



# Peer Counseling's Impact on Adolescent Reproductive Health Knowledge in Uganda: A Policy Analysis

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## Abstract

Peer counseling has been recognised as an effective strategy for improving knowledge among adolescents regarding reproductive health in various settings. A qualitative approach was employed, involving focus group discussions with students and teachers from selected schools across different regions of Uganda. Findings indicate that peer counselors significantly enhanced knowledge among adolescents, particularly in areas such as contraception methods and sexually transmitted infections (STIs). Peer counseling appears to be an effective strategy for improving adolescent reproductive health knowledge in Uganda. Policy recommendations include integrating peer counseling programmes into existing school curricula and providing training for educators on these programmes.

**Keywords:** *African, Counselling, Health Education, Qualitative, Reproductive Rights, Social Support, Youth Engagement*

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