

Following are the slides presented during the Department of Education Workshop on the Review and Enhancement of Comprehensive Sexuality Education (CSE) Learning Resources, 5-9 December 2022 at Whitehoods Hotel, Silang, Cavite, and is made available for educational and informational purposes. The results presented are preliminary and may change as the final monograph report is being prepared. The public is encouraged to refer to the latest documents made available through the Institute's website.

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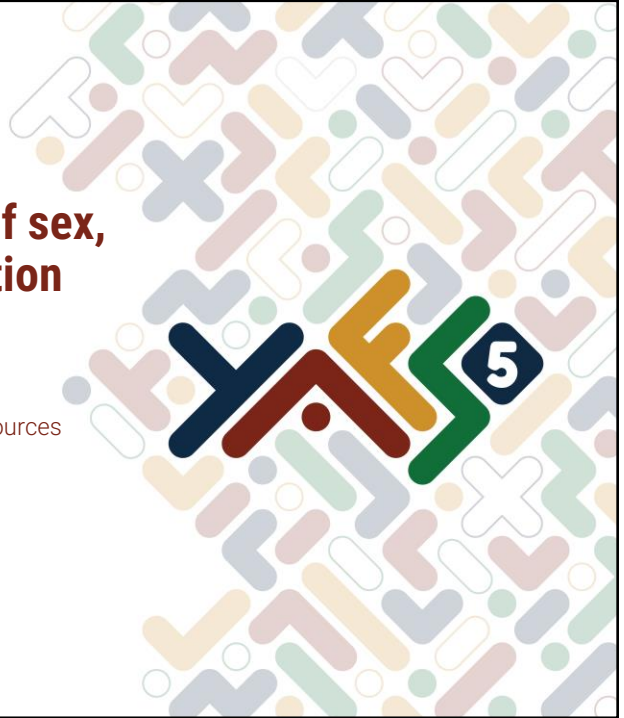
LET'S TALK ABOUT SEX

Sexual behaviors, knowledge of sex, and sources of sexual information among today's youth

Workshop on the Review and Enhancement of
Comprehensive Sexuality Education (CSE) Learning Resources
5-9 December 2022 | Whitewoods Hotel, Silang, Cavite

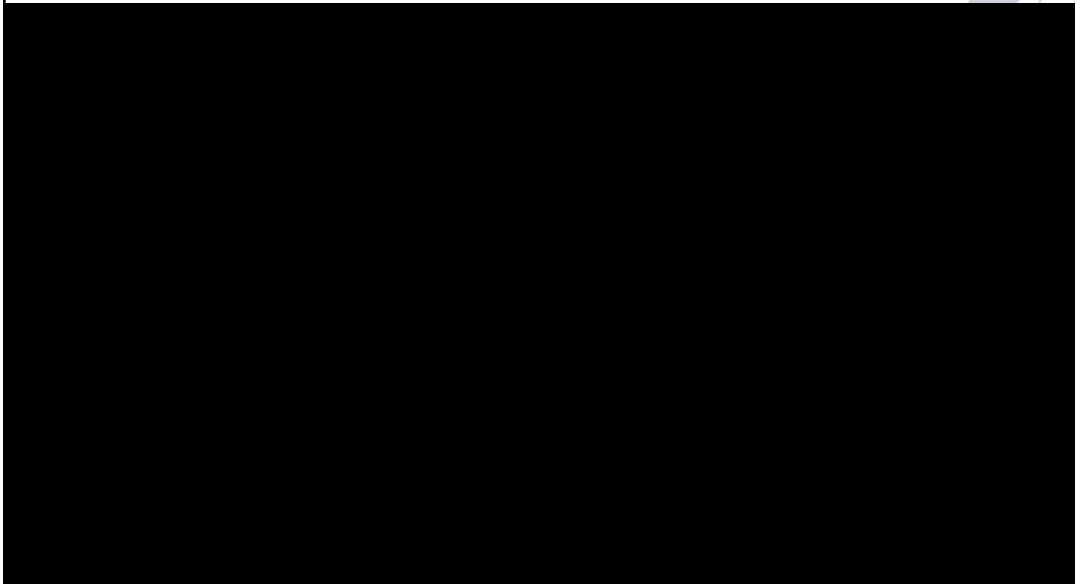
**MARIA MIDEA M. KABAMALAN, Ph.D. &
SANNY BOY D. AFABLE, M.A.**

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College of Social Science and Philosophy
University of the Philippines



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"ANG SABI NG TROPA"



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ABOUT THE YAFS



YAFS is the **largest series of cross-sectional surveys in the Philippines** on the 15 to 24 age group (1982, 1994, 2002, 2013)



The YAFS series aims to provide updated information on a broad framework of adolescent sexuality and reproductive health issues, their antecedents, and manifestations



Its rich findings have been used as **bases in the formulation of programs and policies** for the health and welfare of the youth

