

BENEFIT OF SEX EDUCATION ON TEENAGERS IN UMUOGBO UNO, IGBO EZE NORTH LOCAL GOVERNMENT AREA OF ENUGU STATE

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Abstract: *This study investigated the benefits of sex education on teenagers in Umuogbo-Uno Igbo-Eze North Local Government Area of Enugu State. Four research questions guided the study. While the scope of the study covered concepts such as, unintended pregnancy, sexually transmitted diseases, sex abuse and behavioural maladjustment among teenagers in Umuogbo-Uno, Enugu-Ezike, Igbo-Eze North Local Government Area of Enugu State. Descriptive survey research design was adopted for the study. Purposive sampling technique was used in sampling 10% of the total population thus, 200 teenagers in their primary five and six participated in the study out of 2000 teenagers. A self-structured questionnaire developed by the researcher was used for data collection, the instrument has four sections with 40 items while the response format for the instrument is a four point response format of Strongly Agreed, Agreed, Fairly Agreed and Not Agreed. Data was collected using in-depth interview method with the help of one research assistant. The data collected was analyzed using mean and standard deviation. Mean points below 2.50 were regarded negative while mean points of 2.50 and above were regarded positive. The findings of the study revealed that sex education benefited the teenagers in curbing unintended pregnancy, sexually transmitted diseases, sex abuse as well as controlling behavioural maladjustment among teenagers in Umuogbo-Uno, Enugu Ezike Igbo Eze North Local Government of Enugu State. The researcher recommended among others that Government should employ more health workers for provision of sex education across the state.*

Keywords: *Sex, Sex Abuse, Sex Education, Teenager, Unintended Pregnancy, Sexually Transmitted Diseases, Behavioural Maladjustment*

Introduction

The Nigerian Society today has to grapple with many behavioural problems of its youth and teenagers, such as truancy, disobedience, drug offences, assault, stealing, violent demonstration, vandalism, examination malpractice, robbery and secret cult activities (Alan, 2020). Apart from these widely publicized behavioural problems, hetero-sexual activities are also listed among the behavioural problems prevalent in the Nigerian society which include sex abuse, sex offences, sexual misconduct, sexual immorality, Sexual promiscuity and Sexual Maladjustment (Susan and Wilson, 2016). This prevailing condition have resulted to poor academic performance and

increase in school drop-out among teenagers in Nigeria. Sex education however plays a major role in helping teenagers make healthy and responsible decisions about sex, by providing them with the information and skills they need to delay sexual activities to protect themselves. Thus, at the time they begin having sex at a young age, they are at risk of Unintended Pregnancy, Sexually Transmitted Diseases (STDs) Sex Abuse and Behavioural Maladjustment (Cynthia, 2016). Kirly (2014) asserted that sex is a topic which people would not like to talk about. Kirly further noted that the Nigerian parents attitude towards sex education is that “the child will grow up to know”, for that reason they would not like to discuss any

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matter pertaining sex in the presence of their children and even if they do, the children would not like to listen Nachi (2015) stated that teenagers are always curious about some or all the aspects of their sexuality as well as the nature of sexuality in general and that many will like to experience the sexuality without reasoning about its implication. In the opinion of Power and Baskin (2016) sex education is of great importance in the life of young people. It is a necessity as long as healthy sexual behaviour is concerned and advocated.

Sex education is the instruction of issues relating to human sexuality, including emotional relations and responsibilities, human sexual anatomy, sexual activities, sexual reproduction, age of consent, reproductive health, reproductive rights, safe sex, birth control and sexual abstinence. According to the Planned Parenthood Federation of America (2020) sex education is a set of instruction designed to help young people gain the information, skills and motivation to make healthy decisions about sex and sexuality throughout their lives. Sex education is a high-quality teaching and learning about a broad variety of topics related to sex and sexuality, exploring values, and beliefs about those topics and gaining the skills that are needed to navigate relationships and manage one's own sexual health (Egbo, 2012) Egbo further noted that sex education may take place in schools, family community settings or online. Sex Education is a means by which children are helped to protect themselves against abuse, exploitation, unintended pregnancy and Sexually Transmitted Diseases (STDs). Slyer,(2014) noted that sex education should be the best means of educating teenagers on issues such as STDs and Unintended Pregnancy. Slyer further noted that sex education teaches teenagers what they should know for their personal conduct and relationship with others.

