

Following are the slides used at the Commission on Population and Development's Regional Family Planning Conference for the National Capital Region held on 25 & 26 June 2024 and is made available for educational and informational purposes. The results presented are preliminary and may change as the final monograph report is being prepared. The public is encouraged to refer to the latest documents made available through the Institute's website.

Recommended citation:

University of the Philippines Population Institute (2024, June 26). *Sex, Family Planning, and Reproductive Health of Urban Youth: YAFS5 Findings for NCR* [unpublished PowerPoint slides]. Population Institute, College of Social Sciences and Philosophy, University of the Philippines.

Contact:

Maria Midea M. Kabamalan, Ph.D.  
Project Coordinator  
+63 2 8981 8500 local 2457 / 2468  
yafs5.upd@up.edu.ph

PRELIMINARY



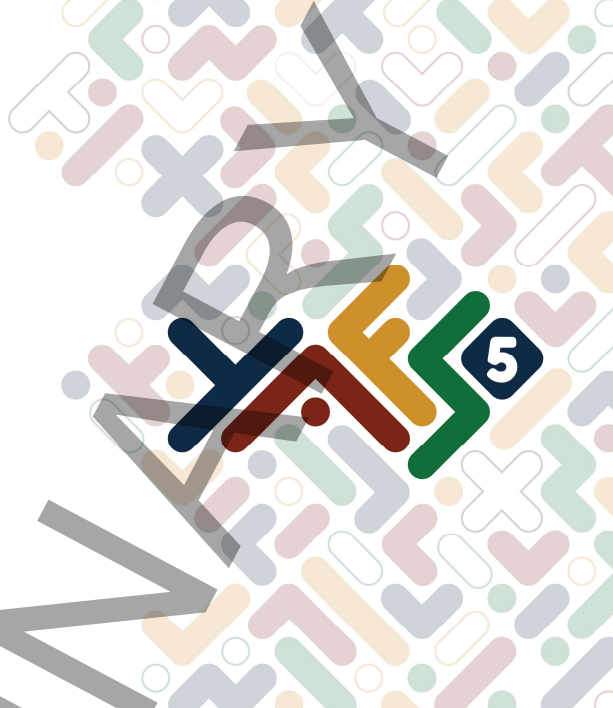
# Romance, risks, and reproduction:

## Inside the sexual lives of NCR youth

**KLARRINESS P. TANALGO**

Population Institute  
College of Social Sciences and Philosophy  
University of the Philippines

CPD Regional Family Planning Conference  
Lucky Chinatown Plaza, Manila  
25-26 June 2024



## Overview of YAFS5



# ABOUT YAFS



YAFS is the **largest series of cross-sectional surveys in the Philippines** on the 15 to 24 age group (1982, 1994, 2002, 2013)



The YAFS series aims to provide updated information on a broad framework of adolescent sexuality and reproductive health issues, their antecedents, and manifestations



Its rich findings have been used as **bases in the formulation of programs and policies** for the health and welfare of the youth



**YAFS5** aims to aid the **Adolescent Health and Development Program Strategic Plan** of the Department of Health (DOH)

80 provinces

17 regions

## Coverage of the YAFS5

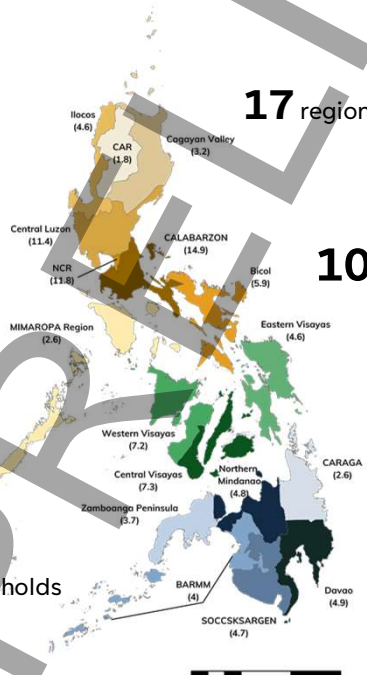
653 cities & municipalities

10,949 youth















955 barangays

NCR: 633 respondents (315 males, 348 females)

14,296 households



## YAFS5 Main Questionnaire Topics

 Block A: <b>Individual characteristics</b>	 Block H: <b>Marital Union and Dissolution</b>
 Block B: <b>Family Characteristics and Relationships</b>	 Block I: <b>Puberty, Dating and Sex</b>
 Block C: <b>Self-esteem, Self-efficacy and Life Satisfaction</b>	 Block J: <b>Fertility and Contraception</b>
 Block D: <b>School, Work, and Community</b>	 Block K: <b>Knowledge and Attitude towards Marriage, Sex and Related issues</b>
 Block E: <b>Media use</b>	 Block L: <b>Sexual Orientation Gender Identity, and Expression</b>
 Block F: <b>Friends and Peers</b>	 Block M: <b>Reproductive and Sexual Health</b>
 Block G: <b>Health and Lifestyle</b>	 Block N: <b>COVID-19</b>

UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE 2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## YAFS5 can produce relevant indicators in the SDGs

