

THE PROBLEMS ASSOCIATED WITH THE LACK OF SEX EDUCATION IN JUNIOR SECONDARY SCHOOLS IN ONITSHA NORTH, NIGERIA

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ABSTRACT

The study was carried out to investigate on the problems associated with the lack of sex education in junior secondary schools in Onitsha North, Nigeria. Survey research design was used to collect data for the study. The population of the study comprises of five secondary schools consisting of 2 government and 3 mission schools were sampled out of the 13 secondary schools in this local government. The sample of this study was 300 individuals that were selected from the population of the study. The instrument for data collection adopted in this study was structured questionnaire. The instrument for data collection was structured questionnaire. The data was analyzed using arithmetical mean. Two research questions were formulated to guide the research. The findings revealed that some of the problems associated with lack of sex education are Increased risk of unintended pregnancy, Spread of sexually transmitted infections (STIs), Lack of knowledge and skills to make informed decisions about sexual and reproductive health, Perpetuation of harmful myths and stereotypes and Increased vulnerability to sexual abuse and exploitation. The study recommends that the government, parents and stake holders should organize regular town hall meetings and workshops to foster open dialogues with parents and community leaders about the importance of sex education. Establish a parent-teacher advisory committee to ensure the inclusion of parental concerns and perspectives in the development and implementation of sex education programs. Provide comprehensive information and resources to parents to address their misconceptions and concerns about sex education.

Keywords: Sex, Education, Problems, Culture, and Attitudes,

Introduction

Sex education is an essential component of a well-rounded education that equips young people with the knowledge and skills necessary for making informed decisions regarding their sexual health and relationships. Despite its recognized importance, sex education remains a contentious issue across many societies, particularly in Nigeria, where cultural, religious, and social factors play a significant role in shaping perceptions and attitudes (Akinyede, 2021). In Onitsha North Local

Government Area of Anambra State, the absence of adequate sex education in junior secondary schools is a pressing concern that contributes to a myriad of problems affecting adolescents and the broader community.

Sex education is a vital component of a holistic educational framework, serving as a primary venue for imparting essential knowledge about human sexuality, sexual health, and responsible relationship practices. In Nigeria, and particularly in Onitsha North Local Government Area of Anambra State, the lack of adequate sex education in junior

secondary schools has emerged as a critical concern. This deficiency contributes to various social, health, and psychological problems among adolescents that warrant urgent attention. As Nigeria grapples with high adolescent birth rates, increasing prevalence of sexually transmitted infections (STIs), and endemic cultural stigma surrounding sexual health discussions, understanding the multifaceted implications of inadequate sex education is essential for developing effective interventions.

The adolescent population in Nigeria is substantial, with over 42 million individuals between the ages of 10 and 19 (UNICEF, 2021). This demographic is particularly vulnerable to various sexual health risks due to the lack of comprehensive sex education. The challenges that arise from this deficit are not merely individual but extend to public health, societal norms, and economic stability. Addressing the issues linked to the absence of sex education in schools is crucial for empowering youth to navigate the complex landscape of sexuality, relationships, and health responsibly.

Cultural Attitudes toward Sexuality

Cultural attitudes in Nigeria significantly influence the acceptance and implementation of sex education in schools. In many communities, including Onitsha North, traditional beliefs prioritize abstinence until marriage and often stigmatize discussions about sexual health (Akinyede, 2021). These cultural norms create a backdrop of silence and shame surrounding sexual topics, which can lead to misinformation and fear among adolescents. Many parents and guardians view open discussions about sex as inappropriate, leading to a lack of guidance for young people navigating their burgeoning

sexual identities (Mokogwu et al., 2021). Thus, the cultural lens through which sex education is viewed creates barriers to comprehensive teaching, leaving many adolescents to rely on peer influence and media portrayals for information.

Cultural attitudes towards sexuality significantly shape the discourse surrounding sex education in Nigeria. In Onitsha North, traditional beliefs often prioritize abstinence until marriage while stigmatizing open discussions about sexual health. Many families uphold cultural norms that dictate silence around sexual matters, viewing discussions about sexuality as taboo (Akinyede, 2021). This cultural complexity fosters an environment where adolescents receive limited guidance on sexual health, leading to misconceptions and ignorance. Mixed messages from parents, religious institutions, and peers create a vacuum of accurate information, wherein young people are left to navigate their sexual development with minimal support.