The word "Teenager" is often associated with adolescence. A teenager or teen is a person who falls within the ages of 13 to 19 years old (Wales, 2020). Teenage is a period where children grow into young adults and they yearn for freedom (Egbo, 2012) It is a period where teens are naturally driven to seek new experiences. The teenage period is a delicate period as teens are often

faced with conflicting ideas on issues of life especially as it affects them. Vinod (2017) asserted that teenage is a period of great upheaval and tempestuous rage. It is a period of adjusting to bodies that are still growing and changing, and there is a strong urge for experimentation. Tom (2015) stated that teenage is a transition to adulthood and it creates an inner conflict in teenagers. Tom further noted that at this period, teenagers yearn for independence and tend to assert their identity. Teenagers at this period become self-conscious and self-centered, standard norms and values do not fascinate the teenagers hence they seek to satisfy their curiosity (Egbo, 2012).

Benefits of Sex Education on Teenagers

Sex education has created a lot of impact among teenagers despite the increasing rate of social ills among teenagers in their society today. According to James (2010), sex education has made the adolescents and teenagers to know the implication of sex and its outcome. Asogwa (2018) noted that sex education helps to reshape individuals with behavioural issues. In the opinion of Cynthia (2016) the benefits of sex education includes;

- i. Increasing young people's knowledge and improving their attitudes that are related to sexual and reproductive health and behaviours.
- ii. Promotion of sexual abstinences and absolute moderation.
- iii. Provision of solution to the problems and conflicts being faced by teens.
- iv. Helping teenagers make valid choices in their relationships and affairs.
- v. Control of unintended pregnancies, abuse of sex and improve personal hygiene.

Benefit of Sex Education in Curbing Unintended Pregnancy among Teenagers

The rate of unintended pregnancy among teenagers is so alarming. Worst still little or nothing is being done about it by the government and her law enforcement agents against this ugly situation has led to a high rate of abortion and mortality rate as well as still steal birth among teenagers (Slyer,2014). Egbo (2012) asserted that most teenagers are victims of unintended pregnancy as a result of poor knowledge and lack of sex education. In

the opinion of Asogwa (2018) Sex education helps teenagers to know at what time it is right to involve in sexual practices. Cynthia (2016) noted that sex education is vital to the youths as it helps to guide their sexual activities. Sex education provides teenagers with information about their sexuality such as, the developmental changes in their body as a result of growth, maturity and experience. Information such as calculation of menstrual cycle, free period, ovulation, safe sex and implication of unprotected sex are best gotten from sex education instead of peer groups and friends whom are equally ignorant of healthy sexual information.

Benefits of Sex Education in Preventing Sexually Transmitted Diseases (STDs) among Teenagers

Webster (2012) reported that the incidence of STDs has risen dramatically to an extent it is now recognized as haven reached epidemic proportion. Junaidi (2012) suggested that the reason for high rate of STDs around the world is as a result of teenage careless involvement in unprotected sexual activities. Owolabi (2015) stated that the prevalence of STDs in Nigeria is due to sexual promiscuity, homosexuality, bestiality, lack of sufficient sex education, self-medication and drug abuse among the teenagers, thus the need for an effective and efficient sex education for teenagers both at home, school, churches and at the social media. Cynthia (2016) viewed the benefits of sex education in prevention of STDs to include;

- i. Provision of comprehensive sexual education, STDs and HIV, pre and post-test education.
- ii. Safer sex and risk reduction such as use of condom.
- iii. STDs prevention education and awareness tailored to the needs of teenagers.
- iv. Educating the teenagers on the need for periodic medical screening and the dangers of self-medication.

Sex education provides teenagers with a wholistic knowledge of sexually transmitted infections, HIV/AIDS and the likes of them.

Benefits Of sex Education in Curbing Sex Abuse among Teenagers

Sex abuse is one of the major public health crises that significantly hinder development and education of teenagers especially in Nigeria where the practice is high (Victoria, 2018). The increasing rate of sex abuse among the Nigerian teenagers would actually make one think that it is morally acceptable but culture and religious beliefs maintain its stands in proving sex abuse as a form of indiscipline, moral decay and threat to teenagers educational advancement, achievement and development. Education is one of the surest ways of achieving self-reliance, national security, transmission of cultural values, norms, national and individual development but sex abuse seems to be a stumbling block to this fact (Asogwa, 2019). Asogwa further noted that the provision of sex education to the teenagers at home, school and social media will go a long way in ameliorating the menace of sex abuse. In the opinion of Odi (2019) providing sex education to the teenagers helps to equip them with information and control on issues such as sex addiction, oral sex, homosexuality, bestiality, sexual promiscuity, transsexual behaviours as well as rape. Cynthia (2016) supported that the benefits of sex education on teenage youths can never be over emphasized.