<b>1</b> NO POVERTY	<b>2</b> ZERO HUNGER	<b>3</b> GOOD HEALTH AND WELL-BEING	<b>4</b> QUALITY EDUCATION	<b>5</b> GENDER EQUALITY	<b>6</b> CLEAN WATER AND SANITATION
<b>7</b> AFFORDABLE AND CLEAN ENERGY	<b>8</b> DECENT WORK AND ECONOMIC GROWTH	<b>9</b> INDUSTRY, INNOVATION AND INFRASTRUCTURE	<b>10</b> REDUCED INEQUALITIES	<b>11</b> SUSTAINABLE CITIES AND COMMUNITIES	<b>12</b> RESPONSIBLE CONSUMPTION AND PRODUCTION
<b>13</b> CLIMATE ACTION	<b>14</b> LIFE BELOW WATER	<b>15</b> LIFE ON LAND	<b>16</b> PEACE, JUSTICE AND STRONG INSTITUTIONS	<b>17</b> PARTNERSHIPS FOR THE GOALS	

UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE 2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

# Sexual behaviour

## Sexual experience

Among NCR youth aged 15-24

**39%** ever had sex

Median age at first sex: 17 years

**85%** of first sexual experiences were premarital

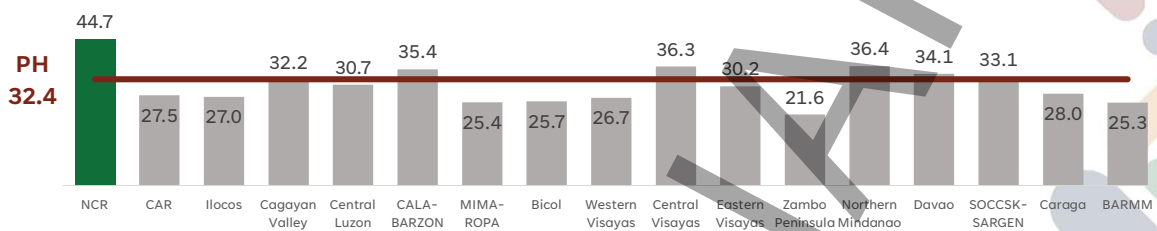
93% among males  
74% among females



## Sexual experience

Among males aged 15-24

Percentage of male youth 15-24 years old who ever had sex, by region



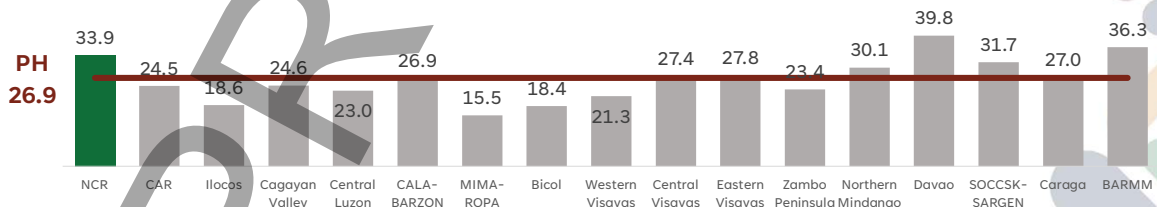
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Sexual experience

Among females aged 15-24

Percentage of female youth 15-24 years old who ever had sex, by region



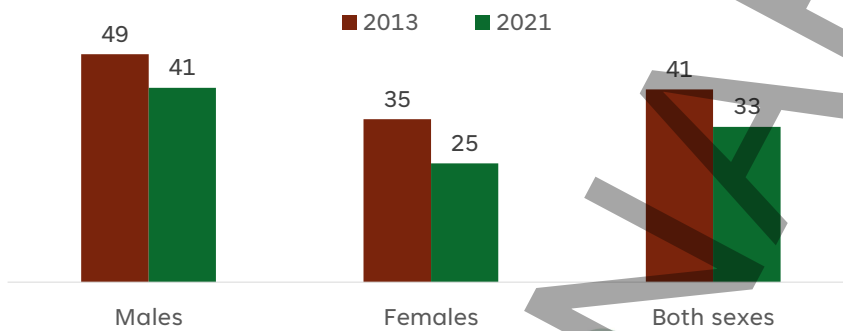
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Premarital sex experience

Among NCR youth aged 15-24

Percentage of youth 15-24 years old with premarital sex experience



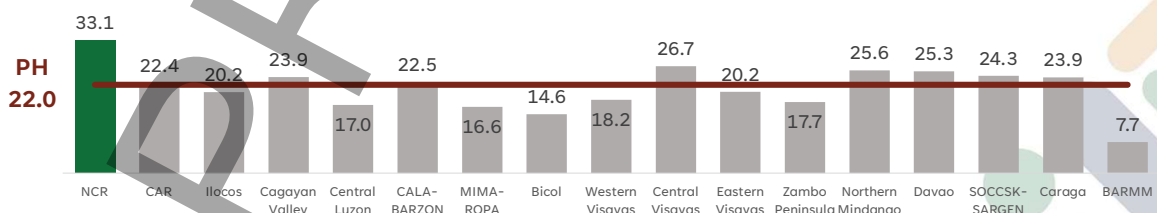
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Premarital sex experience

