

Interactive tools for sexual instruction Integrated Project. Case of Provincia de Santa Elena, Ecuador

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Resumen

Esta investigación se resumen las estrategias implementadas para educar a 1.733 participantes de Santa Elena con respecto a la instrucción de sexualidad . Se ha encontrado altas tasas de embarazo en adolescentes , un problema muy común en América Latina y Ecuador . 74 estudiantes de la escuela pre - enfermería de la Universidad Península de Santa Elena Peninsula (UPSE) se utilizaron para educar y para inspeccionar los niños, adolescentes , padres y profesores del área bajo las directrices del proyecto integrado de conocimientos . La recogida de datos fue posible gracias a la colaboración co - conjunto entre la Secretaría de Salud Pública (MSP) , Estrategia Nacional Intersectorial de Planificación Familiar y Prevención del Embarazo en Adolescentes (ENIPLA) y UPSE.The Family First Multimedia Interactiva de DVD se utilizó para educar a todos participantes sobre temas de sexualidad.

Temas de sexualidad, el embarazo adolescente, la educación sexual

Abstract

This research summarizes strategies implemented to educate 1,733 participants of Santa Elena regarding sexuality instruction. It has been found high rates of pregnancy on teenagers, an issue very common in Latin America and Ecuador. 74 students of pre-Nursing school of Universidad Peninsula de Santa Elena Peninsula (UPSE) were used to educate and to survey kids, teenagers, parents and teachers of the area under the guidelines of the integrated project of knowledge. The collected data was possible by a co-joint collaboration between the Secretary of Public Health (MSP), Estrategia Nacional Intersectorial de Planificación Familiar y Prevención del Embarazo en Adolescentes (ENIPLA) and UPSE.The Family First Interactive Multimedia DVD was utilized to educate all participants on sexuality issues.

Sexuality issues, teenager pregnancy, sexuality education

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Introduction

Ecuador has the first place of teenager's pregnancy within the Andean Region and the second place after Venezuela within Latin America. (Plan Andino de Prevención del Embarazo en Adolescentes).

First time teenager mothers have their second kid in a short period of time compared to the ones that had first baby after teenagerhood (Plan Nacional de Prevención del Embarazo en Adolescentes).

In Ecuador, there are 3.684 girls at the age 12 to 14 that are already mothers (Estadísticas vitales del Ministerio Coordinador de Desarrollo Social MCDS, INEC 2010).

Also, 17.2 % of girls at the age of 15 to 19 are already mother, this means 172 from every 1.000 teenagers. (Censo de Población y Vivienda, INEC 2010).

Women that had a pregnancy during teenagerhood normally reach a less level of education and have more probabilities to stay poor or to belong a less stable home compared to other women that did otherwise. (Rosada 2009). 37% of women would prefer to have delayed their pregnancy. (INEC 2010) 23 out of 100 pregnancies belong to teenagers (Estadísticas Vitales INEC 2010)

A women that suffered home violence before the age of 15, has more probabilities to have two or three children, while a women that suffered home violence before and after the age of 15 has a probability to have 4 children (Informe Mundial sobre la Violencia y la Salud, OPS 2003 Santa Elena province registered for year 2010 14% of teenager's pregnancy (3742 girls), for year 2011 it was 11,2% (3472 girls), and for year 2012 it was 8,5% from teenagers (2782 girls).

Figures have been decreasing due to a cooperative work from the whole province, educational and communication programs for parental planning that were given to teenagers students (Estadísticas Dirección Provincial de Salud Santa Elena 2013).

The Integrated Project of Knowledge (Proyecto Integrador del Saber) is a strategy that compromises students and faculty from first level of Nursing School towards teenager pregnancy that has been affecting the community. Family First Interactive Multimedia DVD is a communicational and educational tool created by Estrategia Nacional Intersectorial de Planificación Familiar y Prevención del Embarazo en Adolescentes (ENIPLA). DVD design, production, content analysis and structure were developed and performed by a multidisciplinary team constituted by sexologist, psychologist, sociologist, pedagogic and communication specialists from the government secretaries involved. (ENIPLA MSP 2013)

The purpose of this DVD is to cover sexuality inclusion, physical, psychological and social dimensions of an individual, and contributing to harmonious growing-up stage. It does not only cover sexuality training sessions but self-esteem, communication and rights awareness.

