

# Sexual and Reproductive Health Profile of Filipino Adolescents: Red Flags and Areas for Early Intervention

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## UNIVERSITY RESEARCH CONFERENCES



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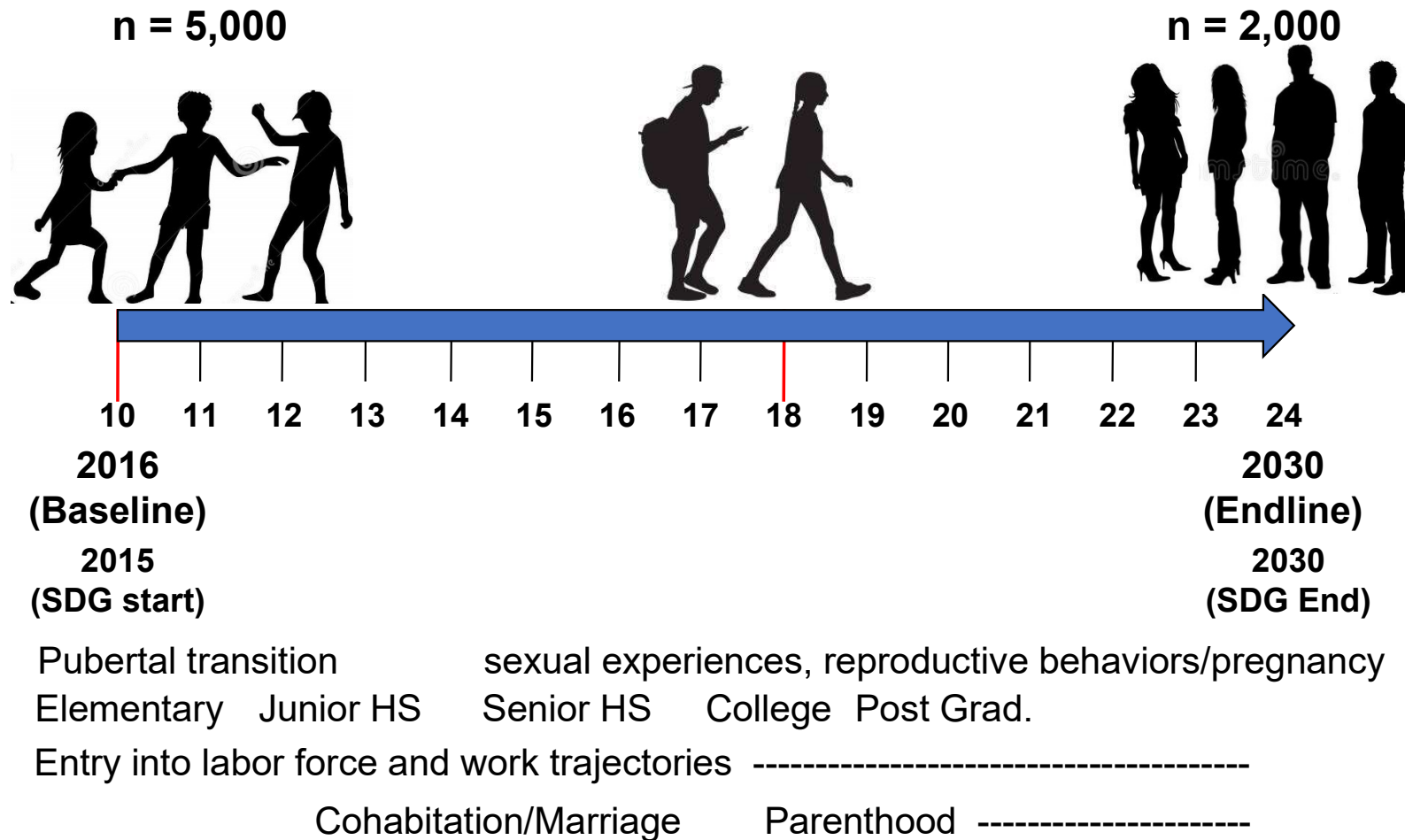


April 20–21, 2023



April 21–22, 2023

# The study tracks key milestones in the cohort's life course from early adolescence to young adulthood



# Contents

## SRH characteristics of LCSFC adolescents aged 10-15

- information about puberty
  - awareness of FP and RH
  - comprehensive sexuality education
  - sexual behaviors (age 13)
  - gender
- ASRH crucial in achieving SDG3
- conditions in which people live determine health
- ASRH issues have long-term effects



