

# Impact of family planning on the sexual and reproductive life of adolescents

## *Impacto do planejamento familiar na vida sexual e reprodutiva de adolescentes*

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### ABSTRACT

**Introduction:** The family planning program is an important tool in reducing teenage pregnancy rates, which is considered a public health issue. **Objective:** To compile national and international scientific publications on the impact of family planning on pregnancy prevention in adolescents. **Method:** A literature review was carried out in the databases of the Virtual Health Library (VHL), Google Scholar, Scielo and PubMed, from August to December 2020, based on experimental and observational studies. **Results:** Of the 20 articles included, data were grouped, which enabled the construction of three thematic units: family planning program - strengths and weaknesses; determining and conditioning factors of teenage pregnancy; sex education as a tool to prevent teenage pregnancy. **Conclusion:** The effectiveness of family planning programs depends on several factors: adequate training of the professionals involved, free supply of inputs, applied sex education methodology, location of the program's physical headquarters and the target audience reached.

**Keywords:** Family planning; Family planning programs; Teenage pregnancy; Pre-adolescent pregnancy; Sexual health; Sexual and reproductive health.

### RESUMO

**Introdução:** O programa de planejamento familiar é uma importante ferramenta na redução dos índices de gravidez na adolescência, que é considerada uma questão de saúde pública. **Objetivos:** Compilar as publicações científicas nacionais e internacionais acerca do impacto do planejamento familiar na prevenção da gravidez em adolescentes. **Métodos:** Foi realizada uma revisão de literatura nos bancos de dados da *Biblioteca Virtual de Saúde (BVS)*, *Google Scholar*, *SciELO* e *PubMed*, no período de agosto a dezembro de 2020, a partir de estudos experimentais e observacionais. **Resultados:** Dos 20 artigos incluídos, foi realizado agrupamento dos dados que possibilitou a construção de três unidades temáticas: programa de planejamento familiar-potencialidades e fragilidades; fatores determinantes e condicionantes da gravidez na adolescência; educação sexual como ferramenta de prevenção da gravidez na adolescência. **Conclusão:** A eficácia dos programas de planejamento familiar, dependem de vários fatores: treinamento adequado dos profissionais envolvidos, fornecimento gratuito de insumos, metodologia de educação sexual aplicada, local da instalação da sede física do programa e o público-alvo atingido.

**Palavras-chave:** Planejamento Familiar; Programas de Planejamento Familiar; Gravidez na Adolescência; Gravidez na Pré-Adolescência; Saúde Sexual; Saúde Sexual e Reprodutiva.

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## INTRODUCTION

In 2019, the world population of women of reproductive age (15 to 49 years) was estimated at 1.9 billion people. Of this total, approximately 1.1 billion need family planning services and information. It is noteworthy that there is a repressed demand of 270 million women in the world, who do not have access to any contraceptive method.<sup>1</sup>

In Brazil, in the period between 2000-2010, 21% of all births were from teenage mothers,<sup>2</sup> despite the fact that, since 1997, Federal Law No. 9,263/97, whose objective was, in addition to combating old illegal practices sterilization programs promoted by national and international entities, implement free family planning for couples in the country, providing information and safe contraceptive methods to combat premature and unwanted pregnancies.<sup>3</sup>

Aiming to achieve the objectives proposed by federal legislation, the Ministry of Health (MS) established that the entry point for carrying out "reproductive planning" in Brazil would be primary health care. Such an action would occur at the level of basic health units primary. Such an action would take place at the level of basic health units and the respective professionals allocated there, responsible for a specific area territory, where they should map it and get to know the reality of all its residents, as well as create bonds of proximity, respect and bond, seeking to offer information and safe contraceptive methods for couples who wish to have children.<sup>4,5</sup>

