



Necesidad y efectividad de un programa de educación afectivo-sexual en adolescentes

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Analítica

Objective: To assess the effectiveness of an educational intervention in the improvement of information /knowledge, attitudes, beliefs and values in matter of sexual-affective education in teenagers. **Design:** Quasi-experimental ecologic study. **Subjects and methodology:** In the beginning the study was used in 205 students of 3rd and 4th grade of secondary education (with ages between 14 and 16 years old) of three high schools of secondary education in the towns of La Puebla de Cazalla and Marchena (Sevilla) during the school year 2022-2023. They answered a self-made survey (8 test questions with 4 choices) pre and post the educational intervention in the matter of general assumptions about sexuality, contraceptive methods and sexually transmitted diseases. **Results:** Globally, we observed a significant increase of the responses in the expected option in the majority of the questions at the end of the intervention and, consequently, a significant decrease of the responses in the wrong answer of the test. **Discussion:** Despite the restrictions of the study, the observation and comparison of the answer propotions in pre and post test evidenced the effectiveness of the sexual-affective educational intervention between teenager population. The differences, all of them meaningful, seem to have a bigger impact between the students of third grade. **Conclusions:** It's necessary to promote the sexual-affective education in teenagers, as well as trying to start this type of education in early ages, because of them being shown as the most benefited ones from this intervention. Nursery, as an agent of health, plays an esential role in this sector of the population with the aim of answering the doubts raised by teenagers and achieving a responsible action

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