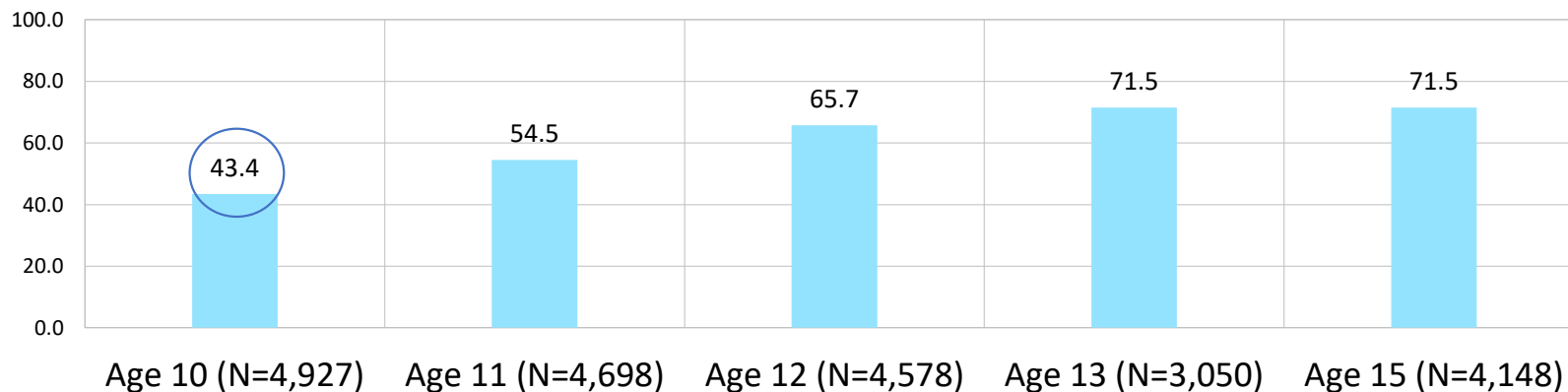
# Key Points

Adolescents as early as 13 years old are already having sex, particularly among boys. But, they are not equipped with the proper information and guidance on puberty and reproductive health, including family planning.





## Received Information on Puberty (ages 10-15)



- at age 10 - only 43% received information
- as they get older, they get more information
- about 29% - not getting any information (ages 13/15)
- girls have higher reporting levels ( $p < 0.01$ )
- same pattern confirmed among those with complete data across waves (N=2,574) representing true trend over time

Awareness of puberty can help them understand:

- it is natural to go through physical & emotional changes
- they are not alone
- must take care of themselves



## Sources of Information on Puberty (ages 10-15)



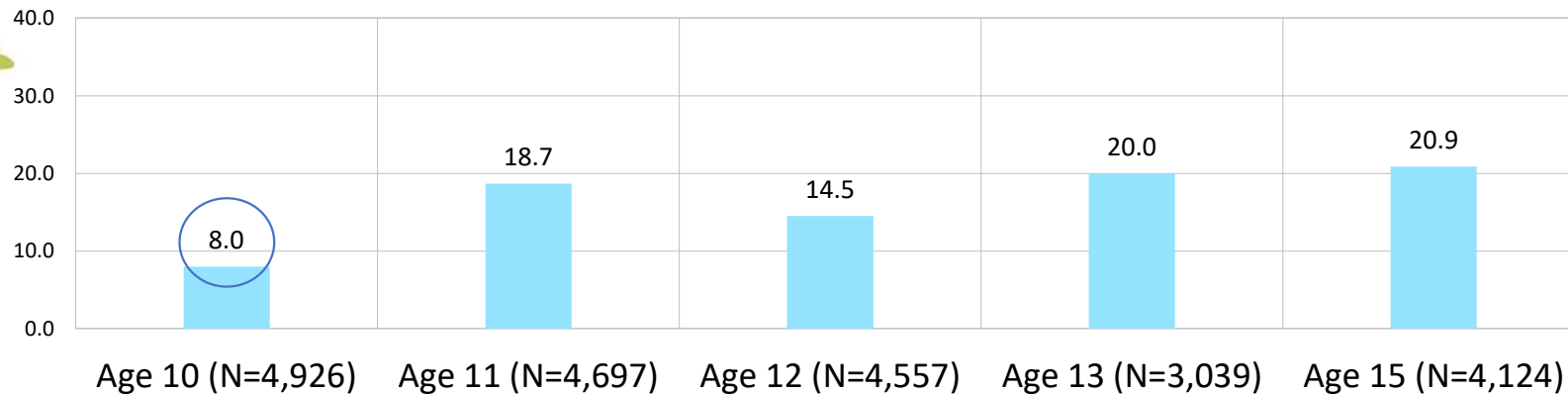
	Age 10 (N=4,927)	Age 11 (N=4,698)	Age 12 (4,578)	Age 13 (3,050)	Age 15 (4,148)
mother	15.5	30.8	42.2	69.9	74.3
father	2.8	8.0	9.7	17.1	19.0
teacher	16.5	11.5	6.8	15.3	8.0
other family members	6.4	14.1	20.3	17.2	27.4
peers/neighbors	6.4	10.8	10.9	18.1	12.4

