SEXUALITY IN ADOLESCENCE: EXPERIENCE REPORT
SEXUALIDADE NA ADOLESCÊNCIA: RELATO DE EXPERIÊNCIA
SEXUALIDAD EN ADOLESCENCIA: ESTUDOS DE CASO

Doane Martins da Silva¹, Marta dos Reis Alves², Tatiane Oliveira de Souza², Ana Cristina Santos Duarte⁴

ABSTRACT
Objective: to describe the experience in relation to a workshop on contraceptive methods and Sexually Transmitted Diseases prevention. Method: a descriptive study, experience report type, conducted with students of the Post-Graduate Program in Nursing and Health, from the Universidade Estadual do Sudoeste da Bahia (UESB), performed in June 2012, together with adolescents of both sexes, aged between 15 and 18 years, in a public school of the municipality of Jequié/BA/Brazil, by using as resources: group dynamics, application of questionnaires, simulations of the use of contraceptive methods, dialogued lecture class and an educational kit on family planning. Results: the dynamic activities that were employed in the workshop favored a participatory educational process, because adolescents were encouraged to act as reflective and active subjects in the performed teaching-learning living, and not as mere spectators. Conclusion: the workshop showed itself as an important opportunity for reflection and discussion, expanding the field of knowledge of adolescents on this issue. Descriptors: School Health; Adolescent; Sexuality, Sexually Transmitted Diseases; Contraception.

RESUMO
Objetivo: descrever a experiência em relação a uma oficina sobre métodos contraceptivos e prevenção de Doenças Sexualmente Transmissíveis. Método: estudo descritivo, tipo relato de experiência, realizado com discentes do Programa de Pós-Graduação em Enfermagem e Saúde, da Universidade Estadual do Sudoeste da Bahia (UESB), realizado em junho de 2012, juntamente com adolescentes de ambos os sexos, idade entre 15 e 18 anos, em uma escola pública do município de Jequié/BA/Brazil, utilizando-se como recursos: dinâmicas de grupo, aplicação de questionário, simulações do uso de métodos contraceptivos, aula expositiva dialogada e um kit educativo de planejamento familiar. Resultados: as dinâmicas empregadas na oficina favoreceram um processo educativo participativo, pois os adolescentes eram estimulados a atuar como sujeitos reflexivos e ativos na vivência ensino-aprendizagem realizada, e não como meros espectadores. Conclusão: a oficina mostrou-se uma oportunidade importante de reflexão e discussão, ampliando o campo de conhecimento dos adolescentes sobre essa temática. Descriptors: Saúde Escolar; Adolescente; Sexualidade; Doenças Sexualmente Transmissíveis; Anticoncepção.

RESUMEN
Objetivo: describir la experiencia en relación a un taller sobre métodos anticonceptivos y prevención de las enfermedades de transmisión sexual. Método: estudio descriptivo, tipo relato de experiencia, realizado con estudiantes de grado en enfermería y salud de la Universidad Estadual do Sudoeste da Bahia (UESB), realizado en junio de 2012, junto con adolescentes de ambos sexos, edades comprendidas entre los 15 y 18 años, en una escuela pública en la ciudad de Jequié, Bahia/Brasil, utilizando como recursos: grupo dinámico, cuestionarios, simulaciones de la utilización de métodos anticonceptivos, expositiva mediante el diálogo y una Kit de Educación de planificación familiar. Resultados: la dinámica utilizada en el taller favoreció un proceso educativo participativo, porque los adolescentes se animaron a actuar como sujetos reflexivos y activos en la experiencia de enseñanza-aprendizaje y no como meros espectadores. Conclusión: el taller resultó para ser una importante oportunidad para la reflexión y el debate, ampliar el campo de conocimiento de los adolescentes sobre este tema. Descriptors: Escuela de salud; Adolescente; Sexualidad; Enfermedades de transmisión sexual; Anticoncepción.