Over the years, it was found that innumerable problems arose to put in practice an effective public policy on family planning, such as failures in the training of health professionals on the subject and inadequate choice and indication of contraceptive methods, to service users.<sup>6,7</sup> However, it is known that family planning is one of the most important tools for reducing risks to maternal and newborn child health, as it allows future parents to carry out an adequate and responsible interval between pregnancies in the formation of families and prevents unwanted pregnancies in children and adolescents, especially in the poorest and underdeveloped nations of the planet, also avoiding maternal deaths from clandestine and unsafe abortions, which correspond to approximately 13% of global maternal mortality.<sup>8</sup>

From the social aspect, planning the time to have a child for couples is of paramount importance, especially for women, who, when becoming a mother early, have very high risks of not being able to have an adequate education, decreasing their chances in the job market. and causing psychological repercussions for these mothers, such as low self-esteem and lack of future life prospects, renewing the cycle of misery and poverty.<sup>9,10</sup>

In this context, the study is justified by the fact that family planning is much more than a reproductive and sexual right, but because of the importance of spreading the vision of this tool as something indispensable for the project of any country that aims to develop and promote a state of social well-being to its citizens, being an integral part of public policies in any country in the so-called developed world. The aim of this study is to compile and compare national and international scientific publications on the impact of family planning on the prevention of adolescent pregnancy.

## METHOD

During the period from August to November 2020, searches were performed for sources in the databases of the Virtual Health Library (VHL), Google Scholar, Scielo and

PubMed. In the first stage, controlled descriptors were used, in Portuguese and English, associated with the OR and AND operators: (family planning OR family planning programs) AND (teenage pregnancy OR pre-adolescent pregnancy) AND (sexual health OR sexual health and reproductive).

In the second stage, to refine the results, the following inclusion criteria were established: articles, with full text in Portuguese, English and Spanish, published between January 2010 and November 2020, whose titles and / or abstracts addressed the importance of Family Planning in the lives of teenagers and were made available free of charge and online. Review studies, opinion articles, master's dissertations, doctoral theses, duplicate publications and which did not address the proposed theme were excluded. The result identified 23 articles in the VHL, 417 in Google Scholar, 5 articles in Scielo and 20 articles in PubMed.

In the second stage, the titles of the articles selected in the first stage were read, in order to verify which ones did not address the proposed theme, where 18 articles were selected in the VHL, 400 in Google Scholar, 3 in Scielo and 13 in Pubmed .

In a third step, after reading the abstracts of the articles selected in the previous step, 17 articles remained in the VHL, 14 in Google Scholar, 2 in Scielo and 12 in Pubmed.

In the fourth and last step, the full text of the remaining articles was read, from which the final sample of the present study was obtained, consisting of 4 articles from the VHL, 3 from Google Scholar, 1 from Scielo and 12 from Pubmed, totaling 20 studies.

From the careful analysis of a total of 465 documents found, 429 were excluded because they did not cover the proposed theme, 4 because they were literature reviews, 7 because they were not free, 4 because they were duplicated and 1 because it was incomplete,