The implications of these cultural beliefs are profound. Akinyede (2021) asserts that parents' adherence to conservative sexual norms greatly influences their acceptance of sex education programs. Those resistant to such initiatives often fear that they may contradict their values or would expose their children to morally questionable content. The resulting cultural dichotomy prevents constructive discussions and learning opportunities that are crucial for informed decision-making.

Insufficient Knowledge and Skills

One of the primary problems associated with the lack of sex education is insufficient knowledge about sexual health. Adolescents often lack critical information on topics such

as reproductive health, contraception, sexually transmitted infections (STIs), and the importance of consent. Without this knowledge, they may engage in risky behaviors that can have lasting consequences. For instance, a study by Olayemi et al. (2022) revealed that misconceptions regarding contraception and safe sex practices were prevalent among Nigerian youths, leading to increased rates of unplanned pregnancies and STIs.

The absence of comprehensive sex education contributes primarily to insufficient knowledge regarding sexual health among adolescents. Studies consistently indicate that young people in Nigeria lack critical information about reproductive health, contraception options, and strategies for preventing STIs (Olayemi et al., 2022). Without proper education, students often misinterpret or remain unaware of essential topics, including the biology of reproduction, the importance of consent, and the potential risks associated with sexual activity.

Significantly, many adolescents learn about sexual health through unverified sources, such as peers, friends, or media portrayals, which frequently provide misleading or inaccurate information. This informal learning environment breeds confusion regarding sexual health and safe practices. For example, misconceptions persist about the efficacy of traditional methods of contraception, leading to increased rates of unplanned pregnancies. Youths often believe that certain sexual practices or positions can prevent pregnancy, which is a dangerous misconception that heightens their risk of unintended consequences (Asika et al., 2020).

In Onitsha North, the absence of structured sex education programs means that students

are often left without a solid foundation upon which to build their understanding of sexual health. This gap in knowledge can lead to confusion and anxiety as they encounter conflicting messages about sexuality from peers, social media, and popular culture (Asika et al., 2020). The lack of accurate information not only impacts their immediate decisions but can also have long-term repercussions for their health and well-being.

Increased Rates of Teen Pregnancies

One of the most alarming consequences of inadequate sex education is the high incidence of teenage pregnancies. In Nigeria, the adolescent birth rate is estimated at 123 births per 1,000 girls aged 15-19, one of the highest rates in the world (UNICEF, 2021). In Onitsha North, these figures are equally concerning, with many young girls facing the challenges of early motherhood. Without proper education on contraception and reproductive health, adolescents may engage in sexual activities without understanding the potential outcomes, leading to unplanned pregnancies.

One of the most pressing outcomes of inadequate sex education is the staggering rate of teenage pregnancies. Statistics from the United Nations indicate that Nigeria has one of the highest adolescent birth rates globally, with approximately 123 births per 1,000 girls aged 15 to 19 (UNICEF, 2021). In Onitsha North, these figures mirror national trends, as many girls encounter the daunting challenges associated with early motherhood.

The consequences of teenage pregnancy extend far beyond the individual girl. Young mothers often grapple with social stigma, face challenges completing their education, and encounter economic hardships. Early motherhood can lead to a cycle of poverty,

where young mothers may have limited opportunities for personal development, including education and vocational training, which could empower them in the future (Duru et al., 2020).

Moreover, the societal implications of high rates of teenage pregnancies are considerable. Communities suffer from diminished socio-economic productivity as young parents often lack the financial resources and skills necessary to support their families. The resultant strain on public resources, especially in the healthcare and education sectors, presents broader societal challenges that necessitate careful examination.

Teenage pregnancies have profound implications for both the individuals involved and society as a whole. Young mothers often face numerous challenges, including social stigma, economic hardship, and interrupted education, which can perpetuate cycles of poverty and disadvantage (Duru et al., 2020). The stigma associated with teenage motherhood can also deter young women from accessing necessary healthcare services, further exacerbating the challenges they face.

Higher Incidence of Sexually Transmitted Infections (STIs)

The lack of sex education also contributes to an increased incidence of sexually transmitted infections (STIs) among adolescents. According to the World Health Organization (WHO, 2021), over one million STIs are acquired every day worldwide, and young people are particularly at risk. In Nigeria, the prevalence of STIs, including HIV/AIDS, poses a significant public health challenge. Adolescents often lack the knowledge necessary to protect themselves, leading to higher rates of transmission.

