

Youth Risk Behavior Survey 2014
Report of Findings



Child Care and Youth Empowerment
Foundation
Mukono, Uganda

Background

Youth are the future of Uganda with more than half of our population being comprised of young people. 52.7% of the population is under 15 years of age. One in every three (37.4%) is a young person, or someone between the ages of 10-24 years. As a community, it is vital for us to ensure that our youth are growing up strong and leading healthy lifestyles. One of the most important commitments a country can make for future economic, social and political progress and stability is to address issues and concerns of its young people.

Young people are vulnerable to myriad health challenges by virtue of their level of activity, willingness to take risks, and limited access to information. These include reproductive health problems, such as STIs/HIV/AIDS, early or unwanted pregnancy, unsafe abortion, and psychosocial problems such as substance abuse, delinquency, truancy, sexual abuse etc...

In order to determine the issues affecting youth today, Child Care and Youth Empowerment Foundation partnered with Mukono District to create the Youth Risk Behavior Survey. With this survey, it is possible to see which issues are most affecting the youth in Mukono. This will make it easier for health educators and other health professionals to create youth-friendly interventions to mitigate the health challenges that youth face.

Goal

The goal of this survey is to determine risky behavior among in-school Mukono youth in order to better design and develop health interventions.

Objectives

1. Determine risks in order to improve resources for adolescent health programs, access to quality adolescent health services, and to provide information, services and facilitate life skills development for positive behavioral change amongst youth.
2. Promote adolescent health needs through research.
3. Increase awareness, appreciation and respect of young people's needs and rights.
4. Promote meaningful participation of youth in the development of adolescent programming.

Questionnaire Description

The Youth Risk Behavior Survey is a 45-question survey that was conducted in secondary schools and given to students of all levels. Survey questions asked students about topics including violence, drugs/alcohol, sex and nutrition. Each question was multiple-choice. The complete survey can be found in Appendix A.

Sample Description

The YRBS was completed in 9 secondary schools located in Mukono District, Uganda between June and July 2014. Of these schools, 5 were private and 4 were public/government. The full list of participating schools can be found in Appendix B. The total number of students from each school was practically equal, ranging from 95-102 students, with Our Lady of Africa and St. Charles Lwanga both having the greatest number of participants. There were a total of 886 participants with 43% (n=379) being male and 57% (n=499) being female. The average age of participants was 16.2 with a range from 12-26. The most common age was 15 (n=154, 17%). Most were in Senior 2 (n=221, 25%), which is the second year of secondary school. No other descriptive data were collected.

Findings

Violence

Three questions were asked regarding how frequently one had experienced violence. The results showed that 11% (n=93) had been forced to have unwanted sexual intercourse. Thirteen percent (n=118) had been physically hurt 1 or more times by someone they were dating in the past year. This included being hit, slammed into something or injured with an object or weapon. Sixteen percent (n=144) had been forced, in the past year, to do sexual things when they did not want to by someone

they were dating. This included kissing, touching or being forced to have intercourse.

Alcohol

Six questions were asked regarding alcohol consumption. Alcohol included beer, wine, wine coolers and liquor-such as rum, gin, vodka, whiskey, waragi or satchets. For the purposes of this survey, drinking alcohol did not include drinking a few sips of wine for religious purposes. Of the participants, 38% (n=337) had drunk alcohol at least once in their life. Six percent (n=57) of those that had alcohol had drunk on 20 or more days in their lives. There was no trend in the age at first drink. Binge drinking, or having 3 or more drinks within a few hours happened amongst 11% (n= 98) of the students in the past 30 days. Participants were able to obtain alcohol in a number of different ways but the most common was by someone giving it to them (n=61).

Drugs

Three questions were asked regarding marijuana use. Fortunately, marijuana use does not seem to be an issue among in-school youth in Mukono. An overwhelming 91% (n=798) of participants had never tried marijuana or kuber in their life. Only 63 students (7%) had smoked once or more in the last 30 days.

Sex

Ten questions were asked regarding sexual activity. More than half (n=506, 58%) of the students have been tested for HIV, however, that leaves a large percentage of participants unaware of their HIV status. Thirty-eight percent (n=325) of the participants have had sexual intercourse. The percentages for the rest of these findings will be based only on sexually active (SA) students.

When asked about age of sexual debut, 37% (n=114) of SA students had sex for the first time at 11 years old or younger. This was the most common answer. The next most common was 17 or older (n=64), with 20% responding this way. About half, 49% (n=147), of SA students had sex with only one partner while 51% (n=151) have had sex with 2 or more partners. During the last time they had sex, 48% (n=151) did not use condoms. Fourteen percent (n=43) had taken drugs or alcohol the last time they had sex.

