



# Behaviour Change Outcomes in School-Based Sexuality Education Programmes for Adolescent Girls in South African Schools,

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## Abstract

School-based sexuality education programmes have been implemented in South African schools to address issues related to adolescent sexual health and behaviour. A mixed methods approach was employed, combining quantitative survey data with qualitative interviews to provide a comprehensive analysis. Among participants, there was a significant improvement in understanding of sexual health (85% reported increased knowledge) and an increase in condom use among sexually active students (30% more frequently used condoms after programme implementation). The findings suggest that school-based sexuality education can lead to positive behavioural changes in adolescent girls, though further research is needed. Continued support for these programmes and their integration into broader health education curricula should be prioritised.

**Keywords:** *African, Qualitative, Quantitative, Mixed Methods, Cultural Competence, Ethnography, Induction*

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