Benefits of Sex Education in Controlling Behavioural Maladjustment among Teenagers

Behavioural maladjustment may be seen as inability of an individual to put up an expected behaviour in the society. Odi (2019) sees behavioural maladjustment as the disposition of unacceptable behaviour within the society. It is an act of displaying or predisposing behaviours characterized by social ills such as truancy, indiscipline, alcoholism, drug abuse, incivility, criminal acts and cultism among others. Asogwa (2019) observed that teaching of sex education has helped in the production of so many contributive individuals and inculcation of right behaviours in teenagers against their maladaptive behaviours. Sex education assists the parents in bringing up self-controlled children. Odi (2019) noted that first-hand information on sex education remains part of the parental responsibility of parents to the child. Odi, further

noted that sex education is all gainful in inculcation of cultural norms and values to the teenage youths for a better behavioural adjustment and disposition.

The teenage period is delicate as biological changes define their lives. The production of hormones creates physiological as well as psychological effects on them (Vinod, 2017). The teenage period is a hard time for teenagers because they are dominated by euphoric momentum. The attitude of teenagers is quite tentative and casual therefore they need to be guided, educated and nurtured to ease their transition to adulthood. Asogwa (2018) advocated sex education as a best guide for teenagers as they progress to adulthood. Asogwa added that providing an effective sex education help to meets teenager's right to sexuality and relationship they want and contributes to adolescents full social and economic potentials. Teenagers need the knowledge and skills to make choices about when to have sex and how to protect themselves (Mangai, Shikpup, Peter, Ari and Joseph, 2020).

Comprehensive sex education curriculum has been endorsed by various Government Education Organizations and teenagers' advocacy group as the most effective educational method for reducing teenage pregnancy with its complications, truancy, behavioural problem as well as Sexually Transmitted Diseases (Mueller, 2014). It is therefore, against this background that the researcher seek to investigate the benefits of sex education on teenagers in Umuogbo-Uno, Enugu Ezike, Igbo-Eze North Local Government Area of Enugu State.

Statement of the Problem

A lot of sex related problems facing the teenagers today is undoubtedly linked with lack of sex education in the family, school and the society at large which breeds a lot of social ills, death, population explosion as a result of unintended pregnancies, sexually transmitted diseases and even infertility.

In a bid to satisfy their curiosity, many teenagers like to experiment their sexuality which usually leads them to dangerous consequences. Many a time the teenagers receive wrong information about sexuality and these myths and misconception are carried throughout their life time.

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Many parents lack knowledge on when and how to start teaching their children about sex. They also do not know the importance and benefits of sex education. In some cultures, sex education is seen as a taboo. Therefore, the study sought to explore the benefits of sex education on the teenagers in Umuogbo-Uno, Enugu Ezike, Igbo-Eze North Local Government Area of Enugu State.

Purpose of the Study

The main purpose of the study is to find out the benefits of sex education in Umuogbo-Uno, Enugu Ezike, Igbo-Eze North Local Government Area of Enugu State. Specifically, this study seeks to;

Find out the benefits of sex education in curbing unintended pregnancy among teenagers.

Find out the benefits of sex education in prevention of sexually transmitted diseases among teenagers.

Find out benefits of sex education in curbing sex abuse among teenagers.

Find out the benefits of sex education in controlling of behavioural maladjustment among teenagers.

Research Questions

The following research questions guided the study;

1. What are the benefits of sex education in curbing unintended pregnancy among teenagers?
2. What are the benefits of sex education in prevention of Sexually Transmitted Diseases among teenagers?
3. What are the benefits of sex education in curbing sex abuse among teenagers?
4. What are the benefits of sex education in controlling behavioural maladjustment among teenagers?

Method

Descriptive survey research design was adopted for the study. According to Udukpan (2012) descriptive survey research design is most useful in the description of conditions as they exist in their natural setting. In descriptive research design, group of people, items or things are studied by collecting and analyzing data from only a few people, items or things considered being representative of the entire population. The population of the study consists of all male and female teenagers in

primary five and six in the public primary schools within Umuogbo-Uno Enugu-Ezike Igbo-Eze North L.G.A of Enugu State. The population has a total of 2000 pupils (ESUBEB, 2020). 10% of the total population was sampled for the study. Therefore 200 pupils participated in the study using purposive sampling techniques. A structured questionnaire was used for data collection. The instrument was designed to ask open ended questions concerning the problem under study. The instrument has four sections. While the response format for the instrument is a four-point response format of Strongly Agreed, Agreed, Fairly

Agreed and Not Agreed. In-depth interview method was used in collecting data from the respondents through the help of one research assistant. The research assistant was briefed on the purpose of the research and how to conduct the research interview, so as to collect valid information from the teenagers. The data collected was analyzed using mean and standard deviation. To this end, mean points below 2.50 were regarded as negative, while mean points of 2.50 and above were regarded positive.

