



Why Comprehensive Sexuality Education?

Comprehensive sexuality education gives adolescents and teens the tools they need to become sexually healthy adults, including information about abstinence, contraception, sexual orientation, healthy relationships and behaviors, how to find help, and other resources.

Comprehensive Sexuality Education: “Abstinence Plus”

- ☑ Comprehensive sexuality education programs promote abstinence as the most effective way to prevent pregnancy and sexually transmitted infections while also providing medically accurate facts and clear messages about condoms and contraceptive use.
- ☑ Effective, age-appropriate comprehensive programs provide activities addressing peer pressure and allowing youth to practice skills in communication, negotiation, and refusal.

What the Research Says: Comprehensive Sexuality Education Works

- ☑ The American Academy of Pediatrics, American Medical Association, Centers for Disease Control and Prevention, Institute of Medicine (IOM), Office of National AIDS Policy, National Institutes of Health, Society for Adolescent Medicine, and the Surgeon General of the United States all have published research analyses supporting the effectiveness of comprehensive sexuality education.
- ☑ A 2001 review of evaluations of programs to prevent teen pregnancy found evidence that comprehensive sexuality education do not increase sexual activity or hasten the onset of first intercourse. Several programs have been shown to delay the onset of sex or increase condom or other contraceptive use among sexually active teens.
- ☑ In an evaluation of 19 sexuality education programs, 12 programs – 11 of which included information about abstinence and contraception and 1 of which is an intervention for elementary school children and their parents – helped delay timing of first sex; 11 programs increased condom use among sexually active teens.

Parents Support Comprehensive Sexuality Education

- ☑ More than 85 percent of Americans believe that it is appropriate for school-based sexuality education programs to teach students how to use and where to get contraceptives.
- ☑ 70 percent of Americans oppose the use of federal funds for abstinence-only education programs that prohibit teaching about the use of condoms and contraception for the prevention of unintended pregnancies and STDs.
- ☑ Sixty-three percent of Americans, including 44 percent of those who self-identified as conservative, agreed that adolescent sexual exploration is a natural part of growing up, and that it is best to provide all of the information and resources needed to help young people act responsibly.