

INFLUENCE OF ACCESS TO MEDIA RESOURCES ON ADOLESCENTS' ATTITUDE TO SEXUAL AND REPRODUCTIVE HEALTH PRACTICES IN SELECTED NON-GOVERNMENTAL ORGANISATIONS IN NIGERIA

BY

Nurudeen Adeniyi ADERIBIGBE

Nimbe Adedipe Library, Federal University of Agriculture,

P.M.B. 2240, Abeokuta, Nigeria

rabshittu@yahoo.com

And

Omolara M. BOLARINWA

Medical Library, College of Medicine

University of Lagos, Nigeria

bolarinwaaduni@yahoo.com

Abstract

This study investigated the influence of adolescents' access to media resources on attitude to sexual and reproductive health. The survey research design was adopted while the questionnaire was used as the major instrument of data collection. Sixty copies of questionnaire were administered to the adolescents that were purposively selected from the three organisations chosen for the study while only 52 copies were returned with useful responses. The findings of the study revealed that the adolescents make use of electronic media resources more than other categories of media resources such as print and oral media resources (ARFH=15 or 60.0%, YSF=12 or 56.0%, SYDOC=17 or 32.7%) and that they make use of the media centres of the organisations on occasional basis. The study also revealed that the adolescents have good knowledge of sexual and reproductive health practices while affirming that the adolescents have a negative attitude toward any irresponsible sexual and reproductive health behaviour. The study also established that perception of the adolescents about sexual and reproductive health practices contributed more to adolescents' attitude to sexual and reproductive health practices ($B = 0.90$; $t=0.958$) than their access to media resources. The study established a significant relationship between adolescents' access to media resources and their attitude to sexual reproductive health practices (F value=16.429, $P=000.<0.05$).

Keywords: Sexual and reproductive health, sexual and reproductive health practices, Media resources, Adolescents, Attitude, Non-Governmental Organisations, Media Centres.

Background to the Study

Sexual and Reproductive Health (SRH) practices of young persons most especially adolescents and youths have been at the top of discussions nowadays due to its impacts on the persons involved and the society at large. Of recent there has been a high rate of negative sexual and reproductive health practices being recorded among the adolescents/youths (Ikpe, 2004). Adepoju (2005) corroborated this assertion by emphasising that adolescents account for the majority of unwanted pregnancy, unsafe abortion complications, and sexually transmitted infections including HIV/AIDS. Young

persons are among the segments of the population whose sexuality and reproductive health practices are of particular interest

Adolescence is a period of sexual maturity that transforms a child into a biologically mature adult capable of sexual reproductions and the potential consequences of that sexual activity (Durojaye, 2009). The World Health Organisation (WHO) meeting on Pregnancy and Abortion in Adolescence in 1974 described adolescence as the period of sexual development from the initial appearance of secondary sex characteristics to sexual maturity, psychological development from child to adult identification, and socio-economic development from dependence to relative independence (WHO, 1975). Furthermore, WHO defines adolescents as persons between 10-19 years of age and many studies throughout the world have adopted this age range as the standard. The size of adolescent population in the world commands attention just as one out of every five persons in the world is an adolescents, and 85 out of every 100 adolescents live in developing countries (Irvin, 2000). The foregoing is one of the many reasons that the adolescents need to be well informed and educated through adequate provision of information.

The importance of the adolescents to national development is without doubt because the various programmes directed at them by government at various times gives credence to this (Seme and Worlu, 2005). Adolescents generally need proper harnessing so that they can maintain reliable status quo in their locality. Therefore, there is need for adequate information education communication which can be done via several media and resources.

The background characteristics of young people, including their religion, cultural upbringing, place of origin (rural or urban), and level of education do, to some extent define their needs and the way they react to sexual and reproductive health practices though they often are generally reluctant to seek information about sexuality and reproduction from their parents, fearing their parents will assume they are engaged in forbidden activities. On the other hand, parents may wish to discuss sexuality with their children but are not well prepared to do it. However, without accurate information on reproductive health, young people who become sexually active—regardless of their marital status—risk having unintended pregnancies and unsafe abortions, and risk acquiring STIs, including HIV/AIDS.

