



Effectiveness of School-Based Education Programmes on Adolescent Reproductive Health in Zanzibar: A 2005 Intervention Study in Morocco

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Abstract

This study examines the effectiveness of school-based education programmes in improving adolescent reproductive health in Zanzibar. A mixed-methods approach was employed, including pre- and post-intervention surveys administered to students ($n = 1200$) ^ focus group discussions with teachers ^ parents as part of a two – year intervention study . Data were analysed using descriptive statistics for quantitative data and thematic analysis for qualitative insights. Prevalence rates of unprotected sex decreased by 35% among surveyed adolescents post-intervention, indicating potential efficacy in changing sexual behaviour patterns. The findings suggest that school-based education programmes can effectively influence adolescent reproductive health knowledge and behaviors. However, further research is needed to address identified gaps in programme implementation. Future interventions should prioritise teacher training, parental involvement, and the integration of gender equality themes into curricula for more comprehensive impact. Adolescent Reproductive Health, School-Based Education Programmes, Zanzibar

Keywords: *African, Intervention, Reproductive Health, School-Based Education, Qualitative, Quantitative, Youth Programmes*

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