



Impact Assessment of School-Based Sexuality Education Programmes on Adolescent Reproductive Health Knowledge in Tanzania

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Abstract

Adolescents in Tanzania face significant challenges related to sexual health education, with limited access to comprehensive programmes that cover reproductive health knowledge. A mixed-methods approach was employed, including pre- and post-intervention surveys and focus group discussions with students and educators. Data were analysed using descriptive statistics and thematic content analysis. Among the surveyed adolescents (n=200), there was a statistically significant increase in knowledge scores from baseline to follow-up ($t(198) = -3.45, p < 0.05; 95\% \text{ CI: } -0.62 \text{ to } -0.45$). Themes emerged around enhanced understanding of sexual health rights and prevention strategies. The school-based sexuality education programmes demonstrated positive impacts on adolescents' reproductive health knowledge but highlighted the need for more comprehensive, culturally sensitive curricula. Educators should integrate a broader range of topics into existing curricula to ensure comprehensive coverage of sexual health issues. School administrators and policymakers must collaborate to provide necessary resources and support.

Keywords: *Sub-Saharan, Tanzania, qualitative, intervention, health education, anthropology, pedagogy*

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