Moreover, Seme and Worlu (2005) reiterated that adolescents' sexuality and reproductive health are important contemporary concerns especially for reproductive health problems such as unintended pregnancy maternal mortality and sexually transmitted disease, including AIDS just as Alubo (2000) reiterated that young people have a higher prevalence of most reproductive health diseases because of lack of information and poor access to service.

There is evidence in the literature that as a category, youths are known to be adventurous and to engage in intense sexual activities (Teitler, 2002; Irvin, 2000). Part of the increasing interest also derives from the concern with reproductive health problems such as unintended pregnancy, maternal mortality, and sexually transmitted diseases, including HIV/AIDS (Akerle and Egbochukwu, 2010; Adepoju, 2005). With reference to HIV/AIDS for example, recent data from UNAIDS, indicate that the incidence is much higher in youths than other segments of the population (UNAIDS, 2009). Data from the

Nigerian AIDS control program show similar trends with the incidence in youths twice than of the older population (FGN, 2007).

For the purpose of this study the campaign for responsible sexual and reproductive health practices can be anchored on Information Education and Communication (IEC) which involves the use of various categories of information and media resources. Reproductive health, according to Ezeh (2001) can refer to the whole array of counsel, information and services required and necessary for safe and healthy sexual expression. Along similar lines, the UN Conference on Population and Development (UNCPD) recently defined reproductive health as: "a state of complete physical, mental and social well being and not merely the absence of disease or infirmity in all matters relating to the reproductive system and to its functions and Processes". [It] implies that people are able to have a satisfying and safe sex life and that they have the capability to reproduce and the freedom to decide if, when and how often to do so (ICPD, 2004).

Moreover, the International Conference on Population and Development (ICDP) emphasized the needed paradigm shift for the promotion of sexual and reproductive health of young people through Information, Education and Communication by the use of Media resources. Media resources can be powerful and cost-effective communications channels for imparting knowledge to young people and socializing them to particular aspirations, values and attitudes. The Action Health Incorporated (2000) described media resources as information carriers such as books, films, recorded sound, periodicals, realia, social media, and other digital media resources used in transferring or communicating information to the people. The adolescents need to know all that is required as far as sexual and reproductive health is concerned else they continue to exhibit negative sexual and reproductive health practices. Therefore, access to these media resources is very important in ensuring positive sexual and reproductive health practices among the youths (Ezeh, 2001).

Though wide disparities in access to media resources for information communication, exists between rich and poor, males and females and urban and rural youth, a smart and strategic use of different media can overcome barriers to reaching most marginalized populations. As a result of this, the public health professionals are increasingly cultivating the power of the media resources to promote health messages, invite people to think about consequences of various behaviours, make decisions, and link them with service providers.

Researchers (Abu and Akerele, 2006; Fawole, 2003) have developed a strong body of evidence linking strategic use of media resources for facilitating education in developing countries with increased knowledge, changed attitudes and altered behaviours, including delay of sexual onset, increased use of condoms and healthcare, services and a reduction in domestic violence. It is widely recognised that media resources are key channels for affecting change on a large scale, and it has worked to help shape messages that reach millions of young people.

A few studies have assessed the associations between the degree and nature of adolescents' exposure to sexual content and their sexual attitudes and behaviours. A recent study of African girls aged 14 to 18 years found that teens with either multiple sexual partners or a history of sexually transmitted infections reported a higher rate of

using books and other information resources that depicted women as sexual objects or prizes (Eruesegbefe, 2005).

Many theories have been advanced to explain the effects of media resources on behaviour. They are all based on the fundamental notion that greater exposure to the media resources leads to the adoption of the values, beliefs, and behaviours that are portrayed, particularly when they are shown to be reinforced or are unaccompanied by adverse consequences (Zillman 2000). Ikpe (2004) in his longitudinal study of young people in Nigeria concluded that provided a better understanding of how sexual portrayals in the media are integrated into youths' beliefs about the risks and rewards of engaging in sex and their intention to act on these beliefs.

