive and negative! He felt there was a lot of teasing and encouragement to start having sex. But there was also discussion about using condoms. He went in the evening to secretly pick up condoms from the dispensary, but didn't know how to use them & had to find out on his own.

Given his experiences, he thinks parents should provide good sex education early enough, including use of condoms and family planning to be safe and prevent infections and pregnancy.

He also recommend that schools have trained sex educators who can provide positive education about how to protect yourself through the use of condoms and family planning early enough to prevent bad outcomes.

"For my children, I would want to do it differently. I will think of how to talk to them early enough before they get it from other people," Vincent says.

REPORT FROM 22ND JULY, 2017 TAKEN AT 0.51738035873111, 35.267658233643

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The quality of sex education young people receive is predictive of healthy sexual behaviors, including when they initiate sexual activity, whether they practice safe sex, and how sex impacts their health. To understand more about sex education young Kenyans receive, I interviewed Vincent, a young man from Nandi Hills who works at AMPATH, about his sex education. He recalls his first experience with sex education in primary school class 6 when they were shown a video of people sick with HIV as a way to scare them not to have sex. From his parents and church, the only message was not to have sex until marriage, but nothing about how to have safe sex. Because of this, he feels, they did not receive adequate sex education, and he recalls young girls even 12 or 13 years old becoming pregnant because they didn't know how to protect themselves. Most of his real sex education came from his peers-- both positive and negative! He felt there was a lot of teasing and encouragement to start having sex. But there was also discussion about using condoms. He went in the evening to secretly pick up condoms from the dispensary, but didn't know how to use them & had to find out on his own. Given his experiences, he thinks parents should provide good sex education early enough, including use of condoms and family planning to be safe and prevent infections and pregnancy.

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