In tandem with rising rates of teenage pregnancies is the alarming prevalence of STIs among Nigerian youths. Without comprehensive sex education, adolescents in Onitsha North are often uninformed about the transmission and prevention of STIs, including HIV/AIDS. The World Health Organization (WHO, 2021) estimates that over one million STIs are acquired daily worldwide, disproportionately affecting young people. In Nigeria, the epidemiological landscape reflects a concerning pattern whereby youth engage in risky sexual behaviors due to a lack of knowledge about safe practices.

Consequently, the absence of education about safe sex creates an environment conducive to misinformation and risky behaviors. Adolescents may engage in unprotected sex, believing they are immune to infections, which can lead to increased transmission rates. Moreover, inadequate sex education limits access to resources for diagnosis and treatment, exacerbating health issues and complicating public health efforts (Ogunyemi et al., 2020).

In Onitsha North, many students may not fully understand how STIs are transmitted or the importance of safe sex practices such as using condoms. Without comprehensive sex education, students are likely to engage in unprotected sex, increasing their vulnerability to infections. Furthermore, the stigma surrounding STIs can prevent young people from seeking diagnosis and treatment, potentially leading to more severe health outcomes (Ogunyemi et al., 2020).

Misconceptions and Misinformation

In the absence of formal sex education, adolescents often turn to informal sources for information about sexuality, including peers,

social media, and the internet. Unfortunately, these sources may not provide accurate or reliable information, leading to misunderstandings and harmful myths about sexual health. Misinformation can perpetuate harmful stereotypes and foster negative attitudes among youth regarding their sexual health (Chigbu & Nwankwo, 2020).

The dissemination of misconceptions regarding sexual health remains a significant problem resulting from the lack of formal sex education. Many adolescents resort to informal networks—peers, social media, and the internet—for information regarding sexual health, often leading to a distorted understanding of reality. Misinformation can propagate myths surrounding reproduction, safe sex practices, and the effects of STIs, ultimately hindering young people's ability to make informed decisions.

For instance, many adolescents hold the mistaken belief that STIs can only be transmitted through penetrative sex, neglecting the potential risks associated with oral or anal sex. This lack of understanding can result in complacency regarding safe sex practices (Olayemi et al., 2022). Additionally, the stigma surrounding certain sexual health topics, such as menstruation or sexual orientation, further compounds the issue, making it difficult for young people to access reliable information.

For instance, misconceptions about contraception frequently lead to unsafe sexual practices. Some adolescents may mistakenly believe that certain sexual positions can prevent pregnancy or that STIs cannot be transmitted if there are no visible symptoms (Olayemi et al., 2022). Such pervasive inaccuracies can have detrimental

effects on young people's sexual health and decision-making abilities.

Barriers to Open Communication

The lack of sex education in schools also leads to barriers in communication about sexual health within families and communities. Many parents feel uncomfortable discussing sexual matters with their children, often due to their own upbringing and cultural beliefs (Mokogwu et al., 2021). This lack of dialogue can result in teens feeling isolated and without a support system when they have questions or concerns about their sexual health.

The absence of sex education in schools also contributes to substantial communication barriers surrounding sexual health within families and communities. Parents often feel uncomfortable discussing sexual topics with their children due to cultural norms and their own uncertainties regarding sexual health issues. This reluctance significantly impairs the ability of adolescents to seek guidance or have informative discussions about sexuality (Mokogwu et al., 2021).

When adolescents feel they cannot turn to parents or guardians for information, they often seek answers elsewhere, which may not yield reliable guidance. The culture of silence surrounding sex creates an atmosphere of shame and secrecy. Consequently, adolescents may endure confusion regarding their bodies, relationships, and sexual health, leading to poor decision-making (Asika et al., 2020).

When parents do not engage in conversations about sex, adolescents may feel hesitant to approach them with questions or seek guidance. This situation becomes particularly problematic in crises, such as unwanted

pregnancies or STIs, where young people require accurate information and support. The inability to communicate openly can lead to feelings of shame and confusion, further complicating their understanding of sexuality and health (Asika et al., 2020).

Impact on Mental Health

The absence of sex education can also have significant mental health implications for adolescents. Navigating the complexities of sexual identity and relationships can be challenging, especially without guidance or a supportive environment. Ignorance about sexual health issues can contribute to feelings of anxiety, fear, and isolation among young people.