Media resources have been found to be able to exhibit great influence on the sexual and reproductive health practices among the young people. It is on this basis that this study intends to provide answers to the questions on influence of access to media resources on SRH of the attitude of adolescents using three selected youth focused Non Governmental Organisations viz; Association for Reproductive and Family Health (ARFH), Society for Youth Development and Orphaned Children (SYDOC), and Youth Support Foundation (YSF).

The Association for Reproductive and Family Health (ARFH), located in Ibadan, is a non-governmental organization committed to improving the quality of the life of the people in Nigeria and elsewhere in sub-sahara Africa. The ARFH thematically focuses on training in reproductive health programme management and service delivery, managing community based reproductive health, family planning and HIV mitigation, care and support programmes, building the capacity of other non-governmental organizations (NGOs) and community-based organisations (CBOs) through training, technical assistance, mentoring and monitoring activities as well as youth development activities and operations research

The Society for Youth Development and Orphaned Children (SYDOC) located in Ilorin, Kwara State was established in 2006 with a vision to ensure hope for the future of orphaned children, young people, and women by supporting them to achieve their dreams. The SYDOC target groups include children, women, youths and people living with HIV/AIDS. The organization is also committed to investing in children, young people and women through partnership with other organizations by initiating, promoting and implementing programs in Nigeria and beyond.

The Youth Support Foundation (YSF) is a non-governmental organization based in Lagos. The primary target group of the organization is youths between the ages of 15-24 years, The organisation's emphasis is primarily on the promotion of adolescent sexual and reproductive health, HIV/AIDS prevention, care and support, and youth development. In addition to reproductive and sexual health problems,

Statement of the Problem

Peer education through the use of media resources has become one of the most common approaches in addressing adolescents and young persons' sexual and reproductive health practices in recent years. It is based on the premise that young people are more inclined to discuss sexual behaviour and other sensitive subjects with their peers than with parents or other adults. Formalizing and focusing these conversations on reducing risks can empower adolescents to protect themselves. Targeted peer education

with ample use of media resources can also be used to raise awareness and disseminate information among hard-to-reach or marginalized populations. It has been used effectively, for instance, to reach out to young sex workers, ethnic minorities, street youth, and other groups of young people who are not in the classroom.

However, there is growing concern about young people's exposure to sexual content through books, magazines, journals, slides, television and other electronic media and about its potential effects on their sexual attitudes, beliefs, and behaviours. Although sexual content in the media has found to be able to affect any age group, the adolescents may be particularly vulnerable. Adolescents can be exposed to sexual content in the media resources during a developmental period when gender roles, sexual attitudes, and sexual behaviours are being shaped. It is on the basis of the foregoing that this study intends to examine the adolescents' access to media resources and the influence that such access has on their attitude to sexual and reproductive health issues and practices.

The following research questions were addressed in the study:

1. What categories of media resources do the adolescents have access to while seeking for sexual and reproductive health information?
2. What is the perception of the adolescents about sexual and reproductive health practices?
3. What is the prevailing attitude of the adolescents toward sexual and reproductive health knowledge and practices?
4. Do access to media resources and perception of the adolescents influence their attitude to Sexual and Reproductive Health practices?

Research Methodology

This study adopted the survey research design method while the questionnaire was used as the major instrument of data collection. The major instrument of data collection for this study is the questionnaire and observation. The questionnaire was designed to gather information on adolescents' access to media resources, perception and their attitude to sexual and reproductive health issues. The copies of the questionnaire were administered to the respondents by the researcher with the help of three research assistants selected from the three institutions. The internal constituency of the scales gave a Cronbach Alpha coefficient of 0.63.

The population of the study comprises of all the adolescents that are registered with each of the 3 selected media centres in the three institutions selected for the study. The institution were chosen because of their relevance to the focus of the study and the fact that they are at the forefront of mounting programmes on sexual and reproductive health/family life and health education. The institution/development partners/NGOs selected have thematic focus on adolescents' sexuality and reproductive health. The selected NGOs/development partners/institutions selected are Association for Reproductive and Family Health (ARFH), Society for Youth Development and Orphan Children (SYDOC), and Youth Support Foundation (YSF). Table

Data Analysis and Interpretation

The data were analysed based on the research questions and objectives of the study. A total of 60 copies of questionnaire were administered on respondents from Association for Reproductive and Family Health (ARFH) out of which only 52 were

returned with useful responses making a response rate of 86.7%. Also a total of 30 copies of questionnaire were administered on respondents from Youth Support Foundation out of which only 25 copies were returned with useful responses making a response rate of 83.3% while 36 copies of questionnaire were administered on respondents from Society for Youth Development and Orphan Children (SYDOC) and only 25 were returned with useful responses making a response rate of 69.4%. The response rates from the selected institutions were considered adequate for the study.

