Adolescent contraceptive use

DATA FROM L’ENQUÊTE DÉMOGRAPHIQUE ET DE SANTÉ ET À INDICATEURS MULTIPLES AU TCHAD (EDST-MICS), 2014-15

What can be done to support Chadian 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.

Adolescent population: who are they?

In the Republic of Chad, there are 3.3 million adolescents aged 10–19 years – 25.0% of the country’s total population. Three quarters of adolescents live in rural areas, 75.5% of adolescent girls and 74.6% of adolescent boys.

By age 19, the mean number of years of schooling attended by adolescent girls is 4.5, while for adolescent boys it is 6.8. Among adolescents who become parents before age 20, the average age at which Chadian adolescent girls have their first baby is 16.2 years, while the average age at which adolescent boys first become fathers is 18.0.

Sexual activity and marital status

Analysis of data from the EDST-MICS, over 450 000 Chadians 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 15.3 years and adolescent boys at 16.7 years.

Among unmarried adolescents, 15.9% of adolescent girls report ever having sex and 9.6% are currently sexually active; among adolescent boys, 20.5% report ever having sex, while 12.7% are currently sexually active.

Among all Chadian adolescents, 38.3% of adolescent girls and 3.2% of adolescent boys are in a union. Among these adolescents, the mean age of the first union is 16.7 years for adolescent girls and 17.6 years for adolescent boys.
Contraceptive use and non-use among adolescent girls

Unmarried, sexually active

According to EDST-MICS\textsuperscript{1} analyses, 41.8\% of unmarried, sexually active adolescent girls report not wanting a child in the next two years, yet only 39.4\% of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- infrequent sex (34.3\%)
- not married (28.0\%)
- knows no source (10.2\%)

Among all unmarried, sexually active adolescent girls aged 15–19, 84.8\% are not using a method of contraception. Male condoms are the most common modern method used (13.6\% of these adolescent girls), while implants, which are considered to be one of the most effective methods, are used by 0.7\%. Only a small proportion (0.5\%) are using periodic abstinence, a traditional method (see Figure 1).

In union

According to EDS-MICST\textsuperscript{2} analyses, 29.4\% of adolescent girls in a union report not wanting a child in the next two years, yet only 5.8\% of them are currently using any method to prevent pregnancy. The main reasons these adolescents report for not using a contraceptive method include:

- breastfeeding (68.5\%)
- menses has not returned after giving birth (21.3\%)
- knows no method (12.1\%)

Among all adolescent girls in a union aged 15–19, nearly all (97.1\%) are not using a method of contraception. Among the small proportion of users, 1\% or fewer are using one of the following modern methods: implants, lactational amenorrhea (LAM), injectable contraceptives, pills, and male condoms. Only 0.7\% are using periodic abstinence, a traditional method (see Figure 2).

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Adolescent contraceptive use

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

- 15.3 years for adolescent girls
- 16.7 years for adolescent boys

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

- 16.2 years for adolescent girls
- 18.0 years for adolescent boys

What can be done to support Chadian adolescents to prevent unintended pregnancy?

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

<table>
<thead>
<tr>
<th>Use and non-use of contraception</th>
<th>adolescent girls, aged 15-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>Method</td>
<td>Sexually active, unmarried</td>
</tr>
<tr>
<td>Not using</td>
<td>84.8%</td>
</tr>
<tr>
<td>Periodic abstinence</td>
<td>0.5%</td>
</tr>
<tr>
<td>Male condom</td>
<td>13.6%</td>
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<tr>
<td>Pill</td>
<td>--</td>
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<tr>
<td>Injectable contraceptives</td>
<td>--</td>
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<tr>
<td>Lactational amenorhea (LAM)</td>
<td>--</td>
</tr>
<tr>
<td>Implants</td>
<td>0.7%</td>
</tr>
</tbody>
</table>

**Learn the reasons why adolescents are not using contraception.**

Report not wanting a child in the next two years

- 41.8% sexually active, unmarried adolescent girls
- 29.4% adolescent girls in union

Main reasons for not using contraception

**Sexually active, unmarried**

- 34.3% infrequent sex
- 28.0% not married
- 10.2% knows no source

**In union**

- 68.5% breastfeeding
- 21.3% menses has not returned after giving birth
- 12.1% knows no method

**Sexually active, married**

- 66.4% from a government facility
- 15.5% from a private facility

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

- 54.2% from a shop
- 9.3% from a private facility

**ANALYSIS OF L’ENQUÊTE DÉMOGRAPHIQUE ET DE SANTÉ ET À INDICATEURS MULTIPLES AU TCHAD, 2014-15**

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who.int/reproductivehealth/adol-contraceptive-use
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

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