

Sexuality Education: Promoting Safer Sexual Behaviour Among University Students In Kenya.

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Abstract

Sex education has become a major concern in our universities that needs redress. Regardless of this, only few studies have been done on it. This paper seeks to review various studies done by researchers on safer sexual behaviour amongst university students and the impacts of risky sexual behaviour amongst the same. It majors on abstinence, condom utilization, contraception, students' lawlessness and other contributing factors to sexual moral decadence. To mitigate problems related to risky sexual behaviour, it will require a holistic approach from relevant stakeholders as well as implementing new policies in these institutions. This would entail pre-hand orientation of new students, curriculum review and integration of university dons and staff in the health education as a way of alleviating sexual abuse. In addition to policies, a policy action environment is necessary to address sexual and reproductive health rights among university students. This can be achieved through skill building programs such as sex education, peer counseling, and sensitization on contraceptive use.

Key words: Sexual behaviour, university students, abstinence, pre-disposing factors, contraception.