- mother - usual source – across waves
- age 10 - teachers; as they got older – father, family members & peers/neighbors
- same pattern confirmed among those with complete data across waves (N=2,574) representing true trend over time





# Knew anything about Family Planning (ages 10-15)



- at age 10, only 8% knew anything about FP
- proportions increased by age 15
- girls have higher reporting levels at ages 10, 13, 15 ( $p < 0.01$ )
- same pattern confirmed among those with complete data across waves (N=2,574) representing true trend over time

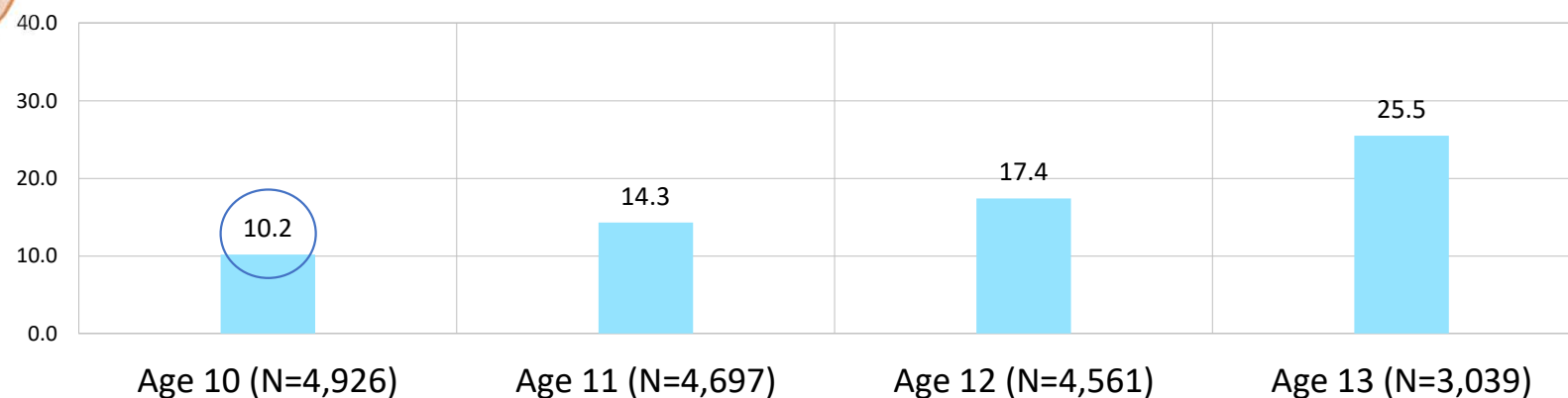
Awareness of FP must start in the adolescent years:

- can help them understand their unique needs
- guide them in their choices & decisions about sexuality & marriage





## Knew anything about RH (ages 10-13)



- at age 10, only 10% knew anything about RH
- proportions increased by age 13
- girls have higher reporting levels ( $p < 0.01$ )
- same pattern confirmed among those with complete data across waves (N=2,574) representing true trend over time

Awareness of RH helps them understand:

- their physical, mental, social well-being
- promotes responsible sexual behaviors



### What they know about FP

- planning for the family
- making economic decisions
- planning family activities
- planning how/when to have children
- limiting the number of children
- FP methods