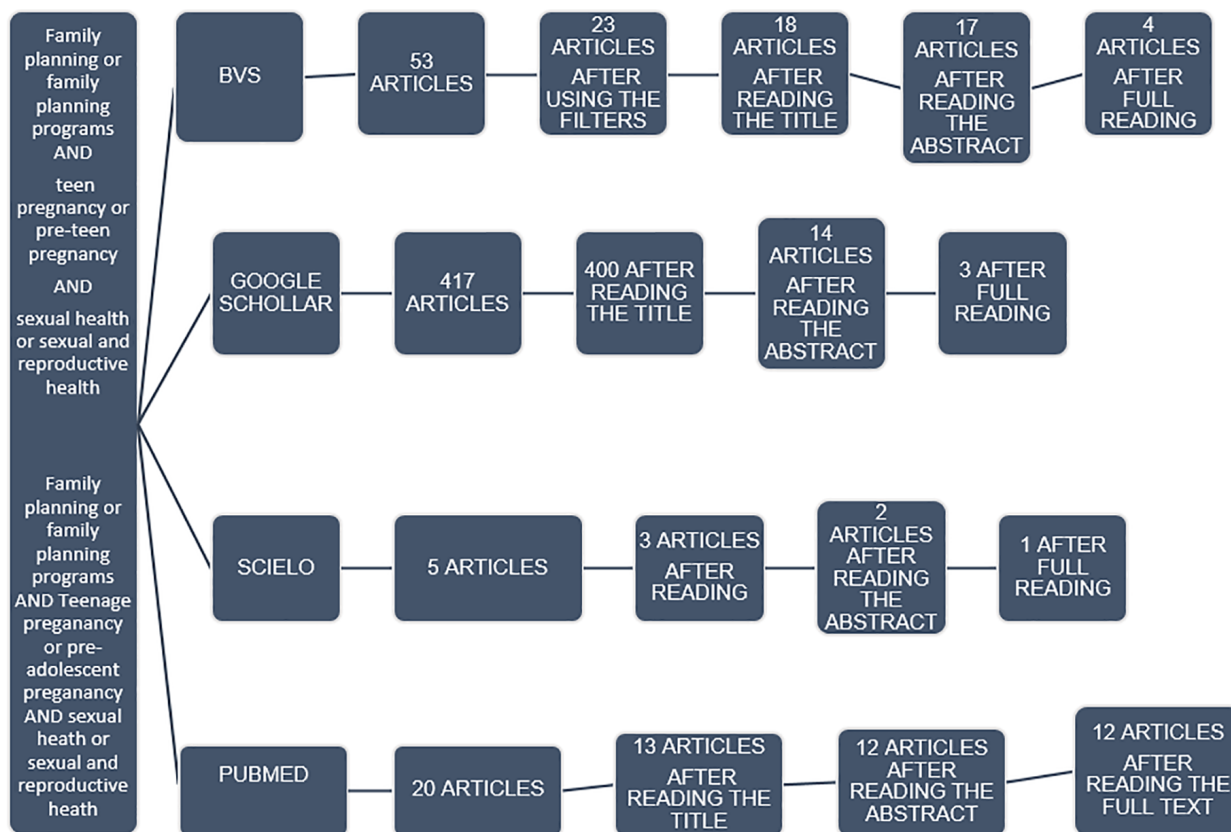
To carry out the treatment of the selected studies and check whether the titles and abstracts met the inclusion criteria, the studies were organized and tabulated. Two reviewers were evaluated, followed by a full reading of the pre-selected studies. After a consensual discussion among reviewers, the final selection of included articles was obtained, as shown in Figure 1.

## RESULTS

Of the 20 articles that comprised the sample of this review, it was found that 2020 was the year in which the largest number of articles related to the theme were found, with 4 articles, while the years 2019, 2011 and 2010 were not represented with sources in the present study. In relation to the countries from which the research originated, Brazil stands out, with 7 articles. The USA was represented by 3, Uganda by 2 and, with a study each, the following countries: Portugal, Ethiopia, Peru, Malawi, Switzerland, Ghana, Rwanda and Colombia.

With regard to publication journals, Reproductive Health was the most representative electronic journal, with 4 articles (20%), followed by The Pan African Medical Journal and Contraception, with 2 publications each (10%). Collective Health was the area in which most of the selected articles were published.

As for the most preferred language for this topic, it was observed that 5 articles (25%) were written in Portuguese, 13 (65%) in English and only 2 articles (10%) were in Spanish. As for the database where the document was indexed, it was evident that of the 20, 12 studies (60%) were at Pubmed, 4 (20%) were at the VHL, 3 (15%) at Google academic and, 1 (5%) at Scielo.



**Figure 1.** Selection of Articles by descriptors in the BVS, Google Schollar and Scielo,PUBMED databases.

It was possible to see that the vast majority of studies (14), which were related to the theme, were of a qualitative nature. Only 2 surveys were quantitative and 4 were of a mixed approach.