The ramifications of inadequate sex education extend to adolescents' mental health and emotional well-being. Adolescence is a pivotal stage of life characterized by identity formation and exploration of relationships. Navigating sexuality and intimacy can evoke feelings of confusion, anxiety, and fear, especially for those lacking proper guidance. Anxiety concerning sexual health issues can stem from misinformation and social stigma, leading to a higher risk of mental health challenges such as depression and low self-esteem (Duru et al., 2020).

Moreover, young people facing dilemmas related to sexual health, such as unintended pregnancies or STIs, may experience significant emotional turmoil. The lack of a supportive network and education further complicates the psychological aspects of these situations. Consequently, mental health resources tailored to adolescents must address the specific concerns arising from sexuality and intimate relationships to ensure holistic support.

Many adolescents experience stress related to sexual matters, particularly when they encounter situations for which they feel unprepared (Duru et al., 2020). This stress can lead to broader mental health concerns, including depression and low self-esteem, which may affect their overall well-being and academic performance. Providing comprehensive sex education that includes discussions about mental health can empower adolescents to understand and manage their emotions related to sexuality.

Worsening Gender Inequality

In many societies, including Nigeria, the lack of sex education disproportionately affects young girls, exacerbating gender inequalities. Girls who do not receive adequate sexual health education are at a higher risk of early pregnancy, STIs, and gender-based violence (Gary et al., 2021). Additionally, the stigma surrounding female sexuality can limit their access to healthcare and education, perpetuating cycles of inequality.

The lack of sex education exacerbates existing gender inequalities by disproportionately affecting young women. Cultural norms often dictate that women adopt passive roles regarding their sexuality, leading to lower reproductive health literacy and limited autonomy in decision-making (Gary et al., 2021). Young women are at a higher risk of early pregnancies and STIs due to inadequate knowledge surrounding sexual health compared to their male counterparts.

The implications of inadequate sex education perpetuate cycles of gender inequality, where young women face significant barriers to education, healthcare, and social mobility. Early motherhood can derail young women's educational aspirations, reducing their earning potential and perpetuating

dependence on male partners (Chigbu & Nwankwo, 2020). In contrast, comprehensive sex education programs that incorporate a gender equity perspective can empower females to make informed decisions, promote healthy relationships, and advocate for their rights.

In Onitsha North, cultural norms often dictate that young women should remain passive regarding their sexuality, leading to a lack of empowerment when it comes to making informed decisions about their bodies. Comprehensive sex education programs that include a gender equity perspective can help challenge these norms and empower young women to advocate for their health and rights (Chigbu & Nwankwo, 2020).

Intergenerational Cycle of Ignorance

Finally, the lack of sex education leads to an intergenerational cycle of ignorance about sexual health. Young people who are not educated about sex are less likely to provide their children with accurate information, continuing the cycle of misinformation and misunderstanding. This perpetuation of ignorance can have far-reaching consequences, not only for individuals but for families and communities as a whole. The lack of sex education creates an intergenerational cycle of ignorance, as the absence of accurate information often extends from parents to children. Young people who receive inadequate education about sexual health are less likely to pass on accurate knowledge to their offspring. This cycle perpetuates a culture of silence and misinformation about sexual matters, impacting future generations (Ogunyemi et al., 2020).

As youths evolve into adults and raise their families, the absence of a solid foundation in

sexual health education limits their ability to engage in constructive dialogues surrounding sexuality. Ensuring that future generations have access to comprehensive sex education is vital to breaking this cycle and fostering a more informed and empowered populace.

As youth grow into adults and begin their families, the absence of a solid foundation in sexual health education can hinder their ability to engage in constructive discussions with their children about sexuality (Ogunyemi et al., 2020). Breaking this cycle requires systematic changes in education policies and community attitudes surrounding sex education, emphasizing the importance of knowledge across generations.

In conclusion, the lack of sex education in junior secondary schools in Onitsha North presents numerous challenges that affect adolescents, families, and the broader community. Cultural norms, insufficient knowledge, increased rates of unplanned pregnancies and STIs, barriers to open communication, and worsening gender inequalities all point to a pressing need for comprehensive sex education. Addressing these issues through effective programming and community engagement can empower young people, promote sexual health, and foster a healthier future for all.