Among all youth aged 15-24

Percentage of youth 15-24 years old with premarital sex experience, by region



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

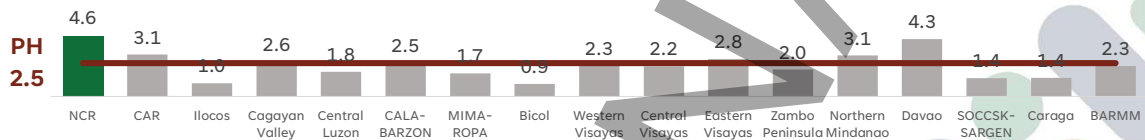
2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY



## Early sexual initiation

Among all youth aged 15-24

Percentage of youth who engaged in sexual intercourse before age 15, by region

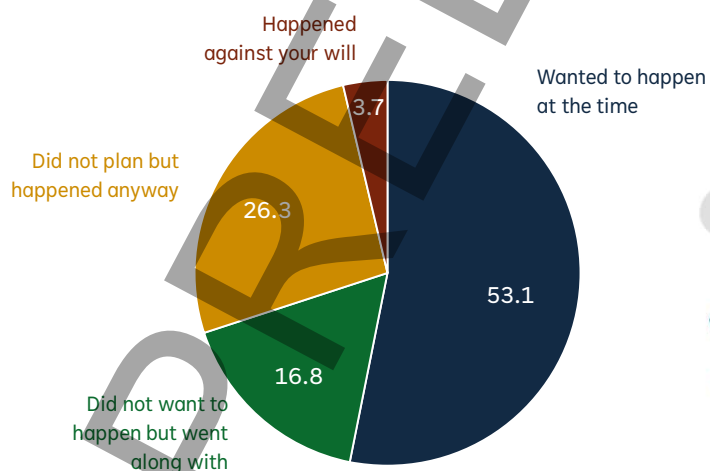


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Wantedness of premarital sexual initiation

Among NCR youth aged 15-24 who ever had sex



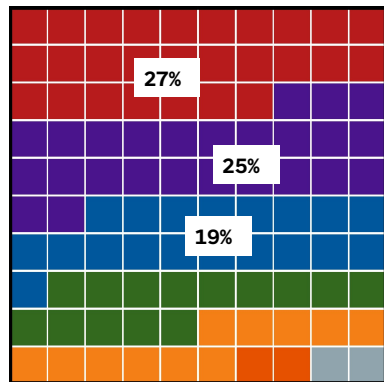
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY



## Main reason for premarital sexual initiation

Among NCR youth aged 15-24 who ever had sex



MALE YOUTH

To express love or affection

To relieve sexual tension

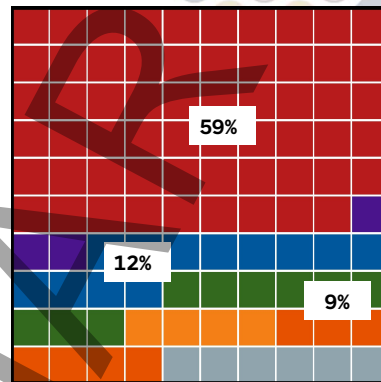
Because my partner wanted me to

To experience something new (Curiosity)

Under the influence of drugs/alcohol

To get pregnant/partner pregnant

Others



FEMALE YOUTH

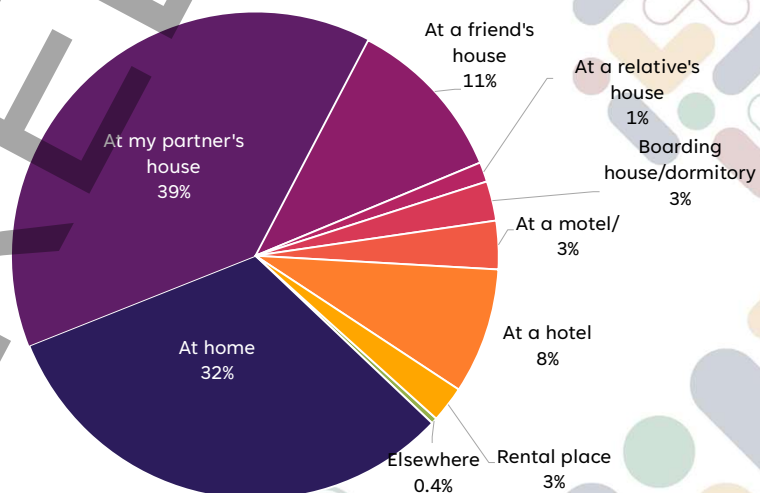
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Venue of premarital sexual initiation

Among NCR youth aged 15-24 who ever had sex

Percent distribution of the venue of the youth's 1<sup>st</sup> premarital sex experience