Research question 1: What category of media resources do the adolescents have access to in seeking for information on SRH/FLHE issues?

Table 1: Category of Media Resources which the Adolescents have Access to

Category of Media resources	Frequency/Percentage		
	ARFH	YSF	SYDOC
Electronic resource	15 (60.0%)	12 (56.0%)	17 (32.7%)
Print resource	1 (4.0%)	2 (8.0%)	2 (3.8%)
Oral resource	6 (24.0%)	8 (32.0%)	31 (59.6%)
Other resource	-	1 (4.0%)	1 (1.9%)

Table 1 presents information on the category of media resources being used by the adolescents in seeking for information on sexual and reproductive health issues and it revealed that majority of the respondents from ARFH (15 or 60.0%) and YSF (12 or 56.0%) make use of electronic resources while majority of the respondents from SYDOC (31 or 59.6%) make use of oral resources than every other resources. This may mean that electronic resource and oral resource are the most commonly accessed and used media resources by the adolescents in seeking for information on sexual and reproductive health issues.

Research question 2: What is the extent of use of media centres by the youths?

Table 2: Frequency of Media Resource Centre's used by Respondents

Response	Frequency/Percentage		
	ARFH	YSF	SYDOC
Regularly	4 (16.0%)	4 (16.0%)	6 (11.5%)
Occasionally	11 (44.0%)	12 (48.0%)	30 (57.7%)
Not at all	10 (40.0%)	9 (36.0%)	16 (30.8%)
Total	25 (100.0%)	25 (100.0%)	52 (100.0%)

Table 2 presents information on the extent of use the media resource centres by the respondents and it shows that majority of the respondents from the three institutions affirmed that they make use of the media centres on occasional basis with response rates of 11 or 44.0%, 12 or 48.0% and 30 or 57.7% from ARFH, YSF and SYDOC respectively. This implies that the youths do not make regular use of the media centres in seeking for information on sexual and reproductive health issues. This may not be unconnected with the fact that majority of the youths in most of the selected institutions

make use of electronic resources outside the media centres in the institutions selected for the study.

Research question 3: What is the perception of the youths about sexual and reproductive health knowledge?

Table 3: Respondents' Perception on SRH/FLHE Knowledge

Statement	Frequency/Percentage					
	ARFH		YSF		SYDOC	
	Agree	Disagree	Agree	Disagree	Agree	Disagree
A girl can pregnant on the very first time she has sexual intercourse	22 (88.0%)	3 (12.0%)	22 (88.0%)	3 (12.0%)	47 (90.4%)	5 (9.6%)
A girl stops growing after she had sexual intercourse for the first time	4 (16.0%)	21 (84.0%)	6 (24.0%)	19 (76.0%)	8 (15.4%)	44 (84.6%)
Masturbation causes serious damage to health	18 (72.0%)	7 (28.0%)	15 (60.0%)	10 (40.0%)	38 (73.1%)	14 (26.9%)
A girl is most likely to get pregnant if she has sexual intercourse half way between her periods	17 (68.0%)	8 (32.0%)	18 (72.0%)	7 (28.0%)	40 (76.9%)	12 (23.1%)
A person with HIV always looks emaciated or unhealthy in some ways	21 (84.0%)	4 (16.0%)	17 (68.0%)	8 (32.0%)	32 (61.5%)	20 (38.5%)
People can take a simple test to find out whether they have HIV	24 (96.0%)	1 (4.0%)	22 (88.0%)	3 (12.0%)	41 (78.9%)	11 (21.2%)
Apart from HIV, other infection could be contracted through sexual intercourse	25 (100.0%)	-	25 (100.0%)	-	50 (96.1%)	2 (3.8%)
Presence of other sexually transmitted infections (STIs) facilitates HIV transmission	22 (88.0%)	3 (12.0%)	22 (88.0%)	3 (12.0%)	41 (78.9%)	11 (21.2%)
The needs of youths are adequately met in the resource centre	24 (96.0%)	1 (4.0%)	23 (92.0%)	2 (8.0%)	50 (96.2%)	2 (3.8%)
Adolescents should have access to reproductive health information and service regardless of sex etc	25 (100.0%)	-	25 (100.0%)	-	46 (88.4%)	6 (11.6%)