This DVD creates an open dialogue and awareness with no prejudices or sexuality taboos in order to decrease negative concepts about unpleasant experiences on life cycles, covering cross-cutting issues such as sexual violence, teen pregnancy, premature relationships and other risky situations; rather strengthening confidence, affection and making safer and more responsible decisions.

In this context, school authorities of the province were aware of high rates on teenager's pregnancies and in collaboration with the Secretary of Public Health (MSP), worked together to help reduce this alarming tendency by using Family First DVD. This is a friendly tool, easy to use and to understand, by which a larger population could be reached and instructed with. It is not required to have a greater expertise on the subject, but it is considered a bigger chance the message is delivered correctly to this vulnerable group.

Research objective

To measure the effectiveness of the MSP sexuality education interactive tool to prevent teenage pregnancy at Santa Elena

Specific research objectives

-To share with community the Family First Interactive DVD for sexuality education at school level by focusing on community groups as part of school integrator project.

-To measure preference of the Family First Interactive DVD tool Hypothesis.

The acceptance of the Family First Interactive DVD being used for the approach to sexuality issues is high.

Methodology

The project had two stages:

- Family First interactive DVD was shared with prioritized communities utilizing workshops, and focus groups; according to the School Integrator Project.
- Surveys were conducted to the target population.

Also, a tutoring ask was given to participating students. The matrix of questions was: What do we know? How will we achieve it? Who will do it? At what time? What do we need? What materials should be utilized?

In a span of three weeks 74 students formed 14 groups of 5 students each and trained around 120 people per group. By the premise that there are ignorance and myths about sexuality, it was necessary to measure the acceptance level of the Family First Interactive DVD to prevent teenager's pregnancy under ENIPLA umbrella. Family First Interactive DVD were presented to children, adolescents, young adults and parents to educate people to lower rates of pregnancy on teenagers.

Following the DVD presentation, a survey was performed to teenagers and young adult participants and was validated by the Secretary of Public Health. The obtained data was analyzed using descriptive and inferential statistics to assess the following: Would you use in day to day life the information received regarding sexuality education? How did the information received change your existing knowledge on sexuality? How relevant is sexuality education for you? Findings were shared to Secretary of Public Health and school authorities.

Population:

The population consisted of 1733 children with age of 5 and above, teenagers, young adults and parents from province of Santa Elena utilizing discretionary criteria of participants.

Inclusion criteria

- Children over 5 years old, teenagers, young adults and parents from vulnerable sectors.

- Children over 5 years old, teenagers, young adults and parents from surrounding areas

Exclusion Criteria

- Children over 5 years old, teenagers, young adults and parents who refused to participate in the project

Human Resources

74 students of pre-nursing school admitted by the national standardized test were used on the second half of 2013

Resources

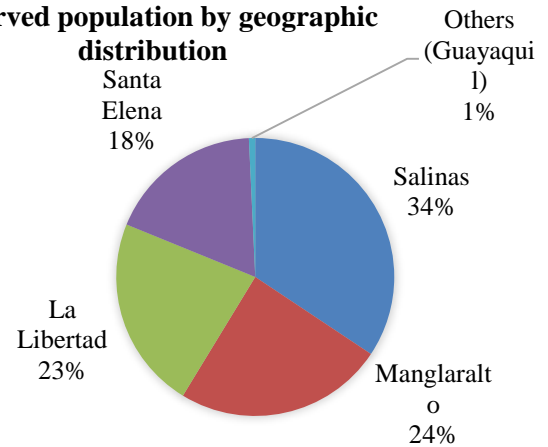
- Family First Interactive DVD
- Action Video (PAE)
- Scheduled speeches
- Surveys
- Final report
- Laptop computer
- Video projector

Timetable

The schedule was fully achieved. Reviews of work progress each week were made by research supervisors appointed by the school. The groundwork of knowledge integration projects were carried out on Tuesday August 13th and the final report was made official on August 19th, 2013.

