



# Adolescent Sexual Health Education Curricula in South Africa: Adoption Rates and Knowledge Impact Analysis

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## Abstract

Adolescent sexual health education (ASEHE) is critical for promoting healthy behaviors and reducing risky practices among young people in South Africa. The study utilised a comparative design involving surveys administered to students from various schools, stratified by region. Data was collected using standardised assessment tools designed to measure both knowledge acquisition and behavioural intentions related to sexual health. In the regions with highest ASEHE curriculum adoption rates, there was an observed increase of 15% in adolescent knowledge scores regarding safe sex practices. The findings suggest that increased implementation of ASEHE curricula is associated with better adolescent understanding and application of sexual health knowledge. Schools should be encouraged to adopt the ASEHE curriculum, particularly in regions where it has been underutilized, to further enhance students' knowledge and behaviour regarding sexual health.

**Keywords:** *African Geography, Adolescent Reproductive Health, Comparative Analysis, Curriculum Adoption, Knowledge Assessment, Methodological Framework, Sexual Behaviors*

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