

# Adolescent contraceptive use

DATA FROM THE TIMOR-LESTE DEMOGRAPHIC AND HEALTH SURVEY (TLDHS), 2009-10

## Adolescent population: who are they?

In the Democratic Republic of Timor-Leste, there over **322 000** adolescents aged 10–19 years – **27.4%** of the country's total population.<sup>i</sup> The majority of adolescents live in rural areas, **67.5%** of adolescent girls and **68.3%** of adolescent boys.<sup>i</sup>

By age 19, the mean number of years of schooling attended by both adolescent girls and adolescent boys is **9.1**.<sup>ii</sup> Among adolescents who become parents before age 20, the average age at which Timorese adolescent girls have their first baby is **17.7** years, while the average age at which adolescent boys first become fathers is **18.0**.<sup>ii</sup>

## Sexual activity and marital status

Analysis of data from the TLDHS<sup>ii</sup> shows that over **11 500** Timorese aged 15–19 are currently sexually active – they are either unmarried and have had sex in the last three months or they are in a union (i.e. married or living together). On average, among adolescents who had sex before age 20, adolescent girls first have sexual intercourse at age **17.2** years and adolescent boys at **18.0** years.

Among unmarried adolescents, **0.9%** of adolescent girls report ever having sex and **0.2%** are currently sexually active; among adolescent boys, **9.8%** report ever having sex, while **5.9%** are currently sexually active.

Among all Timorese adolescents, **7.7%** of adolescent girls and **0.4%** of adolescent boys are in a union. Among these adolescents, the mean age of the first union is **17.1** years for adolescent girls and **17.9** for adolescent boys.

## What can be done to support Timorese adolescents to prevent unintended pregnancy?

Plan for how, when and where different groups of sexually active adolescents (married and unmarried, boys and girls, rural and urban) use and do not use contraception.

Learn the reasons why adolescents are not using contraception, and develop policies and programmes to better address their needs.

Understand that adolescents may get contraception from a variety of sources and ensure that each of these sources can provide high quality services for adolescents.

# Contraceptive use and non-use among adolescent girls

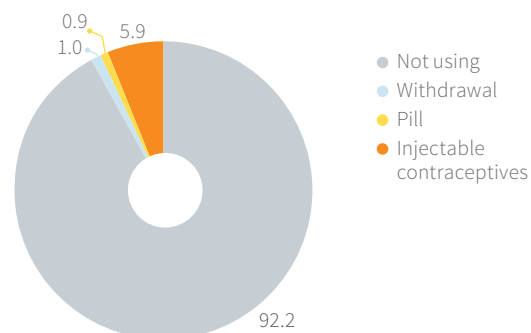
## In union

According to TLDHS<sup>ii</sup> analyses, **36.7%** of adolescent girls in a union report not wanting a child in the next two years, yet only **11.7%** of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- **she is opposed (43.9%)**
- **breastfeeding (27.3%)**
- **husband or partner is opposed (27.1%)**

Among all adolescent girls in a union aged 15–19, **92.2%** are not using a method of contraception. Among users, injectable contraceptives are the most common modern method used (**5.9%** of these adolescent girls), while pills are used by **0.9%**. Withdrawal, a traditional method, is used by **1.0%** (see Figure 1).

**FIGURE 1. Use and non-use of contraception: adolescent girls in union, aged 15–19 years (%)**



Source: analysis of TLDHS 2009–10<sup>ii</sup>

LISTED FROM LEAST EFFECTIVE TO MOST EFFECTIVE

Adolescents in a union who are using a modern method most often get it from a **government facility (92.8%)** or a **private facility (7.2%)**.

LEARN MORE AT [who.int/reproductivehealth/adol-contraceptive-use](http://who.int/reproductivehealth/adol-contraceptive-use)

<sup>i</sup>Urban and rural population by age and sex, 1980–2015 [online database]. New York (USA): United Nations Department of Economic and Social Affairs, Population Division; 2014 (<https://esa.un.org/unpd/popdev/urpas/urpas2014.aspx>, accessed 4 November 2016).

<sup>ii</sup>National Statistics Directorate (NSD) [Timor-Leste], Ministry of Finance [Timor-Leste], ICF Macro. Timor-Leste Demographic and Health Survey 2009–10 [Datasets]. TLIR61.DTA and TLMR61.DTA. Calverton (MD): ICF Macro; 2010 ([http://dhsprogram.com/data/dataset/Timor-Leste\\_Standard-DHS\\_2009.cfm?flag=0](http://dhsprogram.com/data/dataset/Timor-Leste_Standard-DHS_2009.cfm?flag=0), accessed 4 November 2016).

# Adolescent contraceptive use

ANALYSIS OF THE TIMOR-LESTE DEMOGRAPHIC AND HEALTH SURVEY, 2009-10



Among adolescents who had sex before age 20, the average age at first sex is



**17.2 years**  
for adolescent girls



**18.0 years**  
for adolescent boys

## DEMOCRATIC REPUBLIC OF TIMOR-LESTE



**0.3**

million adolescents ages 10-19

Among adolescents who become parents before age 20, the average age at first birth is

**17.7**

for adolescent girls

**18.0**

for adolescent boys

## What can be done to support Timorese adolescents to prevent unintended pregnancy?

Plan for how, when, and where different groups of adolescents use or don't use contraception.

Use and non-use of contraception adolescent girls, aged 15-19

Method	In union
Not using	92.2%
Withdrawal	1.0%
Pill	0.9%
Injectable contraceptives	5.9%

Learn the reasons why adolescents are not using contraception.

Report not wanting a child in the next two years

**36.7%**

adolescent girls in union

Main reasons for not using contraception

In union

- 43.9% she is opposed
- 27.3% breastfeeding
- 27.1% husband or partner is opposed

Understand that adolescents may get modern contraception from a variety of sources.

In union



**92.8%**

from a government facility


















**7.2%**

from a private facility
















LEARN MORE AT [who.int/reproductivehealth/adol-contraceptive-use](http://who.int/reproductivehealth/adol-contraceptive-use)

# Icon Directory








## METHODS:

-  Not using
-  Withdrawal
-  Periodic abstinence
-  Rhythm/calendar
-  Female condom
-  Male condom
-  Standard days/cycle beads
-  Pill
-  Injectable contraceptives
-  Lactational amenorrhea (LAM)
-  Implants
-  IUD
-  Male sterilization
-  Female sterilization
-  Spermicide

## REASONS FOR NON-USE:

-  Not married
-  Not having sex
-  Infrequent sex
-  Menses has not returned after birth
-  Breastfeeding
-  Fatalistic (up to god)
-  She is opposed
-  Husband/partner is opposed
-  Religious prohibition
-  Knows no method
-  Knows no source
-  Fear of side effects/health concerns
-  Inconvenient to use
-  Others opposed
-  Lack of access/too far

## SOURCE OF METHOD:

-  Government facility
-  Private facility
-  Pharmacy
-  Shop
-  Friends or parents
-  Other
-  Community Health Worker