### What they know about RH

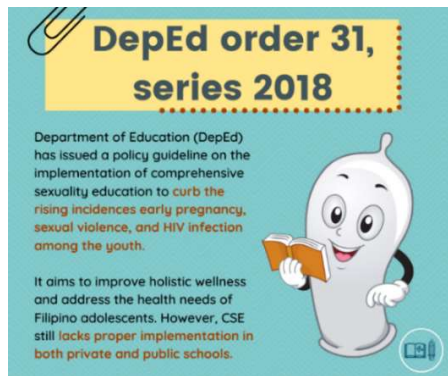
- male/female reproductive system
- one's health (hygiene, exercise)
- pregnancy/what to do
- puberty, menstruation
- general health practices, nutrition

of the 21% (knew FP), **only 12%** correctly defined FP (age 15) - **planning/limiting # of children, FP methods**

of the 26% (knew RH), **only a third** correctly defined RH (age 13) - **repro. system, hygiene, puberty, pregnancy**

**Familiarity w/ terms does not translate to understanding the concept**





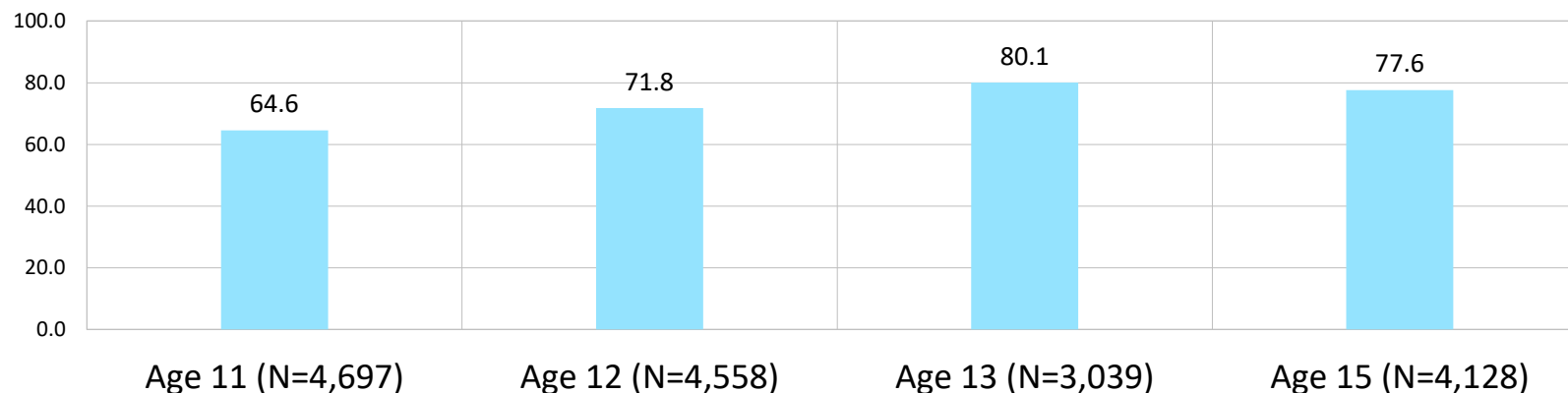
## Policy Guidelines on the Implementation of the Comprehensive Sexuality Education

- curriculum-based process of teaching sexuality
- integrate in:
  - Music, Arts, Physical Education and Health (MAPEH)
  - Araling Panlipunan
  - Edukasyon sa Pagpapakatao (ESP)
  - Science and Personal Development





## Comprehensive Sexuality Education (ages 11-15)



- majority – ‘discussed RH/FP in class’
  - higher proportions in Luzon than Visayas ( $p < 0.01$ )
  - higher proportions in Visayas than Mindanao ( $p < 0.01$ )
  - more urban than rural ( $p < 0.05$ ), more girls than boys ( $p < 0.01$ )
  - same pattern confirmed among those with complete data across waves (N=2,574) representing true trend over time
- Science
  - MAPEH
  - Araling Panlipunan
  - ESP
  - others





## Ever had sex (Wave 4, Age 13, N=3,043)

self-administered questionnaires

	Boy	Girl	Total
Ever had sex	73	11	84
Ever had sex with males	37	5	42
Ever had sex with females	52	9	61
Ever had sex with both males/females	16	3	19