The variables of the selected studies were distributed in a synoptic table containing: year in descending order and country of publication, article title, journal/area of activity, language, approach and analyzed objectives (Table 1). The thematic analysis of this review occurred based on the objectives proposed by the selected studies, where 3 categorical axes emerged: I) Family planning program: strengths and weaknesses; II) Determining and conditioning factors of teenage pregnancy; III) Sex education as a tool to prevent teenage pregnancy.

## DISCUSSION

### I) FAMILY PLANNING PROGRAM: STRENGTHS AND WEAKNESSES

When addressing the theme of the family planning program (PPF), it is of utmost importance to assess its impacts on society in various aspects. Studies point out that, even indirectly, the PPF improves child health and education in the world.<sup>11</sup> But, for such a result to be evidenced, it is necessary that women and adolescents be placed as a priority in public health care,<sup>12</sup> in order to prevent the serious consequences brought about by the unwanted pregnancies of this target audience, such as the practice of unsafe abortions that cause life-threatening uterine injuries.

Teenage pregnancy is considered a complex phenomenon with psychological, physiological and economic variants<sup>13</sup>

since most women, in this age group, are unaware of the serious complications and consequences that pregnancy at such an early age can cause for their children's lives.<sup>14</sup> Recent studies show that the main aggravating factors of teenage pregnancy are early school leaving and premature entry into the labor market, performing activities with little qualification and perception of low wages, causing these young women to have poor living conditions and poor prospects of educational and professional growth.<sup>15</sup>

Another important contribution of the family planning program, in addition to decreasing the risks of an early and unwanted pregnancy, is to avoid the phenomenon of rapid repetition pregnancy (GRR). Such situation occurs when the woman, after a first pregnancy, becomes pregnant again, in a period of less than 24 months, this new pregnancy being a risk factor, both for the parturient and the fetus, due to the excellent recovery time of the female organism for a new pregnancy.<sup>16,17</sup>

GRR brings serious risks and consequences for maternal health during all stages of pregnancy, as well as negative repercussions in the economic and social fields, and can also affect the newborn (NB). The main consequences of rapid repetition pregnancy are: the low weight of the baby at birth, the risk of prematurity of the newborn and the risk of increased mortality. Another major problem resulting from early pregnancy and the rapid repetition of pregnancy is the occurrence of depression during the gestational period. In fact, all these factors are, in most cases, the result of unfavorable socioeconomic conditions, which highlights the importance of applying public family planning policies for the less favored social classes of the population.<sup>18</sup>