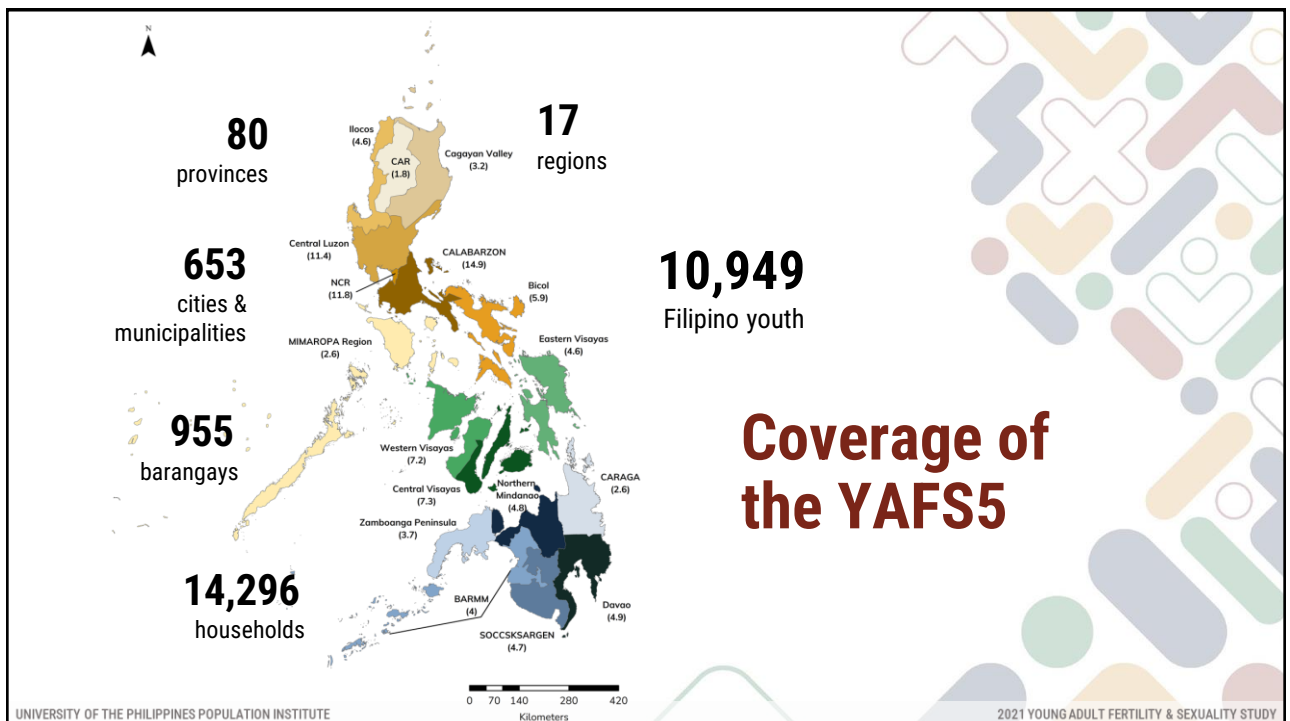


YAFS5 aims to aid the **Adolescent Health and Development Program Strategic Plan** of the Department of Health (DOH)

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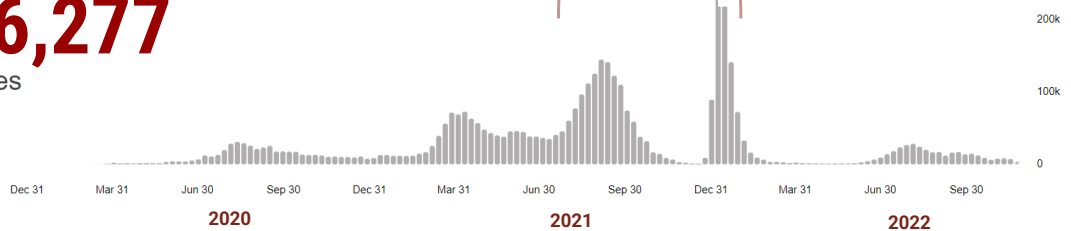
The COVID-19 Situation

In the Philippines, from 3 January 2020 to 4:24 pm CET, 1 December 2022, there have been **4,036,277** confirmed cases of COVID-19 with 64,641 deaths, reported to WHO. As of 23 November 2022, a total of 168,893,220 vaccine doses have been administered.

Philippines Situation

4,036,277
confirmed cases

Survey data collection:
Aug 2021- Jan 2022



Source: <https://covid19.who.int/region/wpro/country/ph>; 26 November 2022

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Block A:
Individual
characteristics