¹²¹²³²⁴

¹ Master’s Students of the Post-Graduate Program in Nursing and Health, from the Universidade Estadual do Sudoeste da Bahia/PPGENF/UESB. Scholarship Student from Coordenação de Aperfeiçoamento de Pessoal de Nível Superior (CAPES) / Fundação de Amparo à Pesquisa do Estado da Bahia (FAPESB). Jequié (BA), Brazil. E-mails: doane.ef@gmail.com; martareisalves@yahoo.com.br; tatiane310@gmail.com;² PhD in Education, Adjunct Professor of the Biological Sciences Department from the Universidade Estadual do Sudoeste da Bahia (UESB). Jequié (BA), Brazil. E-mail: tinaduarte2@gmail.com
Adolescence is a complex process of biopsychosocial growth and development, which includes the stage of life from the final time of the childhood until the establishment of the adulthood. According to the World Health Organization (WHO) and the Brazilian Ministry of Health - Ministério da Saúde (MS), this period matches the second decade of life (10-19 years) and considers that youth extends from 15 to 24 years. Nonetheless, for the Child and Adolescent Statute - Estatuto da Criança e do Adolescente (ECA), adolescents are individuals aged between 12 and 18 years.

Adolescence is a period of life whose characterization is given by the striking psychosocial and bodily changes of puberty. It is related to responsibility, sexual identity, reproductive capacity, independence, emotional maturity and career choice. It is worthy highlighting that the exercise of sexuality brings implications in the reproductive process and in the health itself of the adolescent. At this stage of life, individuals assume behaviors for which they are not prepared, for example: early starting sexual relationship. This is often due to the anxiety of living quickly and intensely, hence, adolescents end up not thinking about their actions. Thus, the early living of sexuality increases the vulnerability for the Sexually Transmitted Diseases (STD), teenage pregnancy and other risks, which can interfere with their life goals.

Teenage pregnancy leads these individuals to enter in adult life. Although they are not psychologically prepared, young girls are forced to completely change their way of life. It is an issue that is treated as a public health problem in Brazil, which can be generated due to the lack of sexual education and family planning and, furthermore, the misuse of contraceptives. Another issue that deserves attention are DST in adolescence, since these may cause sequelae, such as: infertility, ectopic pregnancy, genital cancer, chronic liver disease, among others.

Therefore, paying attention to the adolescent sexuality is a necessity that can help to reduce problems regarding personal and social life of young people. From this perspective, it should be emphasized the crucial role of school in the sexual education of adolescents, since this is the suitable environment for learning not only regarding the anatomy and physiology of the human body, teenage pregnancy and STD prevention, as well as for the development of autonomy. Thus, in order to ensure that schools meet their function in relation to the approach to this issue, the Brazilian government has created the Law nº 60/2009, which establishes the need to work sexual education in the school environment throughout the national territory. However, this is not just a task of the school, but also involves other sectors, such as the one related to health. In view of this, we have developed a workshop together with adolescents about contraceptive methods, STD and teenage pregnancy prevention in a public school of the municipality of Jequití/BA/Brazil. Thus, the aim of this study was to describe the experience in relation to a workshop on contraceptive methods and Sexually Transmitted Diseases prevention.

**METHOD**

It is an experience report, about the living with regard to a workshop about contraceptive methods, STD and teenage pregnancy prevention, which was developed by students of the Post-Graduate Program in Nursing and Health, Master’s level, from the Universidade Estadual do Sudoeste da Bahia (UESB), for teenagers in the 2nd year of High School of a public school of the municipality of Jequití/BA/Brazil, from the morning period, totaling 31 students, 18 females and 13 males, aged between 15 and 18 years. The workshop was performed in 2012, in the regular class schedule, in the auditorium of the aforementioned school, through use of dynamic activities with participatory nature.

The workshop modality is defined as a shared learning proposal, through group activity, by seeking to provide the participants a welcoming environment, with a stimulating learning strategy and it is geared to creativity in finding solutions. Thus, the workshop allows the construction of a space for reflection and sharing of knowledge, jointly built based on unique experiences, enabling the participants’ learning.

Initially, we explained to the adolescents on the desired goals with the conduction of the workshop, as well as the issues that would be addressed. After that moment, there was a dynamic activity of presentation through which adolescents were asked to divide into pairs and that each one presented its colleague, describing its personal characteristics.

Subsequently, adolescents were separated into groups of five students, besides one Master’s student to coordinate the work. We distributed red and green cards, which respectively represented the false and true
options. Later, we presented eleven sentences that addressed issues related to contraceptive methods and STD, and the groups were asked to indicate whether they were true or false, by raising the cards.

