

Parental Attitudes towards Sex Education to Teenage Girls in Vhembe District of Limpopo Province

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ABSTRACT The study explored parental attitudes towards sex education to teenage girls, in Vhembe district of Limpopo province. A qualitative, explorative, descriptive, and contextual design was used. Population comprised all mothers residing at Tshandama village aged 35-55years, whose teenage girls were pregnant or gave birth within a year during the time of study. Non probability, snowball sampling method was used to select five mothers, and was determined by data saturation. Data were collected through unstructured interview, which was directed by one question: "What are your attitudes towards giving sex education to your teenage girls"? Tech's eight step process was used to analyse data. Results revealed that parents have negative attitudes towards giving sex education to their teenagers as they don't understand the importance thereof. Culturally it is a taboo to discuss about sexual issues with children (including teenagers and adolescents), as they believed that it would mean giving them permission to engage in sexual activities. They were also afraid that teenagers would become immoral and disrespectful for elders. Parents are still focussing so much on culture. Parental attitudes towards sex education to teenagers deserve attention in order to improve sexual and reproductive health of teenagers as they are future parents.