



Community-Based Sexual Health Education Programmes for Adolescent Girls in Dar Es Salaam, Tanzania: An Evaluation Study

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Abstract

Adolescent girls in Dar es Salaam, Tanzania face significant challenges related to sexual health education due to cultural barriers and limited access to resources. The study utilised pre- and post-programme surveys, qualitative interviews, and focus group discussions among participants aged 13 to 18 years old. Findings suggest that the majority (75%) of participants reported improved knowledge about sexual health after completing the programme. However, there was a notable gap in understanding regarding contraceptive methods (20% did not understand properly). The community-based education programme significantly enhanced adolescent girls' awareness and understanding of sexual health issues. Further training for facilitators on accurate contraceptive method information is recommended to address the identified knowledge gaps. adolescent girls, Dar es Salaam, Tanzania, sexual health education, effectiveness evaluation Treatment effect was estimated with $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: African, Tanzania, Adolescents, Community Engagement, Sexual Health Education, Programme Evaluation, Cultural Barriers

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