Results

Observed population by geographic distribution



Graphic 1 Observed population by geographic distribution (Source: field research)

Observed Population by Geographic Distribution	Frequency	%
Salinas	609	34,35
Manglaralto	432	24,37
La Libertad	398	22,45
Santa Elena	321	18,10
Others (Guayaquil)	13	0,73
	1773	100%

Table 1 Observed population by geographic distribution (Source: field research)

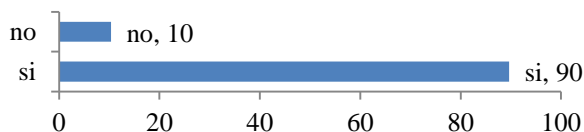
20 towns from Province of Santa Elena were surveyed, 0.73% of population was originally from Guayaquil since one of the participants surveyed his family that currently resides in that city. 34% belongs to Salinas area, which has the highest frequency of teenager's pregnancy, 24% from Manglaralto, 22% from La Libertad and 18% from Santa Elena.

Observed population by age	Frecuency	%
1-4 years	156	8,80
5-9 years	240	13,54
10-19 years	597	33,67
20-35 years	458	25,83
36-45 years	161	9,08
46-65 years	138	7,78
Over 65	23	1,30
Total	1773	100,00

Table 2 Observed population by age (Source: field research)

It is noticeable the largest age group was teenagers (34%), followed by those at age of 20 to 35 years(26%); and 5 to 9 years with (13.5%). Also, an age group of 1 to 4 years (8.8%), although they do not belong to the suggested profile, students indicated they had a good participation within on households' surveys. In some cases, parents once saw the DVD authorizing presence of their kids, for the first 2 issues.

¿Will you use this info on day to day life?



Graphic 2 Will you use this info on day to day life? (Source: field research)

¿Who will you share this info with?	Frequency	%
Family	962	65%
Friends	320	22%
Neighbors	80	5%
Other teens, children or young people on the street	46	3%
Others	70	5%
Total	1478	100%

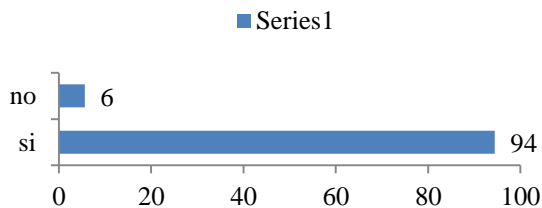
Table 3 Who will you share this info with? (Source: Field research)

94% of the population agreed to share this information: 65% with their family, 22% with friends, 5% with neighbors, 3% with other teens, children or young people on the street. This shows that people after observing various topics, information can flow easily from them to community, fulfilling one of the objectives of this research.

They did not answer the surveys

90% of participants recognized as useful the information received: 30% said t it would serve them to help or advise other young people. 16% expressed it will serve to train others. 15% said it will help to improve communication with family members.

¿Will you share this info?



Graphic 3 Will you share this info? (Source: field research)

List main things you have learned today	Frequency	%
Where are we going?	210	13%
Contraceptives devices	488	29%
Self-knowing/body changes	366	22%
Howtopreventviolence?	16	1%
Sexual dialogues/responsabilty	68	4%
Relationshipissues	159	9%
Masturbation/wetsheets	57	3%
Project of life	168	10%
Others	146	9%
	1678	100%

Table 4 List main things you have learned today(Source: field research)

As far of learning, 29% expressed contraception and STI prevention as most important, 22% self-awareness and body changes. 10% reported what they had learned was relevant for their life project. They were covered also, other issues such as wet-sheets, early ejaculation and masturbation. 9% of surveyed were more concerned about love relationships, specifically regarding "the proof of love" issues.