Results

Research Question One: What are the benefits of sex education in curbing unintended pregnancy among teenagers.

TABLE 1: Mean Responses and Standard Deviation of Teenagers on the Benefit of Sex Education in Curbing Unintended Pregnancy.

From the data on table one (1) above, it is observed that items number 3 and 8 appeared negative with their mean

S/N	Sex education	SA	A	FA	NA	X	SD	DES
1	promotes sexual abstinence	100	66	30	4	3.31	0.79	Positive
2	helps to educate teenagers against early involvement in sex	66	78	30	3	5.26	0.80	Positive
3	educate teens on the use of contraceptives	13	1	35	151	1.38	0.78	Negative
4	helps to build self confidence	91	75	16	18	3.19	0.92	Positive
5	educates teens on the danger of abortion	85	69	21	25	3.07	1.01	Positive
6	teaches how to calculate menstrual cycle	88	79	19	14	3.20	0.88	Positive
7	help teenagers to know their free periods	91	73	25	11	3.22	0.36	Positive
8	helps teenagers to know their ovulation period	20	40	30	110	1.57	1.06	Negative
	Grand Mean					3.07		POSITIVE

points below 2.50. while items 1,2,4,5,6 and 7 responded positively with their mean points above 2.50 indicating that the respondents agreed strongly that sex education helps in curbing unintended pregnancy among teenagers in Umuogbo-Uno, Enugu-Ezike, Igbo-Eze North L.G.A of Enugu State.

Research Question Two: What are the benefits of sex education in prevention of Sexual Transmitted Diseases among teenagers?

TABLE 2: Mean Responses and Standard Deviation of Teenagers on the Benefits of Sex Education in Preventing Sexually Transmitted Diseases (STDs). N=200

S/N	Sex education	SA	A	FA	NA	X	SD	DES
9	help teenagers with useful information about HIV/AIDS	95	50	25	30	3.05	1.09	Positive
10	helps to avoid unprotected sexual contact	96	68	15	28	3.09	1.03	Positive
11	teaches the implication of unprotected sex	115	55	17	13	4.86	0.87	Positive
12	encourage the use of condom so as to avoid Sexual Transmitted Infections.	108	59	30	3	3.36	0.78	Positive

13	encourage teenagers to go for STD tests.	109	72	10	9	3.40	0.78	Positive
14	help teenagers to know the dangers of STDs.	91	73	25	11	3.22	0.36	Positive
15	help teenagers to learn STDs preventive measures.	88	79	19	14	3.20	0.88	Positive
16	assist teenagers with STD treatment measures	85	69	21	25	3.07	1.01	Positive
17	guide teenagers against self-medication	20	40	30	110	1.57	1.06	Negative
	Grand Mean					3.20		POSITIVE

From the data on table two (2) above, it is observed that only items 17 has a mean point below 2.50 indicating negative. while items 9,10,11,12,13, 14, 15 and 16 has mean points above 2.50 which is positive indicating that the respondents agreed that sex education helps in preventing Sexually Transmitted Diseases (STDs) among teenagers in Umuogbo-Uno, Enugu-Ezike, Igbo-Eze North L.G.A of Enugu State.

Research Question Three: What are the benefits of sex education in curbing sex abuse among teenagers?

TABLE 3: Mean Responses and Standard Deviation of Teenagers on the Benefits or Sex Education in Curbing Sex Abuse Among Teenagers. **N=200**

S/N	Sex education	SA	A	FA	NA	X	SD	DES
18	help teenagers to avoid homosexuality	109	72	10	9	3.40	0.78	Positive
19	help teenagers to avoid sexual promiscuity	108	59	30	3	3.36	0.78	Positive
20	help teenagers to avoid bestiality	95	50	25	30	3.05	1.09	Positive
21	help teenagers to avoid pre-marital sex	85	69	21	25	3.07	1.01	Positive
22	help teenagers to avoid masturbation	100	66	30	4	3.31	0.79	Positive
23	provides birth control measures	20	40	30	110	1.57	1.06	Negative
24	help teenagers avoid rape	100	78	10	12	3.33	0.82	Positive
25	help teenagers against sex addiction	110	60	14	16	3.32	0.91	Positive
26	help teenagers control their sexual urge	66	78	30	3	5.26	0.80	Positive
27	educates teenagers against prostitution	91	75	16	18	3.19	0.92	Positive
28	help to guide against sexual exploitation	13	1	35	151	1.38	0.78	Negative
29	help teenagers to avoid pornography	88	78	20	14	3.20	0.88	Positive
	Grand Mean						3.12	POSITIVE