Table 1. Synoptic table of selected article

YEAR/COUNTRY	TITLE	JOURNAL - AREA OF PRACTICE	LANGUAGE	APPROACH	GOALS
2020 BRAZIL	EDUCATION IN SEXUAL HEALTH FOR SCHOOL ADOLESCENTS	UFPE ON LINE/REUOL NURSING MAGAZINE - NURSING	PORTUGUESE	QUALITATIVE	ANALYZE INTERNATIONAL AND NATIONAL PRODUCTION ABOUT THE POTENTIALITIES AND WEAKNESSES OF FAMILY PLANNING IN PREVENTION OF PREGNANCY IN ADOLESCENCE.
2020 SWITZERLAND	IMPROVING ACCESS TO AND USE OF CONTRACEPTION BY ADOLESCENTS: WHAT PROGRESS HAS BEEN MADE, WHAT LESSONS HAVE BEEN LEARNED AND WHAT ARE THE IMPLICATIONS FOR ACTION?	BEST PRACT RES CLIN OBSTET GYNAECOL - SAUDE COLETIVA	ENGLISH	QUALITATIVE	PROGRESS OBTAINED OVER THE LAST 25 YEARS IN REDUCING PREGNANCY LEVELS IN ADOLESCENTS THROUGH THE USE OF CONTRACEPTIVES AND EXAMINING FACTORS THAT HINDER TEENAGERS' OBTAINING AND USE OF THESE DRUGS
2020 BRAZIL	THE LOOK OF PREGNANT TEENAGERS IN THE GIRL-MOTHER PASSAGE RITUAL	THEMA MAGAZINE - TEACHING AND EDUCATION	PORTUGUESE	QUALITATIVE	VISION AND CONSEQUENCES OF PREGNANCY IN ADOLESCENCE
2020 BRAZIL	UNDERSTANDING SEXUAL AND REPRODUCTIVE HEALTH NEEDS OF YOUNG WOMEN LIVING IN ZIKA AFFECTED REGIONS: A QUALITATIVE STUDY IN NORTHEASTERN BRAZIL	REPRODUCTIVE HEALTH - SAUDE COLETIVA	ENGLISH	QUALITATIVE	BARRIERS FACED BY YOUNG WOMEN IN ACCESS TO SEXUAL AND REPRODUCTIVE HEALTH SERVICES
2018 RWANDA	SHOULD CONDOMS BE AVAILABLE IN SECONDARY SCHOOLS? DISCOURSE AND POLICY DILEMMA FOR SAFEGUARDING ADOLESCENT REPRODUCTIVE AND SEXUAL HEALTH IN RWANDA	THE PAN AFRICAN MEDICAL JOURNAL - SAUDE COLETIVA	ENGLISH	QUALITATIVE	EVALUATION OF THE PROPOSAL TO SUPPLY CONDOMS IN SECONDARY SCHOOLS IN RWANDA FROM THE POLITICAL AND CLAIM ASPECT
2018 UGANDA	ESTIMATING ABORTION INCIDENCE AMONG ADOLESCENTS AND DIFFERENCES IN POSTABORTION CARE BY AGE: A CROSS-SECTIONAL STUDY OF POSTABORTION CARE PATIENTS IN UGANDA	CONTRACEPTION - REPRODUCTIVE HEALTH	ENGLISH	QUANTITATIVE	ESTIMATION OF THE INCIDENCE OF ABORTION IN ADOLESCENTS IN UGANDA
2018 MALAWI	YOUTH ACCESSING REPRODUCTIVE HEALTH SERVICES IN MALAWI: DRIVERS, BARRIERS, AND SUGGESTIONS FROM THE PERSPECTIVES OF YOUTH AND PARENTS	REPRODUCTIVE HEALTH - COLLECTIVE HEALTH	ENGLISH	QUALITATIVE	YOUTH AND PARENTS' PERSPECTIVES ON THE BARRIERS TO FAMILY PLANNING IN MALAWI AND THEIR IDEAS TO IMPROVE THE SERVICE
2017 USA	INADEQUATE BIRTH SPACING IS PERCEIVED AS RISKIER THAN ALL FAMILY PLANNING METHODS, EXCEPT STERILIZATION AND ABORTION IN A QUALITATIVE STUDY AMONG URBAN NIGERIANS	BMC WOMENS HEALTH - COLLECTIVE HEALTH	ENGLISH	QUALITATIVE	DEFINE AND DELIMIT THE USE OF CONTRACEPTIVES IN NIGERIA DUE TO HIGH FERTILITY
2017 BRAZIL	PREVALENCE OF RAPID REPEAT PREGNANCY AND ASSOCIATED FACTORS IN ADOLESCENTS IN CARUARU, PERNAMBUCO	REV. BRAS. MATERNAL AND CHILDREN'S HEALTH	ENGLISH	QUANTITATIVE	DETERMINE THE PREVALENCE AND ASSOCIATED FACTORS OF (GRR) RAPID REPEAT PREGNANCY IN ADOLESCENT PREGNANT WOMEN