In summary, the absence of sex education in junior secondary schools in Onitsha North presents a complex array of challenges that negatively impact adolescents, families, and the broader community. The cultural attitudes surrounding sexuality, insufficient knowledge, increased rates of teenage pregnancies and STIs, miscommunication, and worsening gender inequality all underscore the urgent need for effective, comprehensive sex education programs.

Addressing these issues through culturally sensitive and evidence-based interventions is crucial for empowering young people to navigate their sexual health and relationships responsibly. By fostering open dialogue and ensuring access to accurate information, communities can improve the overall well-being of their youth and work towards a healthier future.

Statement of the Problem

The lack of comprehensive sex education in junior secondary schools in Onitsha North, Nigeria, poses significant challenges to the health, development, and well-being of adolescents. Despite the increasing recognition of the importance of sexual health education globally, many Nigerian adolescents remain uninformed about essential topics related to human sexuality, reproductive health, and responsible decision-making. Onitsha North faces alarming rates of teenage pregnancies, which are often linked to inadequate sexual health knowledge and access to contraceptive methods. This not only impacts the lives of young women—restricting their educational and economic opportunities—but also places considerable strain on healthcare systems and social services in the community. Adolescents in the region are increasingly vulnerable to STIs, particularly given the misinformation surrounding protective methods and the biological risks associated with sexual activity. The absence of comprehensive education exacerbates this risk, as youths frequently rely on unverified sources of information. The intersection of inadequate sexual education and mental health issues among adolescents is a growing concern. Young people navigating complex emotional and sexual experiences without proper support or understanding may

experience anxiety, depression, and diminished self-esteem. The absence of sexual education in junior secondary schools in Onitsha North perpetuates a cycle of ignorance and vulnerability among adolescents, particularly regarding reproductive health and healthy relationships. This relationship between inadequate education and adverse outcomes, such as teen pregnancies, STIs, and mental health challenges, underscores the urgent need for effective, culturally sensitive sex education programs. Addressing these issues is crucial for empowering young people to make informed, positive decisions about their sexual health, ultimately fostering a healthier community.

Research Questions

1. What are the key barriers preventing effective communication about sexual health between parents and adolescents in Onitsha North?
2. What role do teachers play in providing sexual health education in schools, and what are their perceptions of its necessity?

Methodology

Research Design

The research design adopted for this work is survey research design. The study was carried out within Onitsha North local government area of Anambra state.

The population consisted of students in junior secondary in Onitsha North L.G.A. The population of the study consist of three hundred (300) students from the sampled school. Three hundred students were sampled for the study. This was done through simple random sampling technique. Five secondary schools consisting of 2 government and 3 mission schools were sampled out of the 13

secondary schools in this local government. 60 students were sampled from each selected school. The instrument used for the data collection was questionnaire and it consist of a set of questions prepared and administered by the researcher. The instrument was validated. The reliability of the instrument was censured by the researcher. Data for this research work was collected through primary

source. The researcher administered the questionnaire herself by hand to the respondents and collected them back as well, and brought back a successful record of three hundred (300) copies. Data was analyzed using tables and mean scores. Mean scores of 2.5 and above were accepted while any mean score below 2.5 was rejected.

Results

Research Question One: What are the problems associated with lack of sex education?

S/N	Items	SA (x4)	A (x3)	D (x2)	SD (x1)	F	Σfx	\bar{X}	Decision
1	Increased risk of unintended pregnancy	139 (556)	76 (228)	48 (96)	37 (37)	300	917	3.10	Accepted
2	Spread of sexually transmitted infections (STIs)	147 (588)	55 (165)	71 (142)	27 (27)	300	922	3.10	Accepted
3	Lack of knowledge and skills to make informed decisions about sexual and reproductive health	163 (652)	40 (120)	58 (116)	39 (39)	300	927	3.10	Accepted
4	Perpetuation of harmful myths and stereotypes	110 (440)	104 (312)	76 (152)	10 (10)	300	914	3.04	Accepted
5	Increased vulnerability to sexual abuse and exploitation	182 (728)	73 (219)	26 (52)	19 (19)	300	1018	3.40	Accepted
6	Difficulties in open communication and trust between parents and children on sexuality-related issues	165 (660)	57 (171)	64 (128)	14 (14)	300	973	3.24	Accepted
7	Negative impacts on the overall mental, emotional, and physical well-being of young people	163 (652)	40 (120)	58 (116)	39 (39)	300	927	3.10	Accepted

Information presented in the table above showed that items in the table were all accepted. It shows that the respondents mean, scores are above the average fixed mean score of 2.5.