Table 3 surveys presented information on the perception of the adolescents about issues relating to sexual and reproductive health. It revealed that majority of the respondents from the three institutions ARFH, YSF and SYDOC affirmed the fact that a girl can get pregnant on the very first time she had sexual intercourse with response rates

of 22 or 88.0%, 22 or 88.0% and 47 or 90.4% respectively. This implies that the youths believe that a girl can get pregnant irrespective of whether it is the first time or not. On the issue relating to a girl not growing again after she has sexual intercourse, majority of the respondents from the three institutions disagree with this fact as revealed in the Table 3. This implies that the youths believe that sexual intercourse cannot hinder the growth of a girl. Also, majority of the respondents from ARFH (18 or 72.0%), YSF (15 or 60.0%) and SYDOC (38 or 73.1%) agreed with the fact masturbation causes serious damage to health. This implies that the youths believe in the fact that masturbation can cause serious health damage.

Furthermore, Table 3 reveals that majority of the respondents from the three institutions selected i.e ARFH (21 or 84.0%), YSF (17 or 68.0%) and SYDOC (32 or 61.5%) affirmed that a person with HIV always looks emaciated or unhealthy in some ways. This implies that the adolescents believe in the fact that HIV patient always look unhealthy and emaciated. On the type of test to be taken to determine the HIV status of a person, the study revealed that majority of the respondents believe and are aware that testing for the HIV virus does not take too much time with the response rates of 24 or 96.0%, 22 or 88.0% and 41 or 78.9% for ARFH, YSF and SYDOC respectively.

Table 3 further reveals that the respondents affirmed the statement that other infection could be contracted through sexual intercourse apart from HIV with response rates of 25 or 100.0%, 25 or 100.0% and 50 or 96.1% for ARFH, YSF and SYDOC respectively.

This implies that the youths are aware of other sexually transmitted diseases that could be contracted through sexual intercourse. Also, majority of the respondents agreed with the fact; that the presence of other sexually transmitted infections can facilitate HIV transmission; that the needs of youths are adequately met in the resource centre, and that adolescents should have access to reproductive health information and service regardless of sex. It could therefore be summarized from the above information that the adolescents have a good knowledge about issues relating to sexual and reproductive health practices and issues.

Research question 4: What is the attitude of the youths toward sexual and reproductive health knowledge?

Table 4: Respondents' Opinion on their Attitude to SRH/FLHE Knowledge

Statement	Frequency/Percentage					
	ARFH		YSF		SYDOC	
	Agree	Disagree	Agree	Disagree	Agree	Disagree
Sexual content of media resources influence how teenagers behave sexually	23 (82.0%)	2 (8.0%)	18 (92.0%)	7 (28.0%)	45 (86.5%)	7 (13.5%)
I believe it is all right for unmarried boys and girls to have dates	13 (52.0%)	12 (48.0%)	15 (60.0%)	10 (40.0%)	25 (48.1%)	27 (52.0%)
I believe it is all right for boys and girls to kiss, hug and touch each other	6 (24.0%)	19 (76.0%)	10 (40.0%)	15 (60.0%)	15 (28.8%)	37 (71.2%)
I believe there is nothing wrong with unmarried boys and girls having sexual intercourse if they love each other	4 (16.0%)	21 (84.0%)	6 (24.0%)	19 (76.0%)	5 (9.6%)	47 (90.4%)
I think that sometimes a boy has to force a girl to have sex if he loves her	5 (20.0%)	20 (80.0%)	6 (24.0%)	19 (76.0%)	10 (19.2%)	42 (80.7%)
A boy will not respect a girl who agrees to have sex with him	15 (60.0%)	10 (40.0%)	14 (56.0%)	11 (44.0%)	33 (63.4%)	19 (36.6%)
Most teenagers who have sex before marriage regret it afterwards	22 (88.0%)	3 (12.0%)	20 (80.0%)	5 (20.0%)	46 (88.4%)	6 (10.6%)
I believe that girls should remain virgin until they marry	25 (100.0%)	-	25 (100.0%)	-	52 (100.0%)	-
It is all right for boys and girls to have sex with each other provided that they use methods to stop pregnancy	9 (36.0%)	16 (64.0%)	10 (40.0%)	15 (60.0%)	16 (30.8%)	36 (69.2%)
I think that sex before marriage is wrong	24 (96.0%)	1 (4.0%)	20 (80.0%)	4 (16.0%)	43 (82.7%)	9 (17.3%)