2016 USA	KNOWLEDGE AND ACCEPTABILITY OF LONG-ACTING REVERSIBLE CONTRACEPTION AMONG ADOLESCENT WOMEN RECEIVING SCHOOL-BASED PRIMARY CARE SERVICES	JOURNAL OF PRIMARY CARE & COMMUNITY HEALTH	ENGLISH	QUALITATIVE/ QUANTITATIVE	KNOWLEDGE AND ACCEPTABILITY OF LARC AMONG FEMALE TEENAGERS AT A SCHOOL
2016 GANA	WHO'S THAT GIRL: A QUALITATIVE ANALYSIS OF ADOLESCENT GIRL'S VIEWS ON FACTORS ASSOCIATED WITH TEENAGE PREGNANCIES IN BOLGATANGA, GHANA	REPRODUCTIVE HEALTH - COLLECTIVE HEALTH	ENGLISH	QUALITATIVE	EXPLORE THE SOCIAL AND ENVIRONMENTAL FACTORS THAT INFLUENCE SEXUAL DECISION MAKING AMONG ADOLESCENTS WITHOUT PREGNANCY EXPERIENCE
2016 BRAZIL	PREGNANCY IN ADOLESCENCE: CENTRALIZED CONSEQUENCES FOR WOMEN	HEALTH TOPICS	PORTUGUESE	QUALITATIVE/ QUANTITATIVE	MAIN CONSEQUENCES FACED BY PREGNANT ADOLESCENTS AND ASSESSING THEIR KNOWLEDGE
2015 BRAZIL	PREGNANCY IN ADOLESCENCE: CONSEQUENCES FOR WOMEN	INTESA MAGAZINE - COLLECTIVE HEALTH	PORTUGUESE	QUALITATIVE/ QUANTITATIVE	IDENTIFYING THE CONSEQUENCES OF PREGNANCY FOR ADOLESCENTS AND THEIR KNOWLEDGE ON THE SUBJECT
2014 PORTUGAL	RELATIONAL AND REPRODUCTIVE PATHS LEADING TO PREGNANCY IN ADOLESCENCE: THE NATIONAL AND REGIONAL PORTUGUESE REALITY	PORTUGUESE MEDICAL ACTA	PORTUGUESE	QUALITATIVE/ QUANTITATIVE	FACTORS THAT CAUSE ADOLESCENCE PREGNANCY IN PORTUGAL ACCORDING TO REGIONAL SPECIFICITIES
USA	BARRIERS TO AND ENABLERS OF CONTRACEPTIVE USE AMONG ADOLESCENT FEMALES AND THEIR INTEREST IN AN EMERGENCY DEPARTMENT BASED INTERVENTION	CONTRACEPTION - REPRODUCTIVE HEALTH	ENGLISH	QUALITATIVE	REASONS FOR MISUSE OR NON-USE OF CONTRACEPTIVE METHODS AMONG ADOLESCENTS
2014 COLOMBIA	SEXUAL AND REPRODUCTIVE HEALTH IN UNIVERSITY STUDENTS OF UMA INSTITUCIÓN DE EDUCACIÓN SUPERIOR EM COLOMBIA	PUBLIC HEALTH MAGAZINE	SPANISH	QUALITATIVE	RESEARCH ON SEXUAL AND REPRODUCTIVE HEALTH, STDs, FERTILITY, SEXUALITY AND PREGNANCY AMONG STUDENTS AT A COLOMBIAN UNIVERSITY
2013 PERU	FAMILY PLANNING AS A BASIC TOOL FOR DEVELOPMENT	PERUVIAN JOURNAL OF EXPERIMENTAL MEDICINE AND PUBLIC HEALTH - COLLECTIVE HEALTH	SPANISH	QUALITATIVE	HOW THE STATE AND THE POPULATION DEAL WITH FAMILY PLANNING
2012 UGANDA	BARRIERS TO SEXUAL REPRODUCTIVE HEALTH SERVICES AND RIGHTS AMONG YONG PEOPLE IN MTWARA DISTRICT, TANZANIA: A QUALITATIVE STUDY	THE PAN AFRICAN MEDICAL JOURNAL - COLLECTIVE HEALTH	ENGLISH	QUALITATIVE	INFORMATION ABOUT THE BARRIERS TO THE USE OF HEALTH SERVICES BY YOUTH IN A DISTRICT IN TANZANIA
2012 ETHIOPIA	HEALTH WORKER'S ATTITUDES TOWARD SEXUAL AND REPRODUCTIVE HEALTH SERVICES FOR UNMARRIED ADOLESCENTES IN ETHIOPIA	REPRODUCTIVE HEALTH - COLLECTIVE HEALTH	ENGLISH	QUALITATIVE/ QUANTITATIVE	DESCRIPTIVE CROSS SURVEY AMONG 423 HEALTH WORKERS
2012 BRAZIL	PREGNANCY IN ADOLESCENCE IN CONTEXT: UNDERSTANDING REPRODUCTIVE INTENTIONS IN A BRAZILIAN FAVELA	PUBLIC HEALTH NOTEBOOK - PUBLIC HEALTH	ENGLISH	QUALITATIVE	INVESTIGATE IF ADOLESCENTS CONSIDER PREGNANCY AS A PROBLEM BASED ON THE SOCIO-ECONOMIC ASPECT AND THE INFLUENCE OF SEVERAL ACTORS IN THE DECISION PROCESS

