



ACADEMIC EXAMS
AT THE FACULTY OF MEDICINE OF THE UNIVERSITY OF LISBON
INSTITUTE OF ADVANCED TRAINING

Masters:

Human Sexuality (1st Edition)

Name of Student:

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Subject of Thesis:

Impact of sex education in a school context.

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Jury:

President: Professor Rui Xavier Vieira (FMUL)

Orientator: Professor Duarte Vilar (UL)

Jury Members: Professor Daniel Sampaio (FMUL)



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ABSTRACT

Over the last years, sexual education in Portugal has had an increasing importance due to public policies and to the widespread debate going on Portuguese society caused by controversy over teaching programs and materials. Sexual education has also been an appealing subject whenever public discussion increases on voluntary early-pregnancy interruption or data is presented on risky sexual behaviour, namely on sexually transmitted diseases. Build up along the last years, sexual education have gained support from diverse sectors of the Portuguese society and some of its results can be seen on agreements, protocols, publications and legislation, from law 3/84 of March 24 to more recent ones: law 120/99 and law by decree 259/2000 which regulates the former.

Fulfilling the legal documents that have been published, several schools and education community agents have been affording, in diverse locations within the country, spaces dealing with the sexuality theme through diverse initiatives on Sexual Education. As a great number of teachers and students are engaged in programs and/or projects on Sexual Education, it is therefore essential to assess them as these type of studies are scarce or inexistent in Portugal.

The work proposal presented in this study seeks contributing to this aim, presenting data on assessment and impact of the sexual education on the school milieu. Due to the fact that it was not possible to subject a group of adolescents to a specific sexual education program, whom would make a difference in terms of sexual education, enabling them to be compared with another adolescent group not subject to the same program, as it was originally predicted, the procedure was as follows:

Five secondary schools were contacted and an assessment was made on the degree of knowledge, values and attitudes on the area of sexuality on 12th-year students from several courses attending the subject *Project Area*.

An assessment was also performed, at a higher school hierarchic level, by questionnaire, on the integration of sexual education on the school environment.