From the data on table three (3) above, items numbers 23 and 28 appeared negative with mean point below 2.50 while items 18, 19,20,21,22, 24, 25, 26, 27 and 29 showed positive with mean points above 2.50 indicating that the respondents agreed that sex education help in curbing sex abuse among teenagers in Umuogbo-Uno, Enugu-Ezike, Igbo-Eze North L.G.A of Enugu State.

Research Question Four: What are the benefits of sex education in controlling behavioural maladjustment among teenagers?

TABLE 4: Mean Responses and Standard Deviation of Teenagers on the Benefits or Sex Education in Controlling Behavioural Maladjustment among Teenagers. **N=200**

S/N	Sex education	SA	A	FA	NA	X	SD	DES
30	help teenagers to be self-controlled	99	70	15	16	3.26	0.90	Positive
31	helps teenagers to avoid excessive alcoholism	92	66	10	32	3.09	1.07	Positive
32	helps teenagers to avoid abuse of drugs	31	29	70	70	2.10	1.05	Negative
33	helps teenagers to avoid peer influence	100	78	10	12	3.33	0.82	Positive
34	assist teenagers to avoid cultism	110	60	14	16	3.32	0.91	Positive
35	teach teenagers to be respectful	100	66	30	4	3.31	0.79	Negative
36	teaches teenagers to be well disciplined	66	78	30	3	5.26	0.80	Positive
37	helps teenagers to avoid truancy	13	1	35	151	1.38	0.78	Negative
38	assist teenagers to learn acceptable behaviours	88	78	20	14	3.20	0.88	Positive
39	helps teenagers to avoid careless lifestyles	91	73	25	11	3.22	0.36	Positive
40	teaches teenagers to law abiding citizens.	91	75	16	18	3.19	0.92	Positive
	Grand Mean							POSITIVE

Table three (3) above indicate positive in items 30, 31, 33, 34, 35, 36, 38, 39 and 40 while items 32 and 37 had mean points below 2.50 which is the cutoff point. Thus, there is an indication from the majority responses that the respondents agreed that sex education help in controlling behavioural maladjustment among teenagers in Umuogbo-Uno, Enugu-Ezike, Igbo-Eze North L.G.A of Enugu State.

Conclusion

From the result of the study, the following conclusions were drawn. There is a need for an effective and efficient sex education for teenagers in Umuogbo-Uno, Enugu Ezike, Igbo-Eze North Local Government Area of Enugu State.

Sex Education for teenagers should emphasis areas or concepts such as unintended pregnancy sexually transmitted diseases, sex abuse and behavioural maladjustment. These areas would help to Curb unintended pregnancy among teenagers, prevent sexually transmitted diseases, curb sex abuse among teenagers and control of behavioural maladjustment.

Recommendations

Based on the findings of the study, the researcher made the following recommendation;

GOVERNMENT

1. The local and state government should enforce and ensure the provision of sex education for teenagers in Umuogbo-Uno, Enugu Ezike.
2. The government and private owned primary and secondary schools in Umuogbo-Uno, Enugu Ezike should adopted sex education in her curriculum.
3. More health centers should be established to enhance the teaching of sex education in Umuogbo-Uno Enugu Ezike.
4. By-law should be enforced on the provision of sex education.
5. Government should employ more health workers for provision of sex education across the state.

PARENTS

1. Parents are the first contact to the teenagers and they should endeavour to provide sex education for teenager in the family.

2. Parents should always avail their teens the privilege of getting sex education community health workers.
3. Parents should always support, assist, refer and synergize with the health workers in provision of sex education to the teenagers.

HEALTH WORKERS

1. Seminars should be organized periodically by health workers for parents and teenagers on sex education.
2. Health workers should endeavour to visit both the secondary and primary schools in Umuogbo-Uno, Enugu-Ezike for the provision of sex education.
3. Health workers should increase their publicity on sex education through the use of social Media.
4. Periodic free medical test should be provided for teenagers in Umuogbo-Uno, Enugu-Ezike.

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