Important weaknesses in family planning policies found in the sample studies were the restriction of those programs to specific portions of a population, as occurs in Nepal,<sup>18</sup> where only officially married couples can be addressed to that local health policy, the lack of adequate information on reproductive health and contraceptive methods in Uganda<sup>19</sup> and the costs of transport and the long distances to be traveled to local health services in Malawi.<sup>20</sup>

## II) DETERMINING AND CONDITIONING FACTORS OF TEENAGE PREGNANCY

Before assessing the impact of public family planning policies, it is necessary to recognize the determining and conditioning factors for the occurrence of teenage pregnancy. Studies reveal that there are many factors that may be associated with early pregnancy, such as not using or misusing, discontinuing the use of oral contraceptives, the lack of sexual education for young people, cultural and social factors, or not being attended by this population by health professionals.<sup>21</sup>

In 2010, the Northeast region of Brazil, concentrated the highest rate of teenage pregnancy among all other regions of the country. This was due to the low levels of education found in the population, which contributed to the low demand for health services among young Northeastern women and their lesser knowledge about methods of preventing pregnancy. This situation caused the Zika virus epidemic to settle in the region that year, further aggravating the social situation of that population and greatly increasing the number of children born with microcephaly to adolescent mothers.<sup>21</sup>

When talking about the reasons for discontinuing the use of oral contraceptives among adolescents, the main responsible factors are the lack of proper medical guidance, unplanned sexual intercourse and the side effects that such drugs produce.<sup>22</sup> In studies conducted in African countries, other factors pointed out were the conflict between the use of contraceptives and religious beliefs, the great distances to the drug distribution sites, the lack of financial resources for its acquisition and the lack of knowledge and unpreparedness of the health professionals regarding the correct use of such medications.<sup>22</sup>

In this context, it was also noted that the lack of adequate information on reproductive health and contraceptive methods causes many young women in developing or even developed countries to have an unwanted pregnancy in adolescence or to contract sexually transmitted diseases.<sup>23</sup> Sociocultural issues, such as sexual initiation rituals and marriages against the will of adolescents in regions of Africa, are factors that contribute to teenage pregnancy in these settings.<sup>24</sup>

Family planning, therefore, encompasses not only the issue of teaching young people to use the contraceptive method properly, but also learning about what is correct in terms of contraception, as it is common to choose inappropriate methods under false truths. This situation is a common occurrence among the population of some countries, such as Nigeria, where high birth rates and little use of contraceptive methods are observed. In these countries, teenage pregnancy and the generation of many children are considered positive conditions for that society. The risks in relation to the use of contraceptive methods are distorted, taking more into account the current social norms than solidified scientific knowledge.<sup>24</sup>

