

Mindful adolescents to reduce early pregnancies

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Objective. To understand how adolescent's awareness of sexuality can influence the phenomenon of an early pregnancy.

Materials and Methods. To achieve useful data for our study, we used a method. This was given to young people aged between 14 and 19. 59 closed-ended questions were included in the form.

Results. 59.4% of form participants took part in sexual education meetings, but 81.8% of these preferred to interact with friends and classmates outside of the family / school context. Only 1.4% of the young people who answered do not know the contraceptive methods useful for preventing pregnancies; the most used method is the barrier contraceptive, the condom.

64% responded that they did not know these protections of unwanted pregnancies at all, 31.9% reported that they were

not sure they did not know and only 4.2% knew these rules. However, from the responses obtained, even this 4.2% is not aware of the actual rules to support unwanted pregnancies.

92.8% answered that pornography determines an unreal vision of the sexual sphere, that causes, in 91.9% of cases, embarrassment during intercourse. In fact, 81.8% of young people use internet browsers to do research in the field of sexuality, but 61.1% of young people tell us that their doubts are not always clarified.

Conclusions. Young people should be followed more by specialist figures not only within schools, but also amplify extra-curricular relationships with them, trying to promote knowledge about useful contraceptives and legal rules to protect young people and try to encourage greater communication.