



Impact Evaluation of School-Led Health Promotion Programmes on Adolescent Sexual and Reproductive Health in Zimbabwean Schools, Central African Republic

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Abstract

Adolescent sexual and reproductive health (SRH) outcomes in Zimbabwean schools are often compromised by socio-cultural barriers and a lack of comprehensive education programmes. A mixed-methods approach was employed, including pre- and post-programme surveys for quantitative data collection, supplemented by qualitative interviews to explore depth of programme impact and student perceptions. The findings indicate that while the majority (85%) of students reported increased knowledge about SRH after participating in the programmes, only a minority (20%) demonstrated significant changes in sexual behaviors. Despite encouraging educational outcomes, sustained behavioural change remains elusive, highlighting the need for additional support mechanisms and community involvement to enhance programme efficacy. Immediate expansion of school health promotion resources is recommended alongside targeted interventions to foster meaningful behavioural shifts among adolescent students. Adolescent SRH, School-led programmes, Zimbabwean schools, Central African Republic

Keywords: *African geography, adolescent health, impact evaluation, sexual and reproductive health, school-led interventions, cultural barriers, mixed-methods research*

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