Block B:
Family Characteristics
and Relationships



Block C:
Self-esteem, Self-efficacy
and Life Satisfaction



Block D:
School, Work, and
Community



Block E:
Media use



Block F:
Friends and Peers



Block G:
Health and Lifestyle



Block H:
Marital Union and
Dissolution



Block I:
Puberty, Dating and Sex



Block J:
Fertility and
Contraception



Block K:
Knowledge and Attitude towards
Marriage, Sex and Related issues



Block L:
Sexual Orientation Gender
Identity, and Expression



Block M:
Reproductive and
Sexual Health



Block N:
COVID-19

YAFS5 Main Questionnaire Topics

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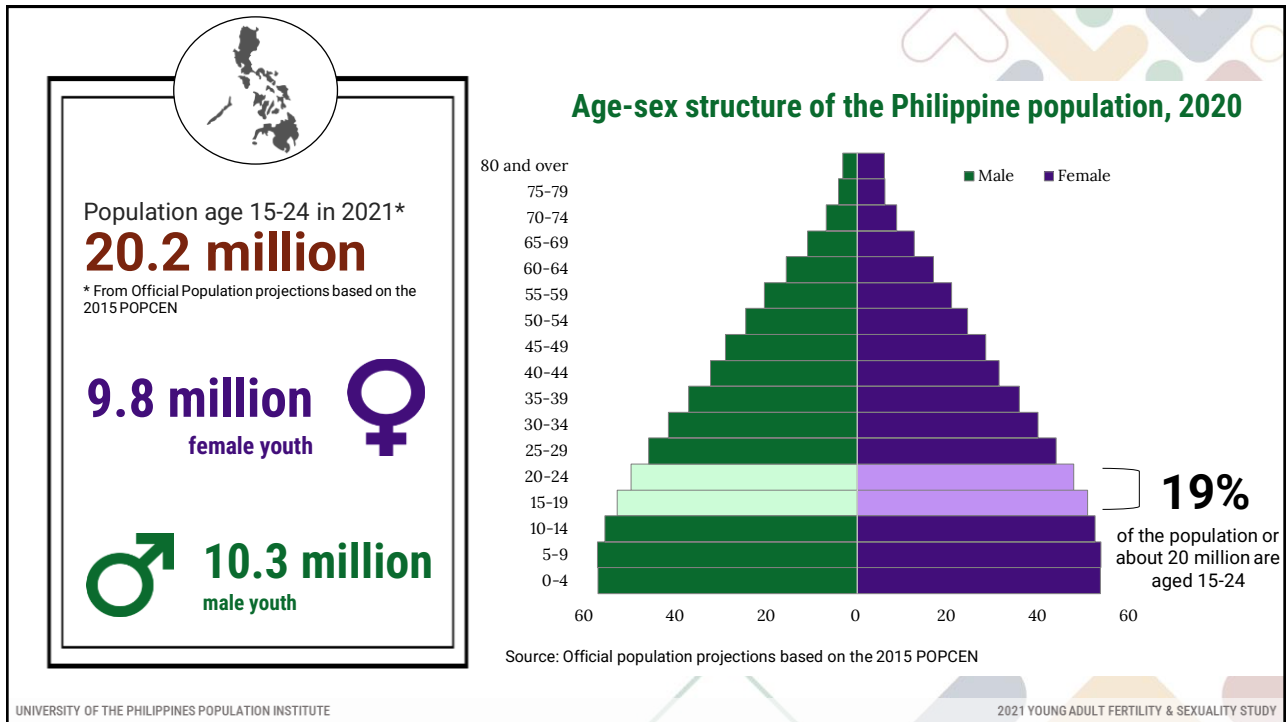
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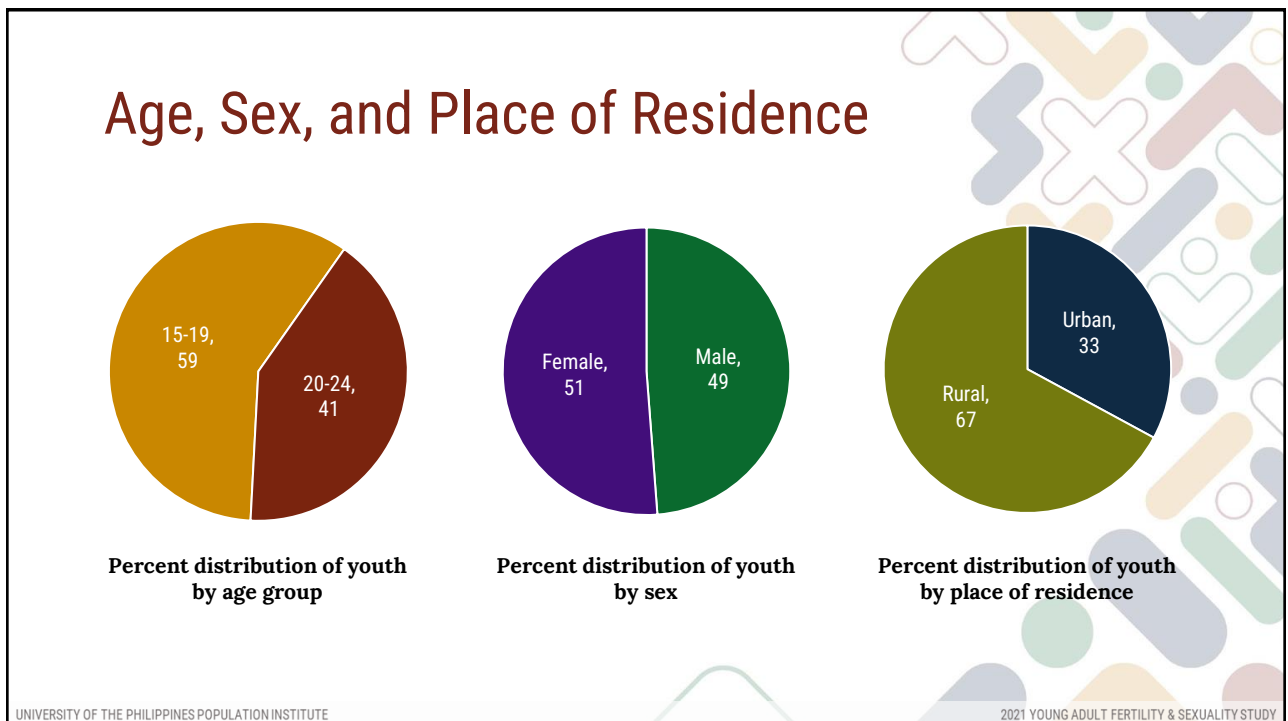
Focus of this presentation

- Sexual behavior
- Knowledge of sex
- Ideals and preferences
- Sources of sexual information
- Role of educators in the sexual and reproductive health of the youth

Who are today's Filipino youth?



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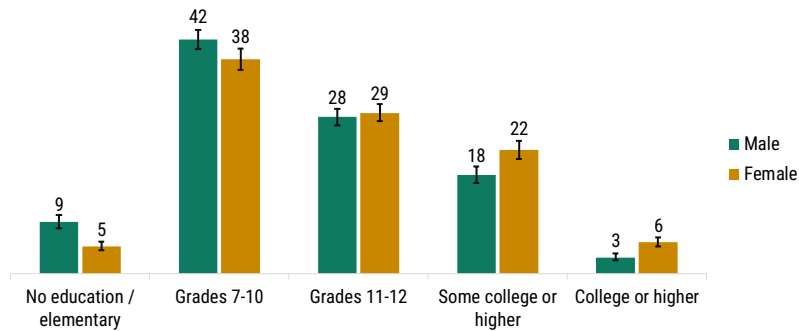


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Educational attainment



Percent distribution of youth by highest educational attainment and by sex

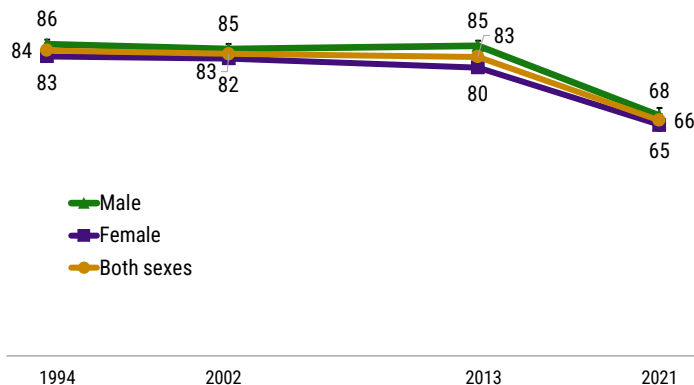


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Youth who were raised by both parents



Percent of youth who were raised by both parents, by sex

69% of the youth have parents still living together

* Note: In the 1994 and 2002 YAFS, respondents were asked about the persons who mostly raised them from birth up to age 15. In 2013 and 2021, the question was revised to the persons who mostly raised from birth to now (for respondents aged 18 or under) or until age 18 (for respondents over 18).