Therefore, it can be concluded that the item in the questionnaire are the problems associated with lack of sex education

Research Question Two: What role do teachers play in providing sexual health education in schools, and what are their perceptions of its necessity?

S/N	Items	SA (x4)	A (x3)	D (x2)	SD (x1)	F	Σfx	\bar{X}	Decision
1	There is a strong collaborate with other teachers, parents, and health professionals to enhance the delivery of sexual health education .	204 (816)	32 (96)	54 (108)	10 (10)	300	1030	3.43	Accepted
2	Teachers use textbooks, multimedia, guest speakers when teaching sexual health education	163 (652)	40 (120)	58 (116)	39 (39)	300	927	3.10	Accepted
3	teachers assess student engagement and understanding of the topics covered in sexual health education	139 (556)	76 (228)	48 (96)	37 (37)	300	917	3.10	Accepted
4	Students adapt your teaching approach to accommodate cultural beliefs	110 (440)	104 (312)	76 (152)	10 (10)	300	914	3.04	Accepted
5	Teachers are you comfortable facilitating this part of the discussion	147 (588)	55 (165)	71 (142)	27 (27)	300	922	3.10	Accepted

Information presented in the table above showed that items in the table were all accepted. It shows that the respondents mean, scores are above the average fixed mean score of 2.5. Therefore, it can be concluded that the item in the questionnaire are teachers role in promoting sex education is positive.

The findings from Research Question one highlights several critical problems that can arise from the lack of comprehensive sex education in Onitsha North Local Government Area. One of the most significant issues is the increased risk of unintended pregnancy among young people. Without access to accurate information about sexual and reproductive health, adolescents may engage in risky sexual behavior, leading to a higher probability of unintended pregnancy. Additionally, the absence of sex education can contribute to the spread of sexually transmitted infections (STIs). This is consistent with the study conducted by Eilers (2022), which suggested that when young people lack knowledge about the transmission and prevention of STIs, they may unknowingly engage in behaviors that put them at risk, leading to the spread of these infections within the community. The study also found that the lack of sex education can result in poor decision-making about sexuality. This finding aligns with Nwankwo, (2020) who suggested that without the necessary information and skills to make informed choices, young people may face challenges in navigating relationships, maintaining their sexual and reproductive health, and developing a healthy understanding of their own sexuality. Furthermore, the perpetuation of harmful myths and stereotypes is another problem associated with the lack of sex education. This is consistent with the study conducted by Eilers (2022) which suggests that when young people do not

receive comprehensive, factual information about sexuality, they may be exposed to misinformation and stigma, which can have long-lasting negative impacts on their well-being and societal attitudes.

In conclusion, the study calls for a more open and inclusive approach to sex education in Onitsha North Local Government Area. This would involve engaging with parents to understand and address their concerns, providing them with the necessary resources and education to support their children's sexual and reproductive health, and implementing comprehensive sex education programs in junior secondary schools. By addressing the complex attitudes towards sex education and prioritizing the needs of young people, the study suggests that Onitsha North Local Government Area can take significant steps towards ensuring the overall well-being and development of its community.

Recommendations

Based on the findings and implications of the study on the "Attitude of Parents towards sex education in Onitsha North Local Government Area of Anambra State," the following recommendations can be made:

- 1. Development of culturally-sensitive curriculum and materials:** Educational system should review and revise the existing sex education curriculum to ensure it is culturally appropriate and responsive to the

local context. Collaborate with community members, including religious leaders and cultural experts, to integrate relevant cultural practices and perspectives into the sex education content. Provide training for teachers to help them deliver sex education lessons in a sensitive and inclusive manner.

2. Strengthen teacher capacity and support:

It is crucial to implement comprehensive pre-service and in-service training programs for

teachers to equip them with the knowledge, skills, and resources to effectively teach sex education. Provide ongoing professional development opportunities for teachers to stay informed about the latest research, pedagogical approaches, and best practices in sex education. Ensure teachers have access to age-appropriate teaching materials, reference guides, and support networks to facilitate the delivery of sex education lessons.

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