## III) SEX EDUCATION AS A TOOL TO PREVENT TEENAGE PREGNANCY

An effective family planning program must encompass not only effective actions for accessing and assisting

adolescents, but mainly actions to prevent early pregnancy through sexual education. The chances of reducing the risks of an unwanted pregnancy are high when this tool is used, as the interventions carried out in Health Education open the dialogue on issues experienced by the adolescents themselves, facilitating the dialogue about sexuality, which is still considered a taboo within many families. Such a strategy, when allied to its implementation in the school environment, is even more effective in achieving the proposed objectives.<sup>24</sup>

Sexual education as a tool to reduce teenage pregnancy rates needs to be well applied. Effective educational strategies are those that reach young people who are regularly enrolled in formal education, those who are out of school, or those who are behind in school. Young women in the latter group are those who have the greatest risk of unwanted pregnancies. Apathetic educational measures, such as the discussion about sex restricted only to the Biological Sciences classes, with several gaps in the debate about sexual practices, could be suppressed. It is essential to improve the programming of themes on sexuality, including issues such as pregnancy risks and school dropout, as the repetitive and monotonous approach to the subject has been ineffective in achieving the objectives, that is, preventing early pregnancy.<sup>24</sup> Even more worrying is the situation verified in some studies conducted in countries such as Ethiopia.<sup>25</sup> In this country, it was observed that 30%, almost a third of health professionals, had negative attitudes towards the provision of reproductive health services for unmarried young people and 46.5% of respondents were unfavorable to the provision of planning methods family for young singles.<sup>25</sup>

Another interesting instrument for sexual education among young people is dialogue, giving them the opportunity to express themselves, talking about their personal doubts and anxieties with someone trained to listen to them and sharing their experiences with other young people. However, a contradictory view for using this tool was seen in Malawi. In a study conducted in this African nation, it was revealed that young people prefer medical services where the privacy of their information is guaranteed. According to the researchers, the young people reported sharing with parents or guardians their personal information provided to community health agents, in a clear breach of trust and difficulty in forming a bond.<sup>26</sup>

It is recognized the duty of the State to adopt clear family planning policies, including medical and psychological support,<sup>26</sup> as well as the preventive action of nurses in the primary health service.<sup>27</sup> The nursing professional, being closer to the patients, must respect the self-determination of people when they intend to plan their lives reproductive health, without interfering in their decisions. It should offer a variety of contraceptive methods that best suit the needs of the couple or the girl of childbearing age.<sup>28</sup> The use of long-acting reversible contraceptives (CRLA), such as the intrauterine device and the subdermal contraceptive implant, are considered as effective methods of contraception that can be used on women with different cultural backgrounds and less sexual experience. However, it is the obligation of the Public Power to supply the various types of drugs to the population who need them in order to effectively implement their public health policies.

## CONCLUSION

The study revealed that family planning programs have great potential for the general well-being of society and for younger women. As a priority, it was designed to favor that less favored portion of the population, lacking financial resources. Its indirect

function was to improve child health and education globally, as it would prevent early school leaving of adolescents of childbearing age and, therefore, their premature entry into the labor market in low-paid jobs, while also preventing pregnancies of rapid repetition and its serious consequences for the mother and the baby. The PPF also reduces the rates of contamination of young people by Sexually Transmitted Infections (STIs).

It was also observed that there are weaknesses in the programs that end up contributing to the phenomenon of unwanted pregnancy, such as the absence of an effective sexual orientation program for adolescents, and social and cultural factors involved, such as poverty, low education, forced marriages among young people and the exaggerated number of children by couples, a phenomenon observed mainly in the poorest regions of the African continent.

Finally, it was found that sex education is a very effective method in achieving the proposed goals since it dialogues with the intended target audience through innovative and creative tools, where the adolescent has the opportunity to talk about their sexual experiences and doubts with a trained professional who has a qualified listener, preserving the confidentiality of the information.

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