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Gender and sexual identity

Identities	Male	Female
Gender Identity		
Man	97.60	0.03
Woman	0.05	98.10
Transgender, non-binary	2.40	1.90
Sexual orientation		
Heterosexual	93.4	89.5
Lesbian/Gay	2.4	2.1
Bisexual	4.1	8.3
Pansexual, asexual undecided	0.03	0.08



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Sexual behaviors



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Sexual experience



32%

of male youth have
sexual experience



27%

of female youth have
sexual experience

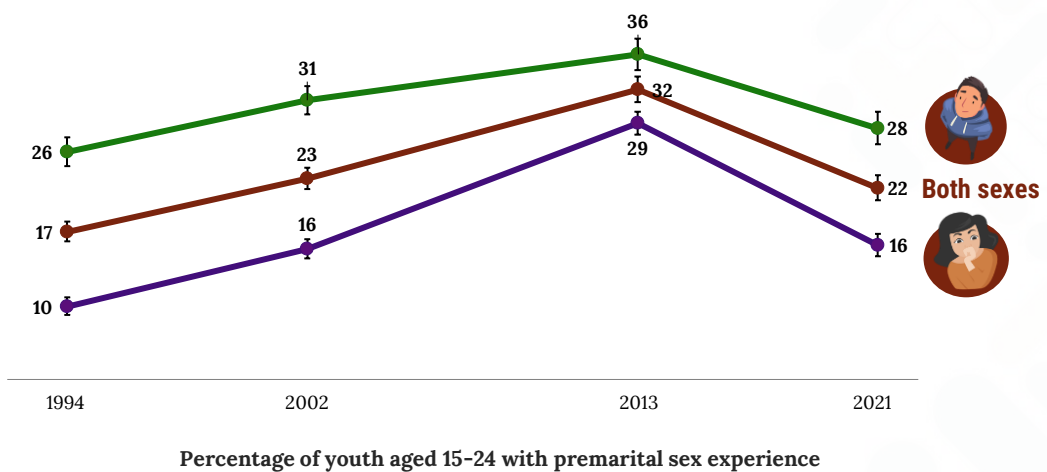
**Among youth with
sexual experience,
87% of male youth and
60% of female youth's
sexual initiation
happened prior to
marriage.**

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Premarital sex

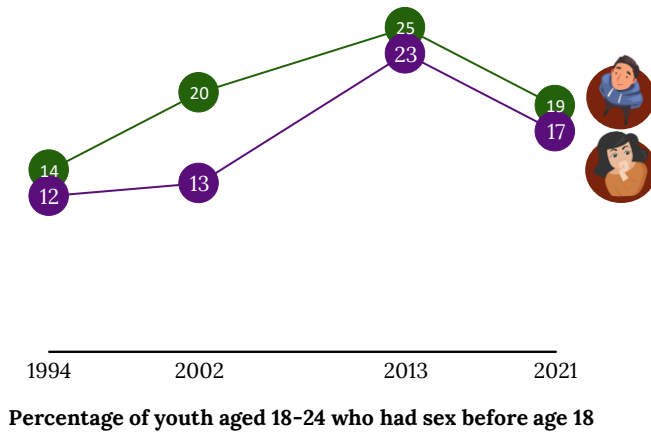


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Sexual initiation before age 18



Median age at first sex

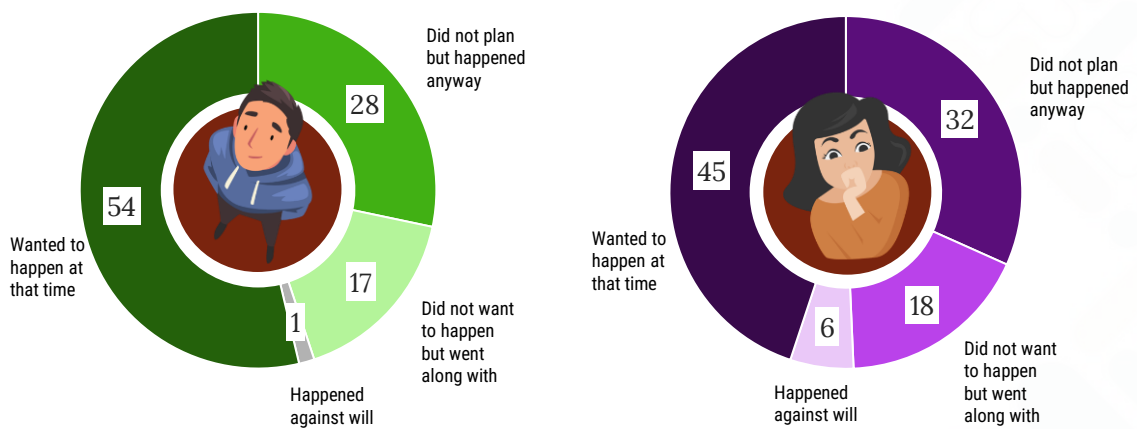
Male youth: 18 years
Female youth: 18 years

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Wantedness of premarital sexual initiation



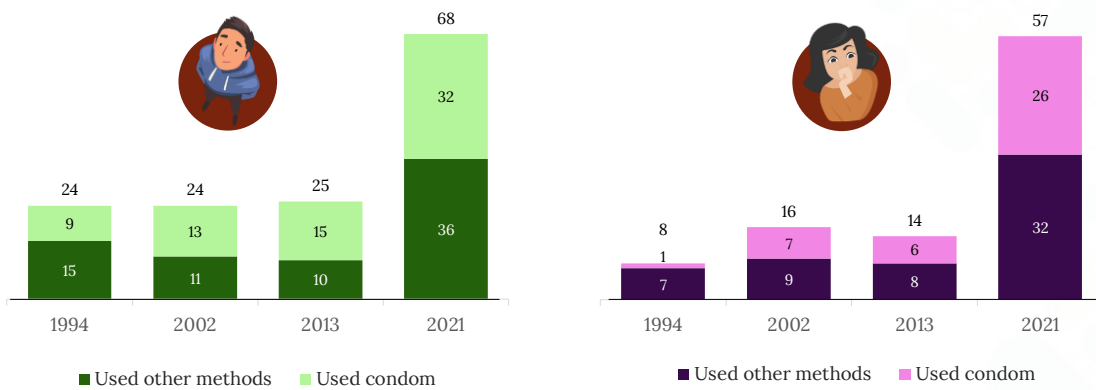
Percent distribution of the wantedness of first premarital sex of the youth