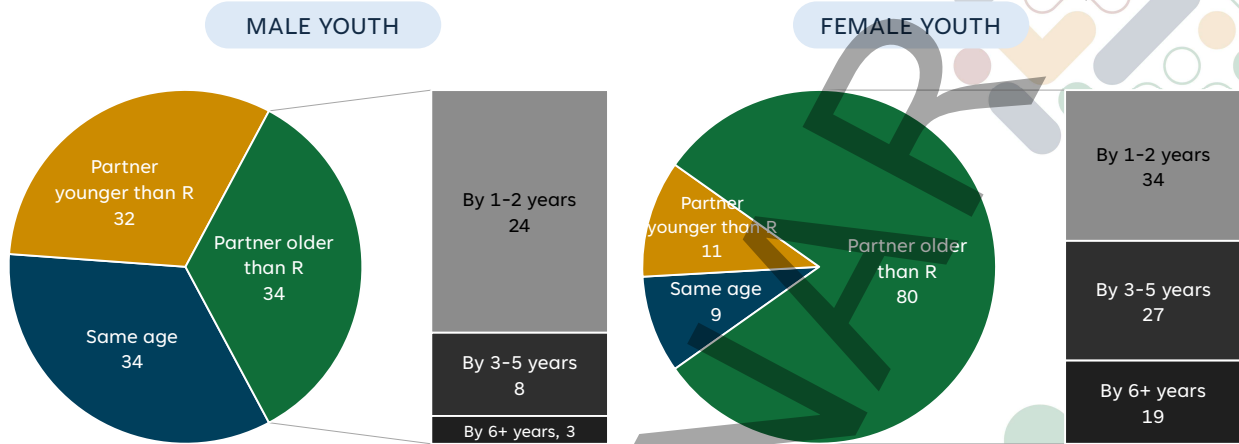


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Age difference between the youth and sexual partner

Among NCR youth aged 15-24 who ever had sex

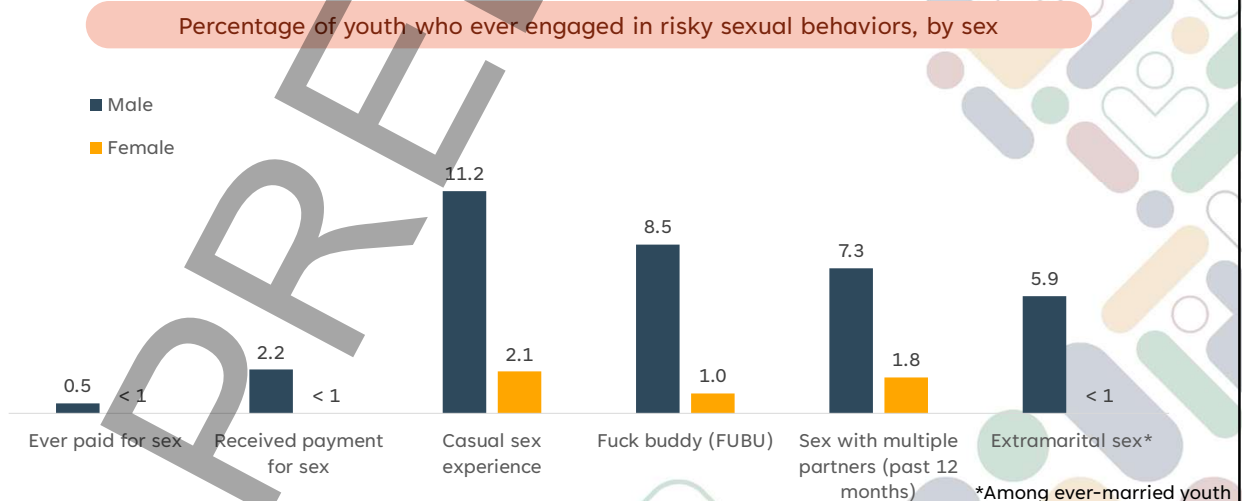


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Risky sexual behavior

Among NCR youth aged 15-24 who ever had sex

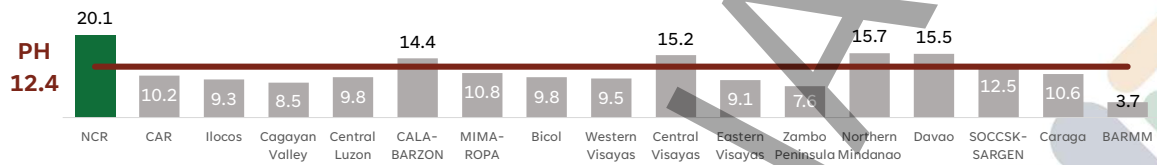


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Sex with multiple partners

Percentage of sexually-experienced youth with more than 1 lifetime sexual partners, by region

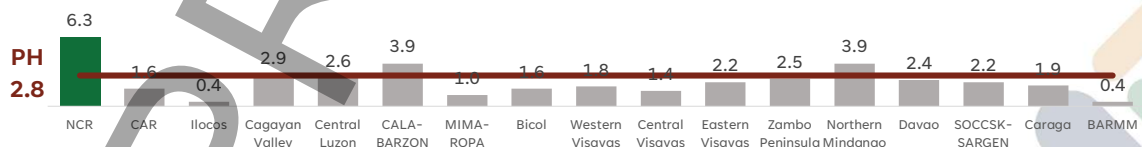


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Males who had sex with males