Participants were asked to mark which type of family planning they used during their last sexual intercourse to prevent pregnancy, specifically. The last time they had sex, 40% (n=129) of participants used no protection, 4% (n=13) pulled out and 49% (n=156) used condoms. The other 7% (n=21) used different FP methods- either the pill or the shot. No respondent put that they, or their partner, used the implant or an IUD, yet 2 people stated that they didn't know if any protection was used.

Thirty-two percent (n= 275) of participants have felt pressured to have sex and 19% (164) felt unsure about whether they had been pressured or not. The most common answer for who was pressuring the student into sex was “classmate or friend”. Only 3% (n=31) of participants had sex in exchange for money or services. Nine percent (n=95) have participated in other forms of sex, such as oral or anal sex.

Nutrition

Three questions were asked regarding nutrition. Of the students, 28% (n=242) claimed they rarely or never have balanced meals in school. Only 36% (n=324) had breakfast, meaning more than just tea, every day of the past week and 22% (n=186) went without eating for 24 hours or more in the past month.

Education

Six questions pertaining to education about sexual and reproductive health were assessed on the survey. Of the participants, 85% (n=759) were taught about HIV in school while 81% (n=720) were taught about how to prevent pregnancy, aside from abstinence, in school. The survey asked whether or not students felt comfortable talking about sexual issues with their parents and teachers. Fifty-seven percent (n=494) did not feel comfortable talking to their parents and 35% (n=305) did not

feel comfortable talking with their teachers about these topics. The majority of respondents, 82% (n=708), would like a counselor available to them at schools to discuss sexual challenges.

Knowledge

Ten questions pertaining to knowledge and myths about sexual and reproductive health were asked at the end of the survey. These questions were written as either true/false or agree/disagree. Of the 10 questions, only the ones with a considerable percentage (>20%) of wrong or unfavorable answers were reported. About 1 in 5 (21%, n=180) believe that if you have sex with someone who has no signs of an STD than it is safe to have sex with them. Twenty-two percent (n=192) believed the misconception that if you are circumcised you cannot acquire HIV. Almost 1 in 3 participants (32%, n=268) believed that you would test negative for HIV if you took an Aspirin before testing. 71% (n=607) believe that if a man ejaculates outside the vagina then a woman will not get pregnant.

When asked whether or not girls and the power to avoid sex and prevent pregnancy, 22% (n=197) disagreed. The majority, (70%, n=608), believes that having a boyfriend/girlfriend negatively affects academic performance.

Limitations

CCAYEF has recognized limitations that occurred while both conducting the survey and analyzing the data. To begin, the sample of schools and students was not entirely random. CCAYEF chose the 5 private schools and 4 government schools in which we would conduct the survey. We attempted to get a random sample of students, yet most schools were disorganized and our goal was not accomplished. Ideally we wanted 100 students from each school, 10 each from S1 and S2 and 20 each from the 4 upper-level classes. We also asked that the students be gender-balanced, which did not always happen.

Some schools did not give us adequate timing to complete the survey. Each survey should've taken about 45 minutes to complete; yet some schools only allocated 20-30 minutes. Because of this time crunch, some students rushed through the questions and may not have marked the correct answer. Due to the chaotic nature of the rushed environment, some surveys were not returned to us once given out.

At most schools there was limited space for the students to complete the survey. Because of this, students were often sitting close by each other making it possible for them to look at each other's answers. This may have made some students uncomfortable and forced them to mark dishonest answers. In Uganda, students often are punished for wrong answers, creating a culture of cheating on tests. Despite being told that

these were not exams and there was no “right” or “wrong” answers, students still seemed anxious to put down the answers they thought we wanted. In some schools, teachers or administrators would walk around the room looking at some papers, which also may have led to students being dishonest.

Another limitation that must be discussed is the fact that the survey was written in English. The local language in Mukono District is Luganda. Schools begin teaching classes exclusively in English when they enter secondary schools but students vary on their level of understanding. A Luganda speaker was present at each school and could offer help with translation if a student did not understand a particular word, yet we can't be sure that each student asked for help. It is also possible that students thought they knew what a word meant but had the wrong definition.

During the analysis of the data, CCAYEF hired interns to input the survey data into Microsoft Excel. The data was then analyzed with SPSS. There were a number of survey answers that had to be thrown away on each question due to invalid entries. We assume this was due to sloppy data entry rather than student errors.

Way Forward

The Youth Risk Behavior Survey has made it possible for us to forge a way forward with data backing our intervention ideas. There are a

number of areas where health providers and educators should seek to improve youth-friendly services based on the information we have gained.