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Use of protection during sexual initiation



Percentage of youth aged 15-24 who used any form of protection during 1st premarital sex

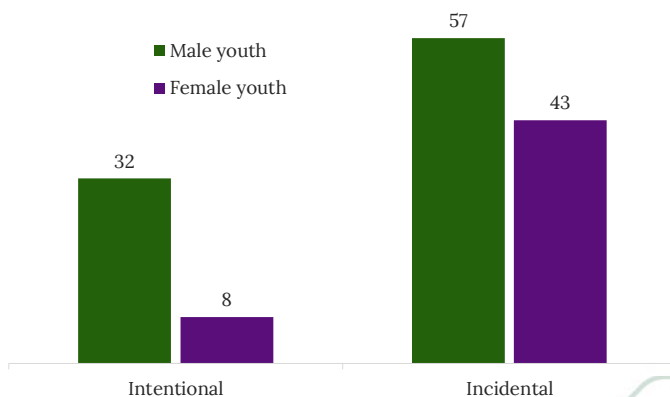
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Exposure to pornographic or sexually explicit content in media

Percentage of youth aged 15-24 who have been exposed to pornographic or sexually explicit content



20% had **intentional** exposure in the last three months prior to the survey

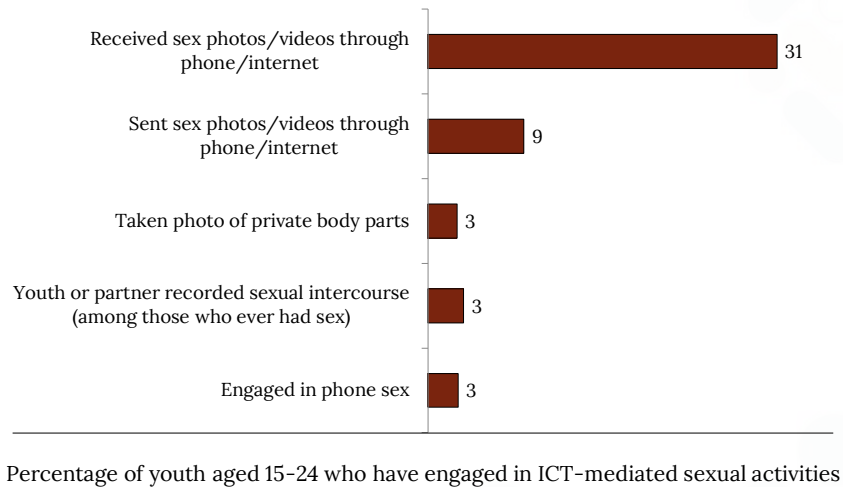
50% had **incidental** exposure in the last three months prior to the survey

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Use of ICTs for sex-related activities



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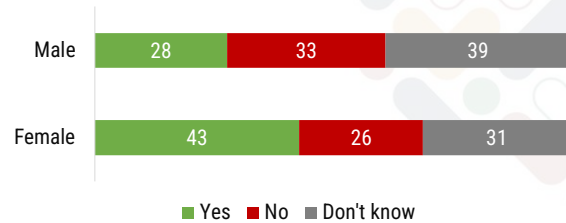
Knowledge of sex

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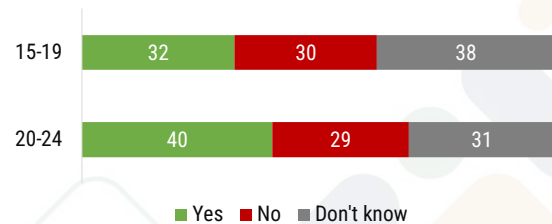
Menstrual cycle and likelihood of pregnancy

From one menstrual period to the next, is there a time when a woman is more likely to become pregnant if she has sexual relations?

