



School-Based HIV/AIDS Prevention Programmes among Young Adolescents in Zambia: An Adolescent Participation and Behaviour Change Study

Chilufya Chifunshi¹

¹ Department of Interdisciplinary Studies, Mulungushi University

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Correspondence: cchifunshi@gmail.com

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Author notes

Chilufya Chifunshi is affiliated with Department of Interdisciplinary Studies, Mulungushi University and focuses on African Studies research in Africa.

Abstract

HIV/AIDS remains a significant public health challenge in Zambia, particularly among young adolescents who are at high risk of infection. A qualitative study using semi-structured interviews with participants from schools implementing these programmes. The programme significantly increased peer-led discussions (PLD) among students, a key indicator of behavioural change, with over 70% of respondents indicating participation in PLDs. School-based HIV/AIDS prevention programmes have the potential to enhance adolescent engagement and behaviour modification for HIV risk reduction. Programmes should be tailored to local contexts and reinforced through continuous support from educators and community leaders.

Keywords: *African, Adolescent, Qualitative, Contextual, Empowerment, Participation, Behaviour*

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