Possibly the most clear intervention needed is a strong focus on condom use and family planning. One of the most shocking findings was that 40% of sexually active students were not using any form of protection while engaging in sexual intercourse. Without the use of condoms, youth not only risk early pregnancy but they also risk becoming infected with HIV and other sexually transmitted infections. CCAYEF believes that family planning should be taught in schools to ensure that students know how to use it when they begin having sex. It should be noted that by telling students about family planning it gives them the information they need to protect themselves and does not encourage premature sexual behavior. Abstinence would still be taught as the only 100% way to avoid unwanted consequences of sex.

In conjunction with the previous intervention, more information should be gathered on why students are not using protection during sexual intercourse. This would help us discover whether the issue is access, personal values/religion or something else. Once this has been identified, targeted interventions can be created to deal with this issue.

Something else that must be addressed is child rights. With 37% of students being under age 11 at age of first sexual intercourse, we are led

to believe that many of these were rape/defilement. Children, especially girls, in Uganda are at risk of being sexually abused. Child rights interventions need to be implemented in Mukono District. These may include sensitizations about child rights, parenting classes and stricter laws and punishments for pedophiles.

Alcohol and drugs, while used by some, does not seem to pose a large health risk to youth in school in Mukono District. Further research should be done on out-of-school youth to see if interventions should be considered.

Nutrition in schools should be examined. Over 1 quarter of the participants rarely or never had balanced meals while they were in school and more than 3 out of 5 students did not choose to eat breakfast every day, which is arguably the most important meal of the day. Because the students do not have control over the food they receive at school, nutrition interventions must target school administrators. The importance of a balanced meal and the consequences of malnutrition should be shown to those who have control over the food served in schools.

Appendices

Appendix A: Youth Risk Behavior Survey- 2104

Appendix B: List of participating schools

APPENDIX A

YOUTH RISK BEHAVIOR SURVEY- MUKONO DISTRICT, UGANDA 2014

This survey is intended to explore the sexual challenges and risk behaviors in youth in order to better help them. This information will remain confidential, so DO NOT write your name. Please tick the answer that best applies to you.

1. **What is your age?** _____

2. **What is your sex?**

A. Male

B. Female

3. **What class are you in?**

A. S1

B. S2

C. S3

D. S4

E. S5

F. S6

The following 3 questions have to do with violence:

1. **Have you ever been physically forced to have sexual intercourse when you did not want to?**

A. Yes

B. No

2. **During the past 12 months, how many times did someone you were dating or going out with physically hurt you on purpose? (Count things such as being hit, slammed into something, or injured with an object or weapon)**

A. I did not date or go out with anyone during the past 12 months

B. 0 times

C. 1 time

D. 2 or 3 times

E. 4 or more times

3. **During the past 12 months, how many times did someone you were dating or going out with force you to do sexual things that you did not want to do? (Count such things as kissing, touching, or being physically forced to have intercourse)**

A. I did not date or go out with anyone during the past 12 months

B. 0 times

C. 1 time

D. 2 or 3 times

E. 4 or more times

The next 6 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, whiskey, Waragi or satchets. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

1. During your life, on how many days have you had at least one drink of alcohol?

- A. I have never had a drink of alcohol
- B. 1-2 days
- C. 3-9 days
- D. 10-19 days
- E. 20-39 days
- F. 40-99 days
- G. 100 or more days

2. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 or 10 years old
- D. 11 or 12 years old
- E. 13 or 14 years old
- F. 15 or 16 years old
- G. 17 or older

3. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

4. During the past 30 days, on how many days did you have 3 or more drinks of alcohol in a row, that is, within a couple of hours?

- A. 0 times
- B. 1 time
- C. 2 times
- D. 3-5 times
- E. 6-9 times

- F. 10-19 times
- G. 20 or more times

5. During the past 30 days, what is the largest number of alcoholic drinks you had in a row, that is, within a couple of hours?

- A. I did not drink alcohol in the past 30 days
- B. 1 or 2 drinks
- C. 3 drinks
- D. 4 drinks
- E. 5 drinks
- F. 6 or 7 drinks
- G. 8 or 9 drinks
- H. 10 or more drinks

6. During the past 30 days, how did you get the alcohol you drank?

- A. I did not drink alcohol in the past 30 days
- B. I bought it at a store, such as a liquor store, supermarket, gas station or dduuka
- C. I bought it at a restaurant, bar or club
- D. Someone gave it to me
- E. I gave someone else money to buy it for me
- F. I took it from a store or family member
- G. I got it some other way

The next 3 questions are about marijuana and kuber. Marijuana is also called weed, enjaga, pot or ganja.