Percentage of male youth with MSM experience, by region



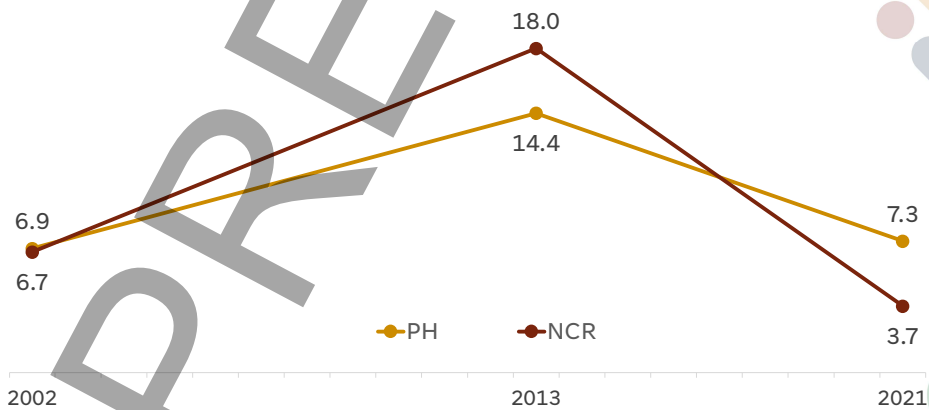
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

# Adolescent pregnancy

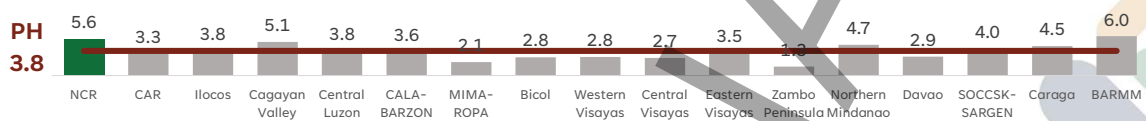
## Adolescent pregnancy

Percentage of females 15-19 years old who have ever been pregnant: 2002-2021



## Adolescent fatherhood

Percentage of male youth 15-24 years old who have gotten someone pregnant before age 20, by region

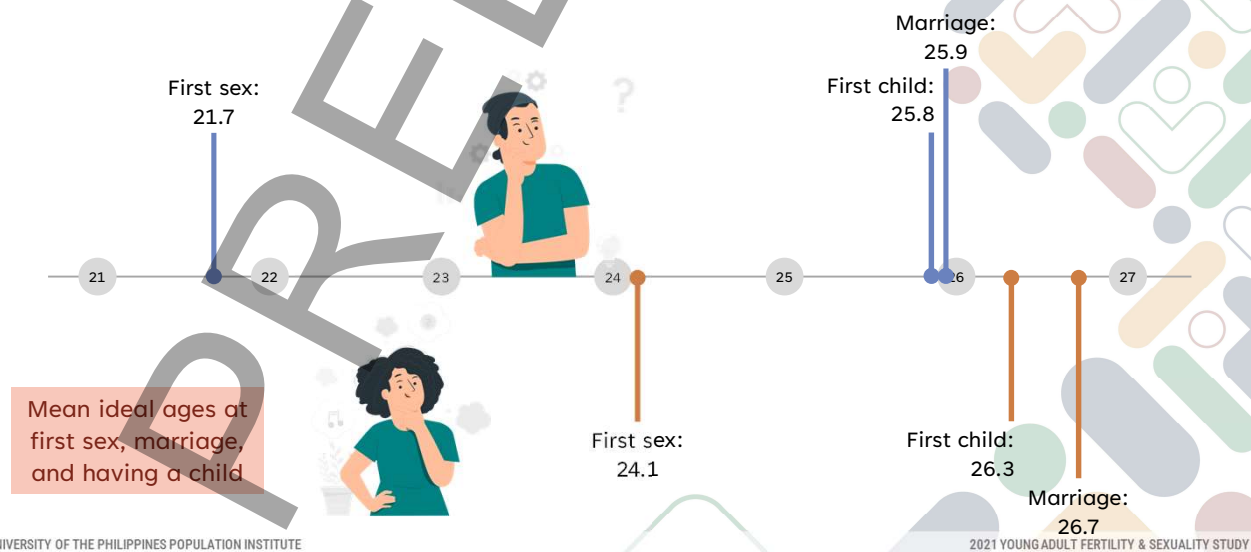


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Ideal ages for sexual initiation, marriage, and parenthood

Among NCR youth aged 15-24



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY



## Safe, sound, and sexy:

Pregnancy prevention and protective practices of NCR youth

MARIA PAZ N. MARQUEZ  
Population Institute  
College of Social Sciences and Philosophy  
University of the Philippines

NCR Conference on Population & Family Planning  
Lucky Chinatown Hotel | 25-26 June 2024