What difficulties will you find to put this info into practice?	Frequency	%
None	590	41%
No time	71	5%
Shyness	303	21%
No interest/ avoid bullying	309	21%
Without sexuality education material	83	6%
Others	95	7%
Total	1451	100%

Table 5 What difficulties will you find to put this info into practice? (Source: field research)

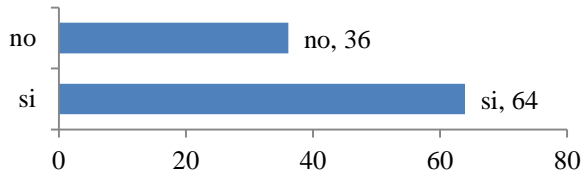
41% of respondents agreed on facing difficulties, while 21% said they had none. It will be important to get rid of prejudices, and not listening to jokes, being not interested or feeling uncomfortable or shy regarding sexual education. 21% of surveyed people felt unprepared to address any sexual issues, recognizing a major shyness. Only 6% said that it would be difficult address sexuality issues at household without Family First DVD tool to facilitate the process.

Who must receive this info?	Frequency	%
Teenagers	204	12%
Adults/familymembers	494	28%
Friends	249	14%
Schools	200	11%
Community	132	7%
Children	317	18%
Others	168	10%
Total	1764	100%

Table 6 Who must receive this info?(Source: field research)

28%of surveyed believed adults should receive this sexuality orientation; 14% agreed their friends might need it as well, 18% agreed children should receive sexual orientation while 12 responded that teenagers must receive it. 11% of surveyed said schools should provide sexual orientation as well.

¿Did you change your mind after whatching this DVD?



Graphic 4 ¿Did you change your mind after watching this DVD? (Source: field research)

64% of surveyed stated a change of sexuality perspective after the workshop while 36% stated there was no change of opinion.

What changed on your mind?	Frequency	%
About my body/ body changes	138	15%
How kids are conceived?	65	7%
Project of life/ measure consequences	66	7%
Eliminate myths Proof of move Masturbation	160	17%
Ninguno	88	9%
Parental planning Condom Sexual diseases	224	24%
Talkaboutsexuality	107	11%
Otherss	89	9%
	937	100%

Table 7 What info made change your mind? (Source: research field)

24% considered family planning as important, along with sexual illness prevention and condom use. 17% of respondents agreed to eliminate proof-of-love test; and myths about love, masturbation and love relationships.15% were concerned on the changes that occur on the body on the body while growing up. 11% indicated talking about sex is not bad. 7% were more concerned on their project of life changes that might influence sexuality education.

What subject has impacted you the most?	Frequency	%
¿Where are we coming from?	159	10%
Ourbody	140	9%
self-knowing	163	10%
Growing-up changes	174	11%
Couple relationships	168	10%
Project of life	280	17%
Protection	253	15%
Myths and believes	124	8%
Extras	126	8%
None	20	1%
Allsubjects	36	2%
	1643	100%

Table 8 What subject have impacted you the most?(Fuente: field research)

Project of life received more attention and curiosity on respondents (17%), and it need to be stressed out at the family circle and at schools since 34% of participants were teenagers. It should call to reflection on the needs of youth and to promote opportunities to stimulate not only their project of life but also the necessary motivation to get it. Sexual protection it was the second of more concern (15%), confirming the fact that the surveyed population was hungry for information to carry out appropriate decisions on self-care and prevention of unplanned pregnancies.

Appendixes

Appendix 1: DVD themes

– Where are we coming from?

Themes: Affection, couple intimacy, pregnancy, delivery

Cross-themes: parental planning, affectionist relationships, gender, interculturality, children rights.

Gender: boys and girls

– Our body

Themes: men's and women's body differences. Respect to other genders.

Cross-themes: Gender differences, interculturality, abuse prevention

Gender: boys and girls

– Self-knowing

Themes: Self-knowing as part of emotional development. Curiosity and body exploration and pleasure. Right to intimacy and own space.

Cross-themes: Gender, interculturality and sexual rights

Age: Pre-teen and teenagers

– The age of changes

Themes: emotional and physical changes. First menstruation. Ejaculation. First love

Cross-themes: Gender equality, sex identity, contraceptive treatments

Age: Pre-teen and teenagers

– Couple relationships

Themes: first couple and feelings expectations, attraction. To have or to delay first sex experience. Proof of love test. Corresponsability.