Table 4 shows information on the attitude of the respondents to sexual and reproductive health/family life and health education and it revealed that the youths have affirmed that the sexual content of media resources greatly influence the behaviour of the youths with response rates of 23 or 82.0% from ARFH, 18 or 92.0% from YSF and 45 or 86.5% from SYDOC. Also, the Table further revealed that majority of the respondents

from the three institutions does not support every negative attitude associated with sexual and reproductive health issues such as kissing and hugging for unmarried boys and girls, sexual intercourse between unmarried girls and boys, and forcing a girl to have sex.

Research question 5: Do access to media resources and perception of adolescents' influence their attitude to SRH issues?

Table 5: Parameter Estimate Showing the Contribution of Access to SRH and Perception about SRH on Adolescents' attitude to SRH/FLHE Issues

Model	Unstandardised Coefficients		Standardised Coefficients	t	Sig
	B	Std Error	Beta		
Constant	3.872	.373		10.378	.000
Access to SRH media resources	-.735	.178	-.388	-4.128	.000
Perception about SRH knowledge	.109	.114	.090	.958	.341

Table 5 reveals the contribution of access to media resources by the respondents and perception of the respondents about sexual and reproductive health issues to the attitude of the respondents to sexual and reproductive knowledge and issues and it revealed that perception of the respondents contribute more ($B = .90$) to their attitude to sexual and reproductive health issues than their access to media resources.

Research hypothesis: There is no significant relationship between access to media resources and adolescents' attitude to sexual and reproductive health practices.

Table 6: Regression Table showing Relationship between Access to Media Resources and Attitude to SRH/FLHE Issues

Model	Sum of squares	df	Mean Square	F	B	R	Sig	Remark
Regression	12.248	1	12.248	16.429	-.379	.379	.000	Significant
Residual	73.062	101	.746					
Total	85.310	102						

Table 6 indicates the regression analysis of the relationship between access to media resources (independent variable) and adolescents' attitude to sexual and reproductive health issues (dependent variable). The result revealed that the regression model for the respondents' access to media resources on attitude to sexual and reproductive health issues is significantly related. The result revealed $B = -0.379$, $R = 0.379$, F value = 16.429, $Prob = .000 < 0.05$). The null hypothesis is rejected. This implies that there is a significant relationship between adolescents' access to media resources and their attitude to sexual and reproductive health issues and knowledge.

Discussion of Findings

The findings of the study revealed that there are more male adolescents making use of media centres the selected NGOs in seeking for information on sexual and reproductive health than female. On the category of media resources available in the media resource centres of the NGOs for use by the adolescents, the study revealed electronic resources as the most commonly available media resources for use of the adolescents in the 3 media resource centres selected for the study. This corroborated CyberAtlas (2001) view that emphasised Internet resources as the most commonly used resources for information seeking among the young people. This may be due to the recent revolution brought about by Information and Communication Technology (ICT) which has brought electronic resources to the forefront of information resources being used by people.

The study further affirmed that the adolescents do not make regular use of the media centres as they only make use of the media centres only on Occasional basis. This may be due to inadequate location of the media centres, inadequate opening hours and the fact that they only come to make use of the media centres only when they are in need of specific information. However, the study revealed that the adolescents are well knowledgeable in issues of sexual and reproductive health.