## Outline of the presentation

**SAFE**  Protective practices during sexual initiation

**SOUND**  General contraceptive use

**SEXY**  Non-conventional pregnancy prevention strategies

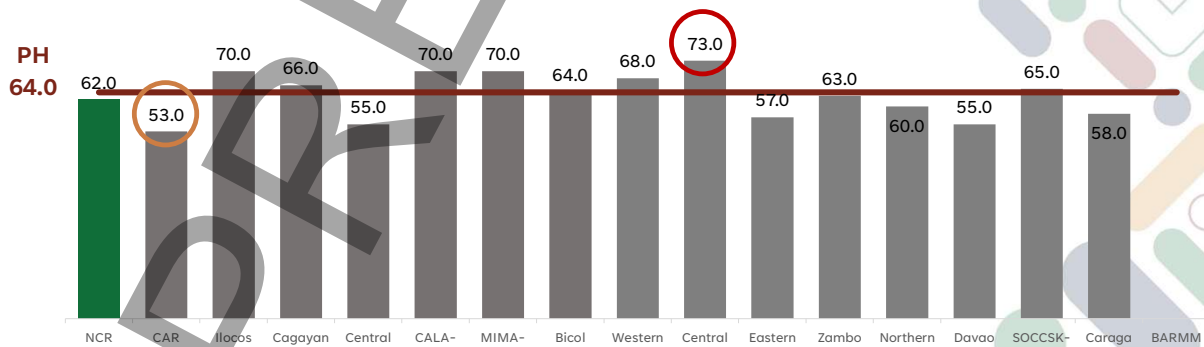
# SAFE



## Protective practices during sexual initiation

## Use of protection during premarital sexual initiation

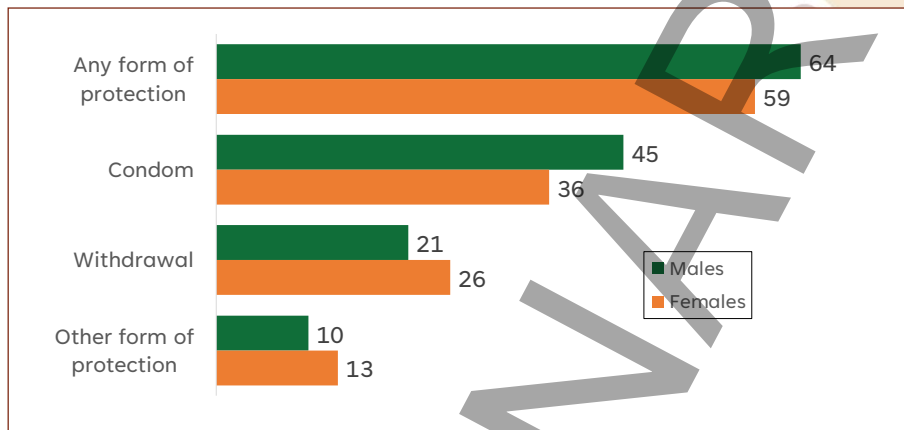
Percentage of youth who used any form of protection during 1<sup>st</sup> premarital sex, by region





## Use of protection during premarital sexual initiation

Percentage of NCR youth who used any form of protection during 1<sup>st</sup> premarital sex, by sex

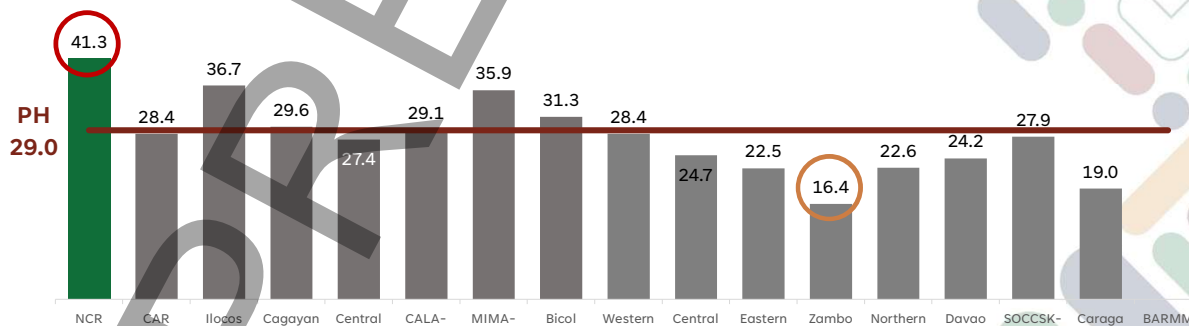


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Condom use during premarital sexual initiation

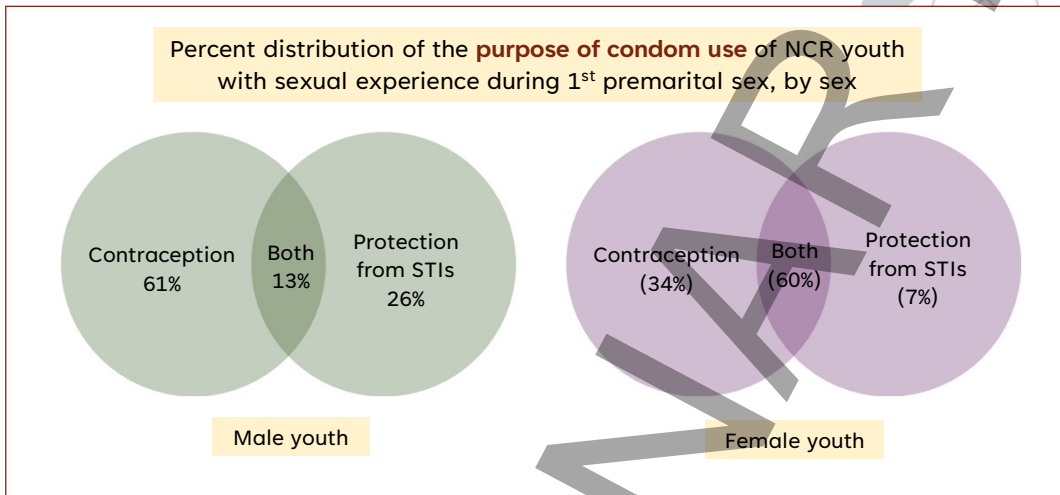
Percentage of youth who used condoms during 1<sup>st</sup> premarital sex, by region