Note: in newly-collected data (age 16), # for 'ever having sex' increased to 335



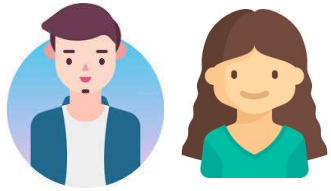
How old/young was 1<sup>st</sup> person IC had sex w/  
(Wave 4, Age 13, N=3,043)

	Boy	Girl	Total
younger than IC	15	0	15
same age as IC	44	10	54
older than IC	14	1	15

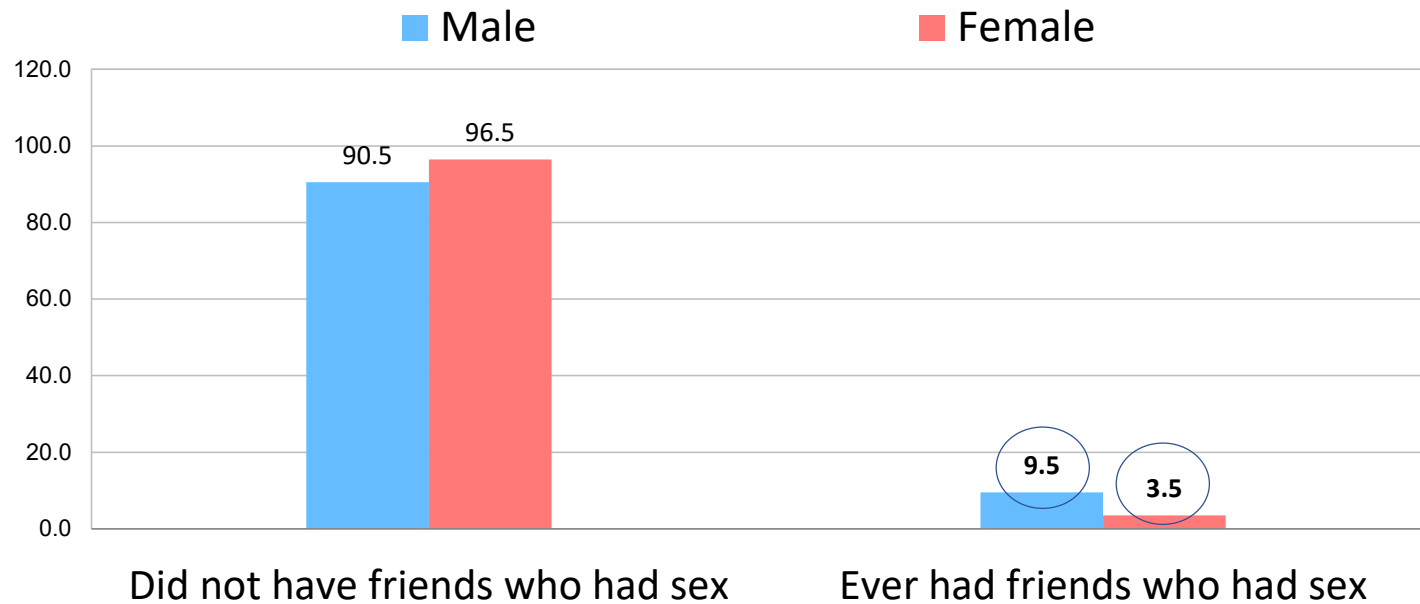


## First person IC had sex with (Wave 4, Age 13, N=3,043)

	Boy	Girl	Total
boyfriend	10	3	13
girlfriend	14	0	14
friend/barkada	15	2	17
acquaintance	16	3	19
family member	12	2	14
stranger	6	1	7
Total	73	11	84



