

# **Sex Health Education from Home and School: It's Influence on Adolescents' Knowledge, Attitude, and Beliefs toward Sexuality**

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**Abstract:** It is an undeniable reality that adolescents are more initiative in trying new things and learning more about their bodies and environment. The purpose of this study is to determine the influence of sex health education from home and school on adolescents' knowledge, attitude and belief towards sexuality. The study also assessed if the adolescents taking part in the study are influenced by other variables such as socioeconomic status, ethnicity, and culture. A descriptive-correlational method has been utilized in this study wherein 247 respondents, ages 12-18 years old were randomly selected. An adapted questionnaire was used in the study with some items modified. Results of the study revealed that there are enough sexual health education received at home and school. Moreover, it showed that the respondents have a wide knowledge about sexuality, yet they have indifferent attitude and belief towards it. Furthermore, it is revealed that the attitude and beliefs of students are greatly affected by sexual education received at home and school. However, the relationship between sexual educations received does not have great impact on the knowledge of the respondents. In fact, this study reveals that there was no difference in the sexual knowledge, attitude, and belief when the moderating variable age, gender, religion, family structure socioeconomic status and ethnicity are considered. Therefore, adolescents need the correct and proper guidance from home and school where they spend most of their time because they play a great role in building the knowledge and shaping the beliefs of the adolescents.

**Keywords:** Sex health education, knowledge, attitude, beliefs