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

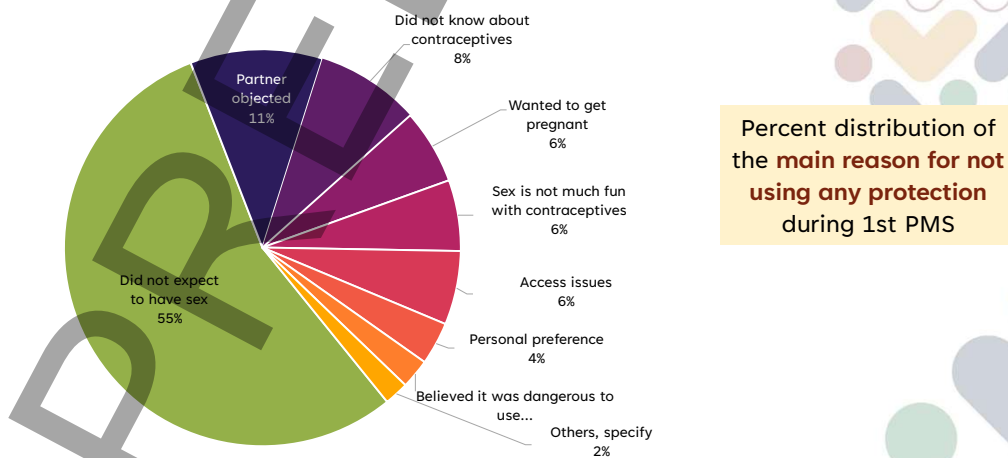
## Purpose of condom use during premarital sexual initiation



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Reason for non-use of protection during premarital sexual initiation



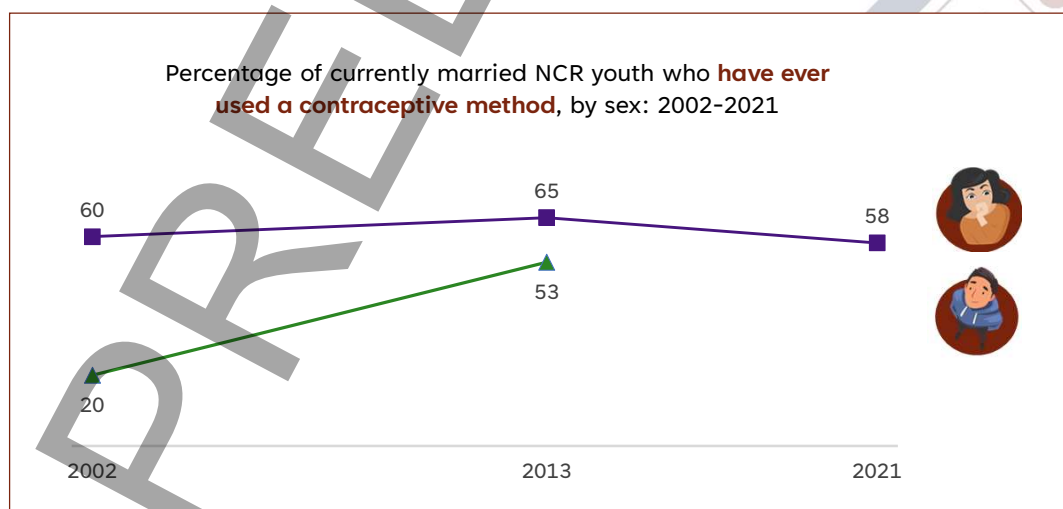
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