## Have friends with sexual experience (Wave 4, Age 13, N=2,999)



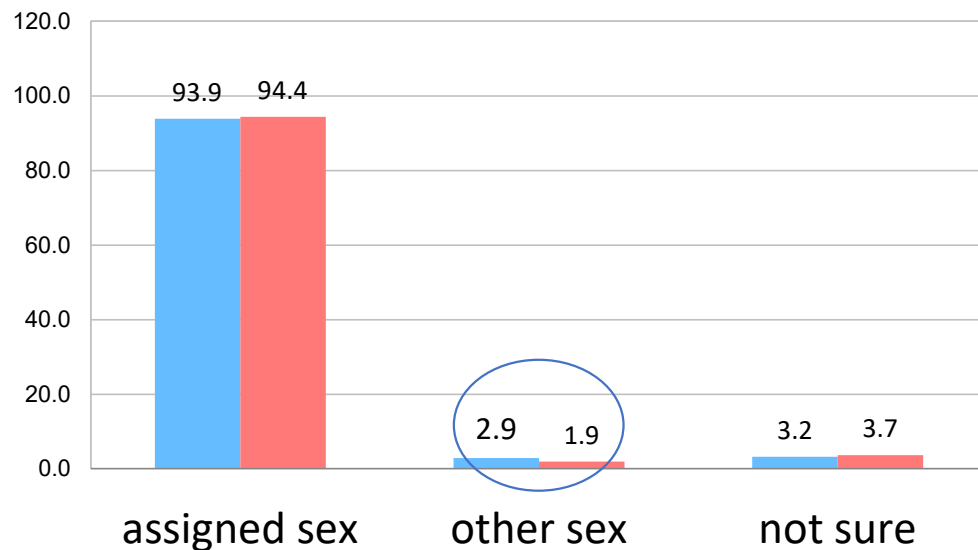
males are more likely to have friends who have had sex