By sex



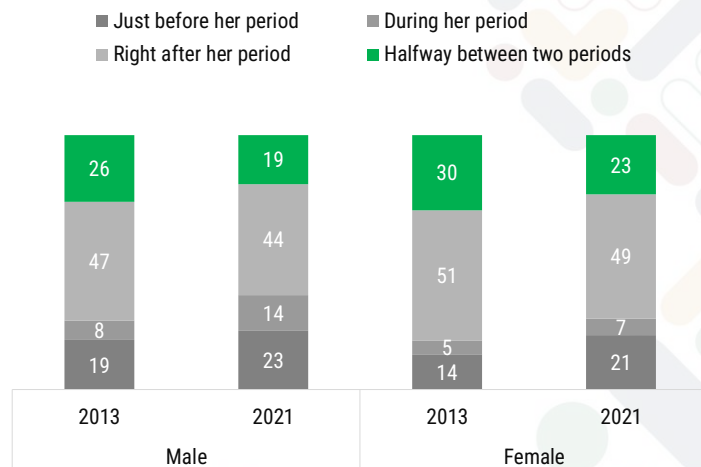
By age group



23

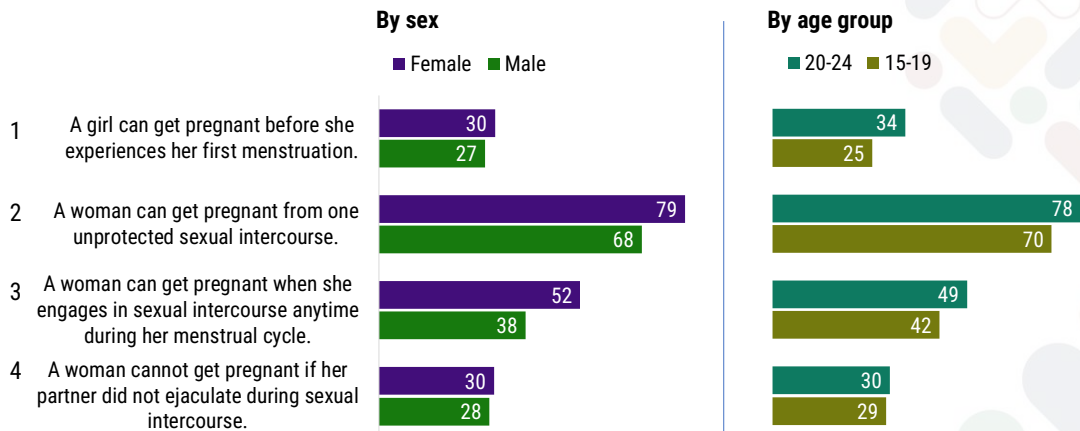
Menstrual cycle and likelihood of pregnancy

Is this time just before her period begins, during her period, right after her period has ended, or halfway between two periods?



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Knowledge of pregnancy risks



Percent of youth with correct knowledge of pregnancy risks, by sex and age group

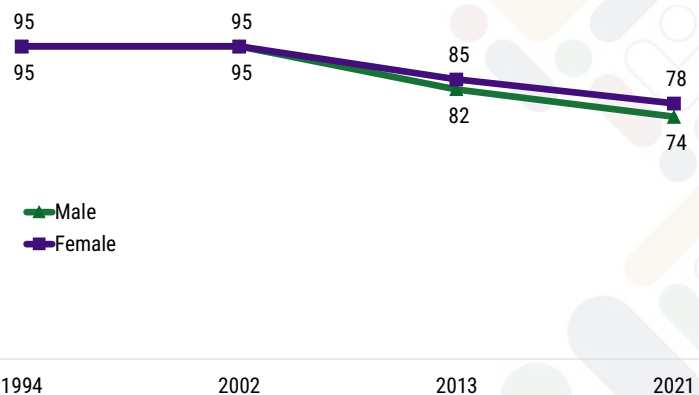
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Awareness of STIs and HIV/AIDS



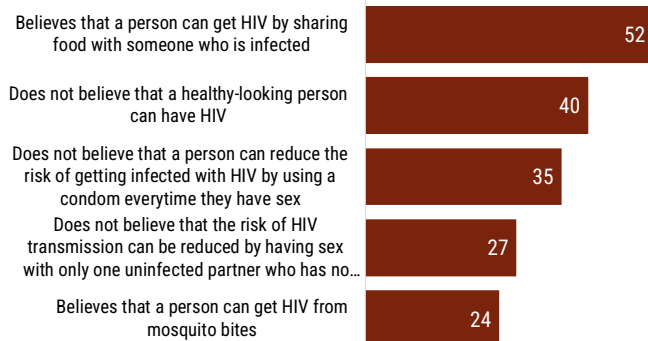
Only one in three knows about sexually transmitted infections (STIs).

Percent of youth who have heard of an illness called AIDS: 1994-2021



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Comprehensive knowledge of HIV and/or AIDS



Only 19% of the youth have comprehensive correct knowledge of HIV and/or AIDS

Percent of youth with **misconceptions** of HIV and/or AIDS prevention and transmission, Philippines 2021

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Confidence in sexual knowledge

Background characteristics	Percent who think they have enough knowledge about sex
Age group	
15-19	27.9
20-24	45.1
Sex	
Male	38.3
Female	31.9

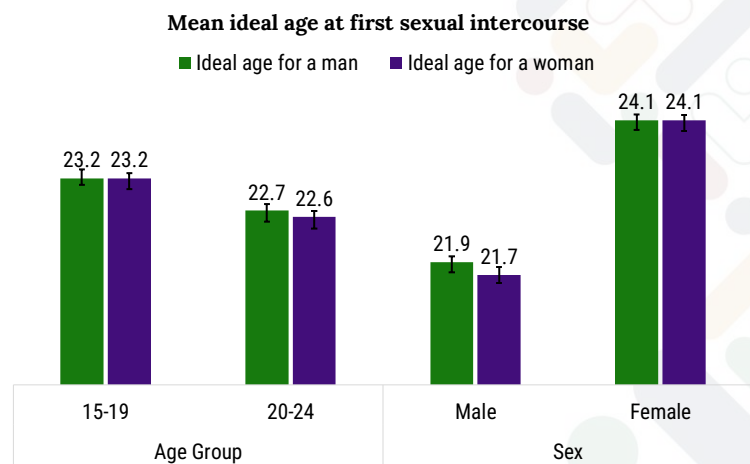
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Ideals and preferences

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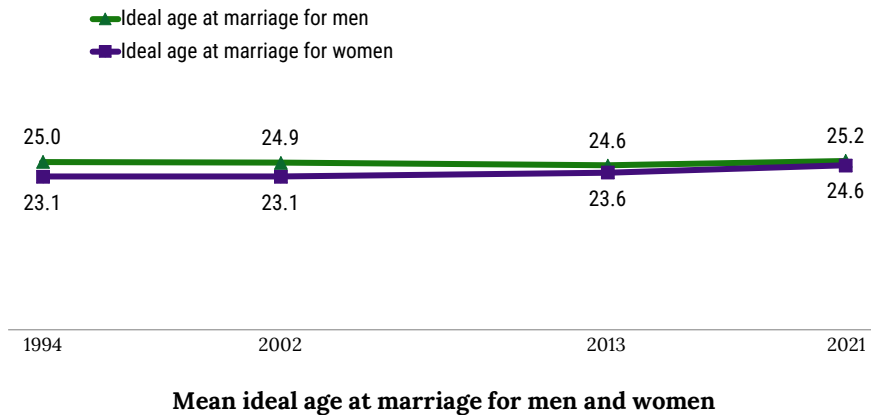
Ideal age at first sexual intercourse

The average ideal age at first sexual intercourse for a man and a woman is **23 years old**.



