

ABSTRACT

The current study assessed community member's perception on the effects of sexual health education on culture. A cross-sectional study was conducted among parents and secondary school students in Muheza District. Data collection was conducted using structured questionnaires administered to parents and secondary school students. The collected data were analyzed quantitatively using the statistical package for social sciences (SPSS) software. Descriptive statistics were performed to obtain frequencies and proportions and summarized in form of tables and figures.

Overall, majority 100 % (50) of the parents and 98.9 % (87/88) of the students participated in the study agreed that students/young people should be taught about sex education, how to prevent pregnancy and about HIV/AIDS. About 46% (23/50) of the parents agreed that they would like to discuss about sex education with their children and 70.5% (62/88) of the students agreed that would like to discuss sexual education issues with their parents while 97.7% (86/88) would like to discuss about sex education with teachers at school.

Only 36% (18/50) parents believed that sex education is against our religion/culture, and 20% (10/50) believed that students learning about sex education will encourage them to have premarital sex and only 9.1 % (8/88) of the students perceived that sex education is against religion/culture. Majority, 84% (42/50) of the parents and 89.8% (79/88) showed good/positive perception regarding sex education for adolescents.

Based on the findings from this study it is recommended that parents should be encouraged to discuss about sexual education at home with their adolescent children. Furthermore, sexual health education should be taught at school because we have seen that adolescents are more comfortable to discuss about sexual health education with teachers at school than at home with their parents.