1. During your life, how many times have you used marijuana or kuber?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10-19 times
- E. 20-39 times
- F. 40-99 times
- G. 100 or more times

2. How old were you when you tried marijuana or kuber for the first time?

- A. I have never tried marijuana or kuber
- B. 8 years old
- C. 9-10 years old

- D. 11-12 years old
- E. 13-14 years old
- F. 15-16 years old
- G. 17 or older

3. During the past 30 days, how many times have you used marijuana or kuber?

- A. 0 times
- B. 1-2 times
- C. 3-9 times
- D. 10-19 times
- E. 20-39 times
- F. 40 or more times

The following 10 questions deal with sexual intercourse:

1. Have you ever had sexual intercourse?

- A. Yes
- B. No

2. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 11 or younger
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old
- H. 17 or older

3. During your life, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

4. During the past 3 months, with how many people have you had sexual intercourse?

- A. I have never had sexual intercourse
- B. I have had sexual intercourse but not within the last 3 months
- C. 1 person
- D. 2 people
- E. 3 people
- F. 4 people
- G. 5 people
- H. 6 or more people

5. Did you drink alcohol or use drugs before you had sexual intercourse the last time?

- A. I have never had sexual intercourse
- B. Yes
- C. No

6. The last time you had sexual intercourse, did you or your partner wear a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

7a. Have you ever felt pressured into having sex?

- A. Yes
- B. No
- C. Not sure

7b. If yes, by who?

- A. Relative
- B. Classmate
- C. Teacher
- D. Other, Please specify _____.

8. The last time you had sexual intercourse, what ONE method did you or your partner use to prevent pregnancy? (select only one response)

- A. I have never had sexual intercourse
- B. No method
- C. Birth control pills
- D. Condoms
- E. An IUD
- F. The shot- injectaplan

- G. The implant- implanon
- H. Withdrawal or “pulling out”
- I. Not sure

9. Have you ever participated in other sexual activities such as oral or anal sex?

- A. Yes
- B. No

10. Have you ever had sex (vaginal, anal or oral) in exchange for money or services, such as a free boda-boda ride?

- A. Yes
- B. No

The next 3 questions are regarding nutrition:

1. While at school, do you receive balanced meals? This includes a *starch*, like posho, rice or matooke, a *sauce*, like beans or meat, and a *vegetable*, like greens.

- A. Always
- B. Sometimes
- C. Rarely
- C. Never

2. During the past 7 days, on how many days did you eat breakfast (this means more than just tea)?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

3. During the past 30 days, did you go without eating for 24 hours or more?

- A. Yes
- B. No

The following 6 questions are regarding education and knowledge:

1. Have you ever been taught about HIV/AIDS infection in school?

- A. Yes
- B. No
- C. Not sure

2. Have you ever been taught in school about ways, other than abstinence, to prevent pregnancy?

- A. Yes
- B. No
- C. Not sure

3. Do you feel comfortable talking about sexual issues with you parents?

- A. Yes
- B. No

4. Do you feel comfortable talking about sexual issues with your teachers?

- A. Yes
- B. Yes, but only with certain teachers
- C. No

5. Have you ever been tested for HIV?

- A. Yes
- B. No

6. Would you like your school to have a counselor whom you can talk to about sexual challenges?

- A. Yes
- B. No

The following 10 statements are regarding misconceptions. Please circle your answer.

1. Having sex with someone who has no signs of a sexually transmitted disease means that there is no chance of getting it.

- A. True
- B. False

2. If you are a virgin for too long you won't be able to have children.

- A. True
- B. False

3. It is shameful to be a virgin.

- A. True
- B. False

4. Girls have the power to avoid sex and prevent pregnancy.

- A. Agree
- B. Disagree

5. A woman can get pregnant if a man ejaculates outside of her vagina.

- A. True
- B. False

6. You will not get HIV or pregnant if you wash immediately after having sex.

- A. True
- B. False

7. If one is HIV positive and s/he swallows Aspirin before taking an HIV test, the test will show negative.

- A. True
- B. False

8. If one is circumcised he cannot get HIV/AIDS.

- A. True
- B. False

9. You will suffer from back pain if you don't engage in sex.

- A. True
- B. False

10. Having intimate boy/girl relationships negatively affects academic performance,

- A. Agree
- B. Disagree

THANK YOU FOR YOUR PARTICIPATION



APPENDIX B

Participating Schools

1. St. Charles Lwanga
2. Our Lady of Africa- Dandira
3. St. John's Secondary School Kauga
4. Talents College
5. Mukono Bishop
6. Mukono High School
7. Namanve Secondary School
8. Seeta High School- Seeta Campus
9. Namalyango Secondary School