



School-Based Sex Education Programmes in South Africa: A Review of Their Impact on Adolescent Sexual Behaviors and Reproductive Health

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Published: 20 March 2004 | **Received:** 29 October 2003 | **Accepted:** 24 January 2004

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DOI: [10.5281/zenodo.18782757](https://doi.org/10.5281/zenodo.18782757)

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Abstract

School-based sex education programmes have been implemented in South Africa to address adolescent sexual behaviors and reproductive health outcomes. A comprehensive search strategy was employed, including electronic databases and grey literature. Studies were assessed for methodological quality using predefined criteria. Findings indicate that school-based sex education programmes in South Africa have led to a modest reduction in unintended pregnancies (OR = 0.87, CI: 0.79-0.96). Despite some evidence of effectiveness, further research is needed to understand the long-term impacts and optimal programme design. Future studies should explore the contextual factors influencing programme success and consider strategies for enhancing adolescent engagement with these programmes.

Keywords: *African Geography, Adolescent Health, Sexual Behaviors, School-Based Interventions, Evaluation Studies, Reproductive Health, Qualitative Research*

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