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Ideal age at marriage

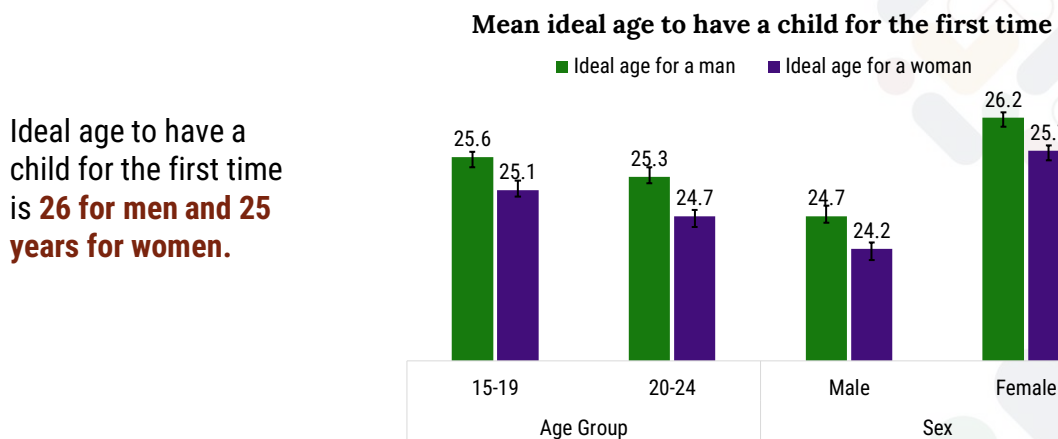


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Ideal age to have a child for the first time



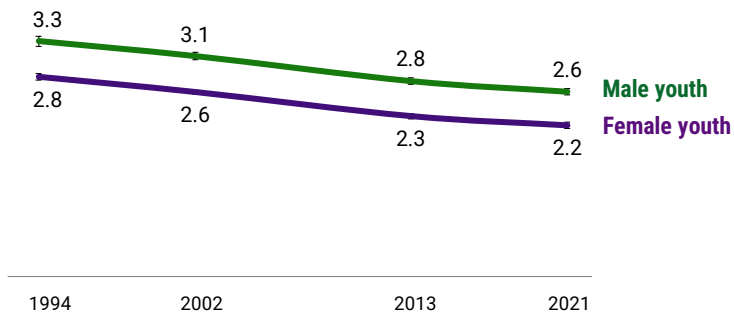
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Fertility preferences

Mean preferred number of children by sex



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Child spacing

The average ideal birth space for each child is 3 years.



Female youth reported longer ideal birth space than male youth (3.4 vs. 2.7)

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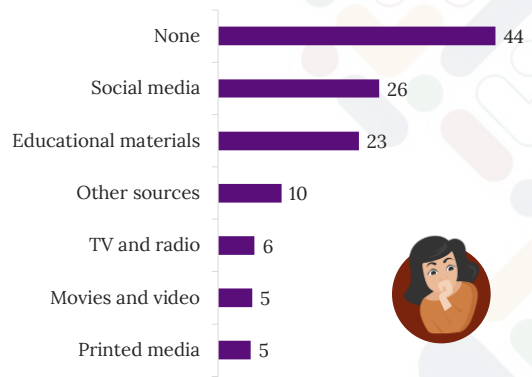
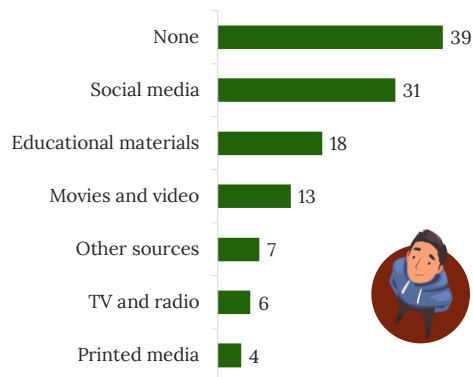
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Sources of sexual information

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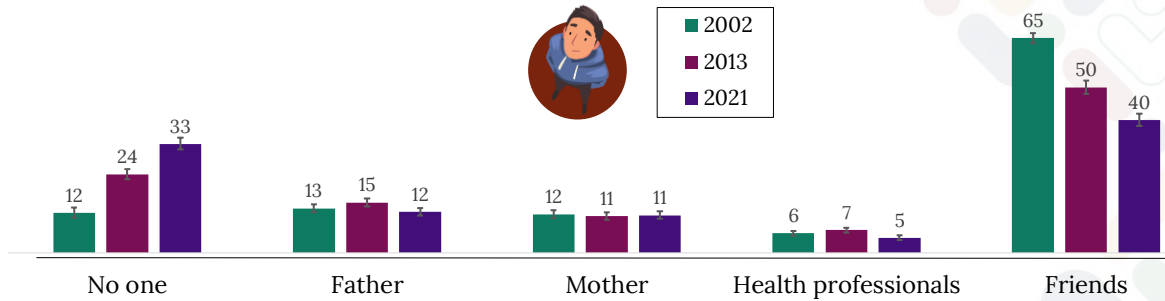
Material sources of information about sex



Percentage of youth aged 15-24's material sources of information about sex

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Persons **male youth** will most likely consult for questions about sex

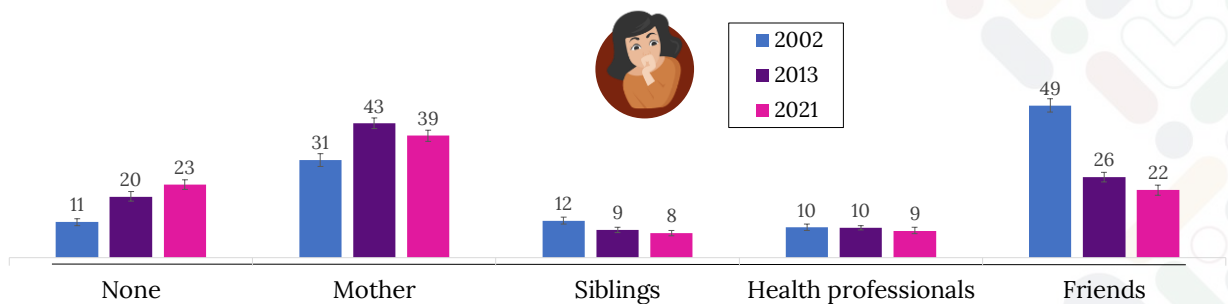


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Persons **female youth** will most likely consult for questions about sex

