

IMPORTANCE OF COUNSELLING ON SEXUALITY AND REPRODUCTIVE HEALTH FOR YOUTHS TODAY

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Youths today are more exposed to elements of sexuality and are also expected to make sound and accurate decisions on many aspects of their sexual behaviours. The numbers of youths in this region who are sexually active are rapidly increasing by the day, despite the reluctance of parents, teachers and community leaders to allow accurate information on reproductive and sexual health to be dispersed effectively among this age group. It is quite obvious that most youths who are sexually active in this part of the world are rather misguided and misinformed on basic aspects of sexuality and do not seem to use any form of contraception, either because of ignorance or having false and unrealistic sense of security that they would not never get pregnant. It is therefore essential to provide a safe platform for youths – boys as well as girls, to clarify their doubts on aspects of their own sexuality as well as to provide counselling to assist them to make sound and good decisions. The presentation will elaborate on the recommended strategies in counselling not only the youths, but the parents and teachers as well, to improve the status of reproductive and sexual health of our youths. Besides that, it is important to understand the challenges facing any health providers who wish to focus on the welfare of the population of youths today.