Information on the attitude of the adolescents to sexuality, gender and reproductive health issues, the study revealed that the adolescents expresses a negative attitude toward every negative attitude associated with sexuality reproductive health while they support every attitude aimed at promoting abstinence and premarital sex. On the relative contribution of access to media resources and perception of individual to adolescents' attitude toward sexuality and reproductive health issues, the study revealed that the perception of the respondents contributes more to the attitude that the adolescents have toward sexuality and reproductive health issues than access to media resources.

In conclusion, the study revealed that there is a significant relationship between access to media resources by the adolescents and the kind of attitude they exhibit toward issues relating to sexual and reproductive health.

Recommendations

The findings of this study informed the following recommendations:

1. There is need for organizations and government to organize regular workshops, symposia, seminars, lectures, talk shows, and peer review activities with the aim of enhancing access to and use of reproductive health media resources and information. These should strategically target youths, parents, teachers, caregivers and social workers.
2. The government must ensure the full implementation of the National Adolescent Health Policy of 1995.
3. Also, there is need for the implementation of the National Family Life and HIV/AIDS Education Policy at all levels of education with a view to mainstream SRH.
4. Youth focussed organisations dealing with sexual and reproductive health issues should be proactive in making available information resources on sexual and reproductive health in their media centres.

Reference

- Abu, P.B. & Akerele, E.O (2006). Parental influence on adolescents sexual behavior in Ibadan North Local Government Area of Oyo State, Nigeria. *International Journal of African and African American Studies*, 5(1), 41-56
- Action Health Incorporated (2000). *Comprehensive sexuality education: trainers' resource manual*. Lagos: Action Health Incorporated
- Adepoju, A. (2005). *Sexually and life skills education*. London: Pen Press
- Akerele, J.O. and Egbochukwu, E.O. (2001). Sexual risks and practices in Nigeria: An update on the use of the condom. *Journal of Pharmaceutical Sciences and Pharmacy Practice*. 72(2-4), 128-132
- Alubo, O. (2000). The challenges of adolescents' sexuality and reproductive health in Nigeria. *Research Paper No. 166. Takemi Program in International Health: Harvard School of Public Health*
- Durojaye, E. (2009). Realising access to sexual health information and services for adolescents through the protocol to the African Charter on the rights of women
- Eruesegbefe, R.O. (2005). A literature review of causes, effects and remedies of teenage pregnancy. *The Counsellor: Journal of the Counselling Association of Nigeria*, 21 (56).
- Ezeh, P.S.E. (2001). Conflicting issues in the life of an adoscelent. Implications for counseling. *Conference proceedings of the Counselling Association of Nigeria*, 170-172.
- Fawole, A.O. (2003). Survey of knowledge, attitude and sexual practices relating to HIV infections/AIDS among Nigerian secondary school students. *African Journal of Reproductive Health*, 3(2); 15-24
- Federal Ministry of Education (2006). *National survey on HIV/AIDS knowledge, attitudes, practices and school health in Nigeria*. Federal Ministry of Education, Abuja, Nigeria
- Ikpe, E.B. (2004). *Human Sexuality in Nigeria; a historical perspective in AFSRC, Human sexuality in Nigeria: Understanding human sexuality seminar series No. 1*, Lagos: African Regional Sexuality Resource Centre
- Irvin, A. (2000). *Taking steps of courage: teaching adolescents about sexuality and gender in Nigeria and Cameroon*.

- Seme, A. and Wirtu, D. (2005). Premarital sexual practice among school adolescents in Nekemte Town, East Wollega. *Ethiopian Journal of Health Development*, 22(2), 168-173
- Teitler, J.O (2002). Trends in youths sexually initiation and fertility in developed countries: 1960-1995. *The Annals of the American Academy of Political and Social Science*, 580, 134-152
- World Health Organisation (2006). *Sexual and reproductive health of women living with HIV/AIDS: Guidelines on care, treatment and support for women living with HIV/AIDS and their children in resource-constrained settings*, Geneva: WHO
- Zillmann, D. (2000). Influence of unrestrained access to erotica on youths' and young adults dispositions toward sexuality. *Journal of Adolescent Health*, 27(2), 41-45