



# School-Based Sex Education Programmes and Adolescent Reproductive Health Knowledge in South Africa: A Systematic Literature Review

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## Abstract

School-based sex education programmes have been implemented in South Africa to improve adolescent reproductive health knowledge. A comprehensive search strategy was employed across multiple databases including PubMed, Web of Science, and Google Scholar. Studies published between and were included based on predefined inclusion criteria. The review identified a significant increase ( $p < 0.05$ ) in knowledge about contraception among participants who received sex education compared to those who did not. School-based sex education programmes have shown promise in enhancing adolescent reproductive health knowledge, though further research is needed to tailor interventions effectively. Future studies should focus on evaluating the long-term impact of these programmes and exploring cultural adaptations to enhance effectiveness. Treatment effect was estimated with  $\text{text}\{\text{logit}\}(\pi) = \beta_0 + \beta^T p X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *African Geography, Adolescent Health, School-Based Programmes, Reproductive Health Education, Qualitative Research, Quantitative Analysis, Theory of Planned Behaviour*

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