significantly different at  $p < 0.01$

# Sexual Orientation, Gender Identity, and Gender Expression (Wave 4, Age 13, N=3,043)

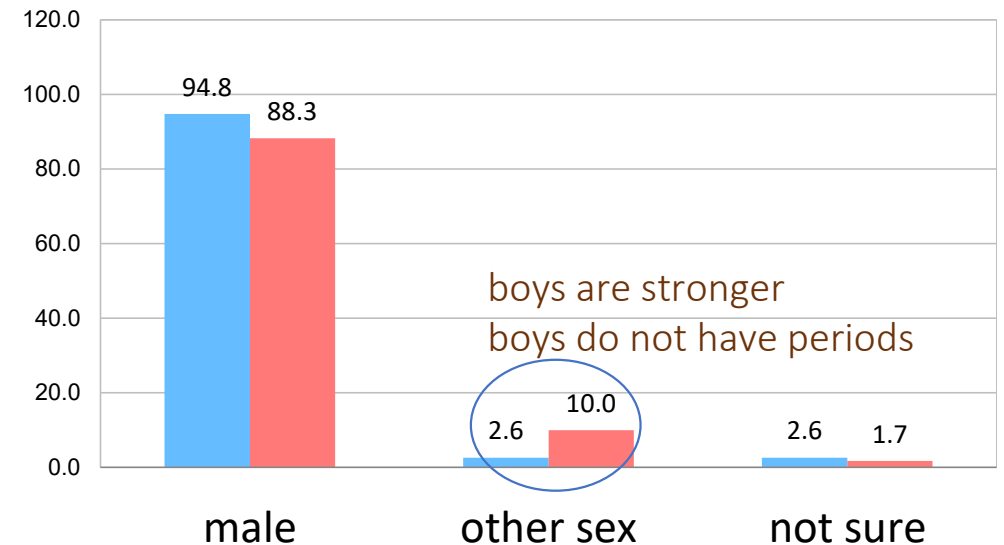
## gender identity

Male Female



## gender preference

Male Female



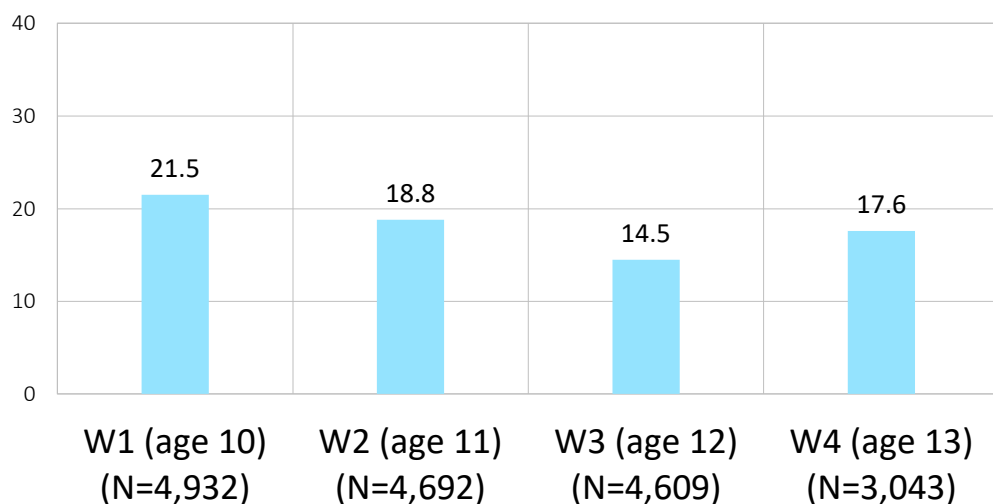
SOGIE



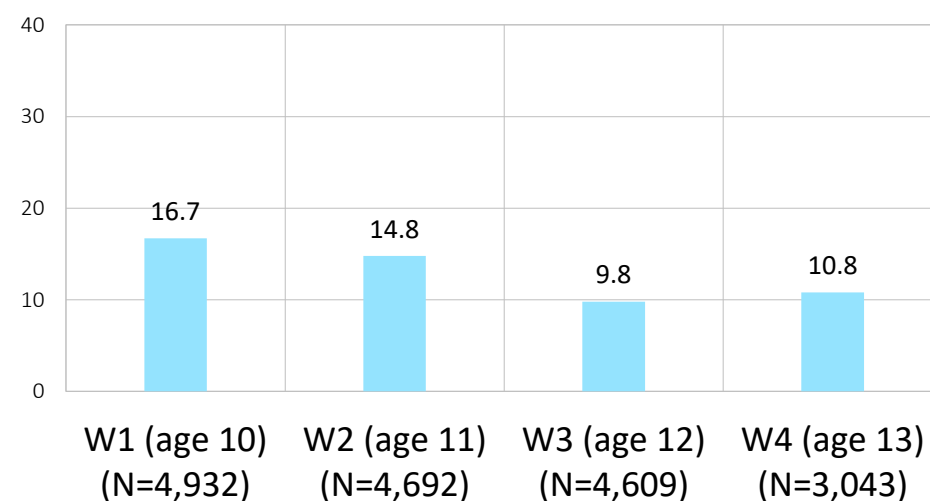


# Discussed same-sex attraction (ages 10-13)

with Mother

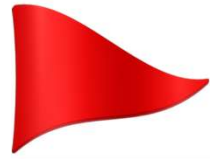


with Father



interaction with mother/father on same-sex attraction  
becomes less as young people get older





## Red Flags

- age 10, only 43% received information about puberty, less than 11% claimed to know anything about FP/RH
- increasingly more received information from peers/other family members
- 84 had sex among 13-year-olds, 74 were boys
- those who had sex have friends who had sex (mostly males)

- 1<sup>st</sup> person they had sex with: acquaintance, friend, boy/girl friend, member of the family, stranger (mostly about the same age)
- interaction with mother/father on same-sex attraction becomes less as young people get older

*Adolescents as early as 13 yrs. old already having sex, esp. boys; not armed with proper information/guidance on puberty, RH/FP*

# Policy Formulation and Early Interventions

- strengthen values education on sexuality in school/community-based initiatives
- broaden participation of mother/father & other family members in RH/FP programs



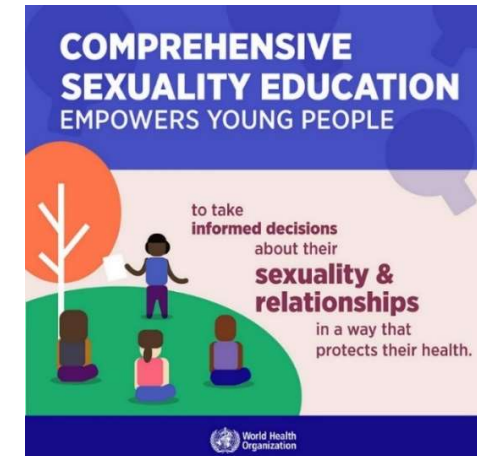
“

The only sex education my mother ever gave me was the injunction: ‘Never let a boy touch you down there.’

I had no idea what she meant. She seemed to be referring to my knees.

- Jeanette Winterson

## PREPARE YOUNG PEOPLE FOR ADULT LIFE



# Thank You

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next set of analysis

**Precedents to Early Sexual Initiation**