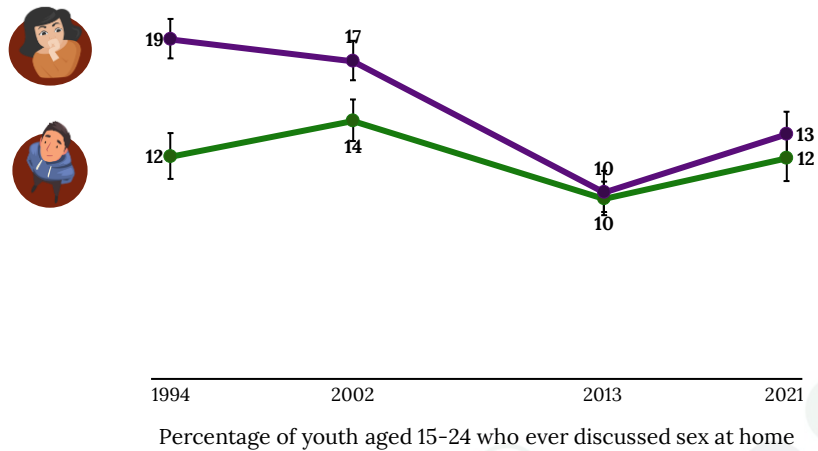


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Discussion of sex at home



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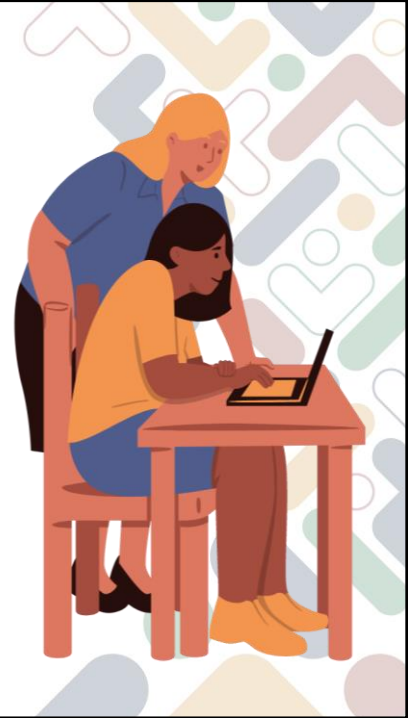
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Locating educators' role in youth's sexual and reproductive health

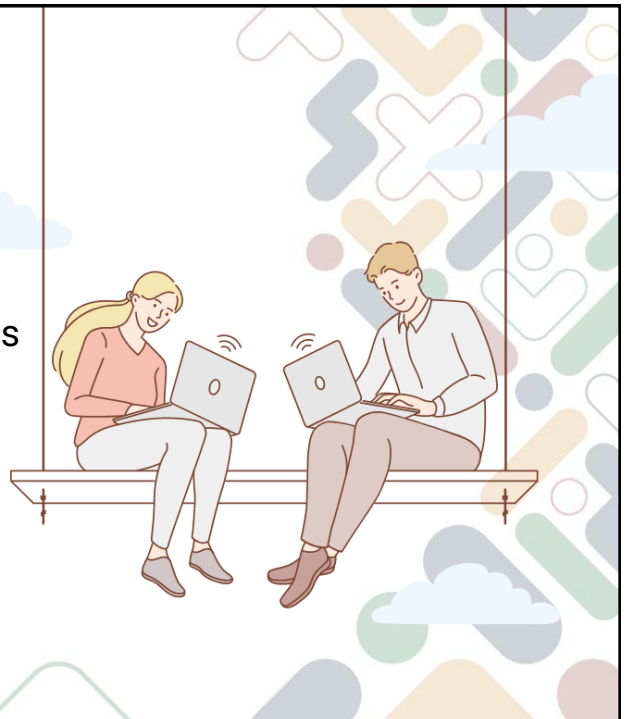
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- In the absence of adequate sources of correct information about sex, the youth tend to consult—if at all—social media (which may provide incorrect information) and their peers (who likewise may have unreliable sexual knowledge).
- Teachers emerged as among the main role models of the youth (13%), next only to entertainers/ celebrities (22%). Very few, however, would consult them for their problems or questions about sex.



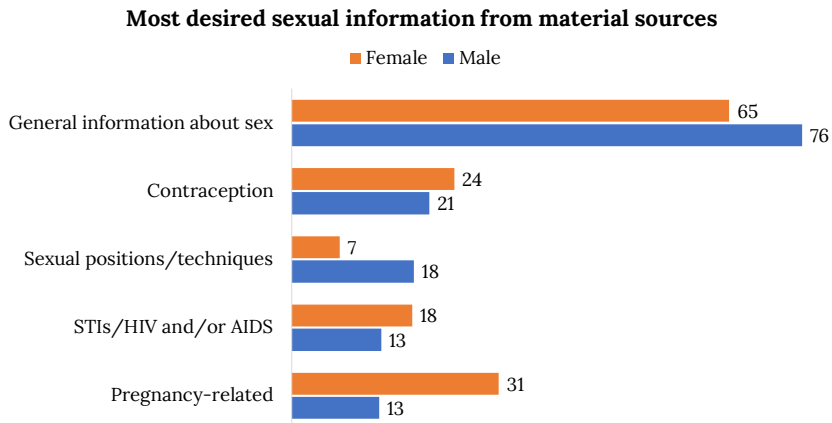
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- Given the ubiquity of the Internet and social media especially among the youth, educators should consider using these tools to reach out to young people regarding their sex-related concerns.



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- We need more open age-appropriate and gender-sensitive discussions about sex in our classrooms.



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