Cross-themes: Sexual rights (I choose when, how and with whom). Respect for diversity. Contraceptives. Protection, Not planned pregnancy, sexual diseases.

Age: Pre-teen and teenagers

6.-Project of life

Themes: Elaboration of a life project based on the potential of each person. Education and development of motivations; interests and aspirations as factors that can get to delay pregnancy during adolescence.

Cross-themes: equity in gender roles, intercultural development and personal growth, self-esteem, self-determination, autonomy, prevention of teen pregnancy.

Age: Pre-teen and teenager

7.-Protection

Themes: Contraceptive methods. Protection and prevention: care for yourself and others. Responsibility. Couple communication as a protection mechanism.

Cross-themes: Family planning. Gender equality. Rights to sexual and reproductive health.

Age: Pre-teen and teenagers

8.-Myths and believes

Themes: Diversity of myths and false beliefs about human sexuality that generate distortion of sexual behavior and relationships, and the way of living and perceiving the body and sexuality.

Cross-themes: cultural patterns, gender equality, gender violence, intercultural.

Age: Pre-teen and teenagers

Extra Themes

– Exploration games on childhood

It is a normal process. Parents should not censor it. It explains that it is part of one's privacy and should not do it in front of others for self-protection.

– Contraceptives

Various methods, duration, benefits, contraindications and those accessible to family planning consultations within health centers

– Sexual abuse to minors and gender violence

Examples of child abusesituations. Symptoms and signs. The importance of listening to our children. Differentiate covered or uncovered secrets. Violence in relationships. Teaching our children to do not tolerate abuse. Right to live without violence.

– Sexually transmitted infections

List of sexually transmitted infections and how to prevent them. HIV AIDS. Promote HIV testing.

Appendix 2.-Family First cover page



Figure 1: First cover page

Appendix3.-Interview Matrixto participants of Family First Interactive DVD atProvincia de Santa Elena

Question 1:Will you use this info on day to day life?

Yes	No	How	What

Question 2. Who will you share this info with?

Yes	No	With who?

Question3. What difficulties will you face sharing this info?

Question 4. List three things you have learned today

a)

b)

c)

Question 5.Who else should receive this info?And why?

a)

b)

c)

Why

Question 6. Will you be interested in attend to a similar workshop?.

Yes	No	Where? Tellthree places

Question 7 Did you changed your mind after watching this DVD?

Yes	No	Whatdiditchanged?	How?

Question 8. What theme did you like it the most?

Gratitude

A huge gratitude to 74 students of pre-Nursing School at Universidad Estatal Peninsula de Santa Elena that worked on the field with workshops and focus groups. To ENIPLA program of Secretary of Public Health for helping on the methodologic frame

Conclusions

- Inter-sectorial work is critical in the process of diffusion of this tool; it will get better results in less time and with less state resources. It becomes an important factor for later analysis of similar campaigns.
- Acceptance of this communication tool was confirmed by MSP which was used to reduce the ignorance and myths about sexuality issues for prevention of pregnancy in teenagers. Utilization of Family First Interactive DVD is high (90%)
- Motivating young applicants of the state school, to help on this activity for the community. It becomes an important factor for academia purposes such incentives for projects that are linked with the community.

- Strengthening family role on this issue is definitely the right strategy. Acceptance rates are high
- Broadcast sexuality education on mass media since it would reach as many people as possible
- Alarming national and local figures. deserve higher education attention. Higher Education should provide a proposal of solving the problem with a limited budget and excellent results.

From trainees' point of view:

- Results of teaching sexuality education were satisfactory as being able to see ignorance of certain matters. With this project several doubts were resolved
- Sexuality is a topic that must be addressed at home first, parents must encourage confidence and do not be afraid to ask these issues to easy their future and life plans.
- Family First educational DVD should be disseminated at province level, since it had caused a great impact and interest in all community and trainees, changing their view on this subject.

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