Accordingly, we discussed every issue of the presented sentences and, later, contraceptive methods were approached in a dialogued lecture class, in which the mode of use, indication, contraindication and mechanism of action of each method were exposed, making clarifications on the raised doubts, always highlighting the pregnancy and STD prevention. We also used an educational kit on family planning containing the most known contraceptive methods, as well as a didactic movie that addressed the use of the female condom.

At the end of the workshop, students were asked to answer a questionnaire comprised of questions related to the approached issue and a personal assessment about the development of the workshop.

RESULTS AND DISCUSSION

Regarding the conduction of the dynamic activity of “T” or “F”, whose aim was to analyze the students’ prior knowledge about contraceptive methods and STD, we observed that 87% of students showed misconceptions concerning the use of oral and injectable contraceptives, although some female teenagers have reported make use of such methods. These results demonstrate the absence of information about these methods, which agrees with the study of Romero et al.5, performed in São Paulo state, which demonstrated that female adolescents aged between 10 and 16 years are unaware of the injectable methods.

As for the mode of use the male condom, as well as its use for STD and pregnancy prevention, it should be verified that all students had this type of knowledge, which is, undoubtedly, the best known contraceptive method by adolescents. Regarding the female condom, it should be verified that few adolescents were aware of its existence and/or had previously had an opportunity to view it.

After verifying the students’ prior knowledge, a dialogued lecture class was performed in which we addressed the following contraceptive methods: intrauterine device, oral and injectable contraceptives, morning-after pill, male and female condoms, vasectomy and tubal ligation.

From the presented methods, only the male condom was widely known among students. As for oral and injectable contraceptives (monthly and quarterly), morning-after pill, they were partially known, and the others were totally unknown, thus confirming the need for continuity of access to information, as well as awareness of the importance of their ongoing use.

Later, we presented a didactic movie demonstrating the mode of use of the female condom, which aroused the interest of teenagers. Subsequently, we proposed that each adolescent put a male condom on certain prosthesis. Throughout the simulation, it was found that, despite the refusal of some adolescents to participate, all present observed and some of them made notes on the proper use of condoms.

In order to assess the adolescents’ learning regarding the approached content, at the end of the workshop they were asked to answer a questionnaire containing two questions relating to the addressed issues. The responses of the students allowed us to conclude that they had understood the content covered during the workshop.

The above mentioned questionnaire also contained a question about the personal evaluation of the adolescent about the development of the workshop. According to them, this task has provided a space to discuss issues rarely addressed in other institutional environments, except with their peers, thus underscoring the importance of the approach of this issue and the need for it to be more often discussed in the school context. The acquisition of knowledge about contraceptive methods and STD was emphasized by adolescents as a positive evaluation of the workshop.

In this sense, it is essential to enable the development, in the school setting, of educational activities involving issues such as sexuality. Thus, due to the vulnerability of adolescents to risks of contracting STD, it should become necessary to make strategies for health promotion and education turned to the methods of preventing infections.

During the development process of the workshop, it was possible to build a dialogical space with teenagers, since they had the opportunity to express their opinions and thoughts on the addressed issues. This allowed the obtaining and exchange of knowledge, according to the needs arising from the reality in which the adolescents are included. Moreover, the used methodology allowed all people involved could express their ideas, opinions, and, also, their doubts.
The dynamic activities that were employed in the workshop favored a participatory educational process, because adolescents were encouraged to act as reflective and active subjects in the performed teaching-learning living, and not as mere spectators.

FINAL REMARKS

The conduction of the workshop on contraceptive methods and STD prevention with adolescents showed itself as an important opportunity for reflection and discussion, expanding the field of knowledge of adolescents on this issue.

The use of the school environment as a setting for the workshop showed itself favorable, as far as, it is an environment that is part of the daily lives of adolescents, in which they remain the most part of the day, thus, they could express their doubts, fears and feelings.

We have observed that, despite having been carried out a single meeting, the issue in question aroused the attention of adolescents, who were willing to listen and participate in the discussions.

Thus, it should be emphasized the need to implement educational strategies that use participatory methodologies, such as workshops, so that there is an incentive for participation and awareness of adolescents about the importance of STD and teenage pregnancy prevention.

REFERENCES


Submission: 2012/09/25
Accepted: 2013/01/06
Publishing: 2013/03/01

Corresponding Address
Doane Martins da Silva
Rua José Moreira Sobrinho, s/n
CEP: 45206-190 – Jequié (BA), Brazil

Sexuality in adolescence: experience...