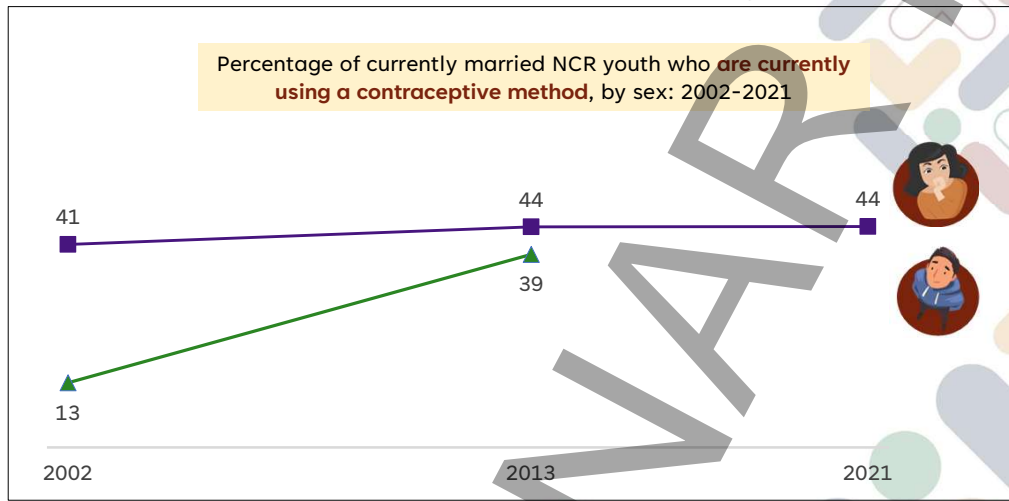
# SOUND

## General contraceptive use

### Trends in ever use of contraceptive methods



## Trends in current contraceptive use

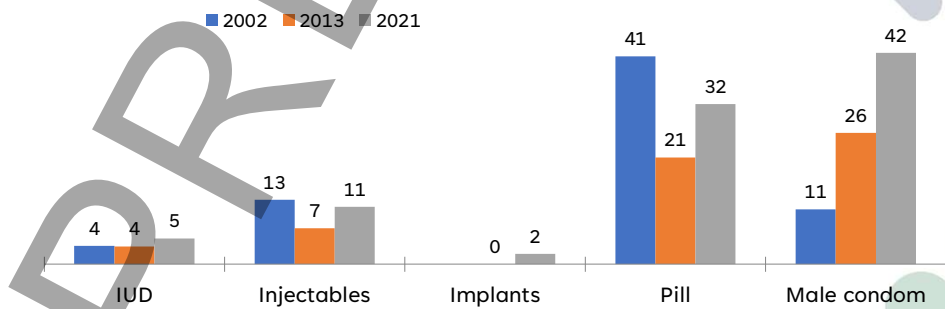


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

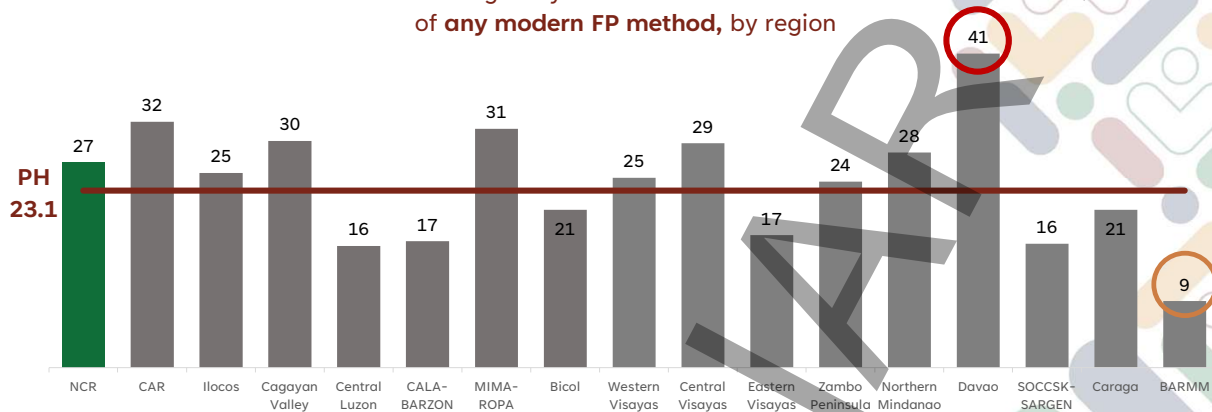
## Trends in contraceptive method mix

Percentage who are using a contraceptive method among current FP users in NCR: 2002-2021



## Use of modern contraceptive methods

Percentage of youth who are current users of any modern FP method, by region

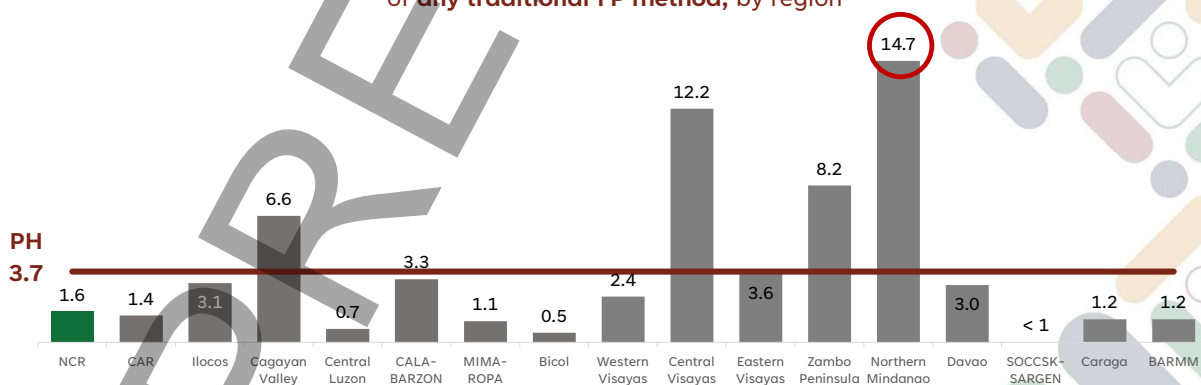


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Use of traditional contraceptive methods

Percentage of youth who are current users of any traditional FP method, by region

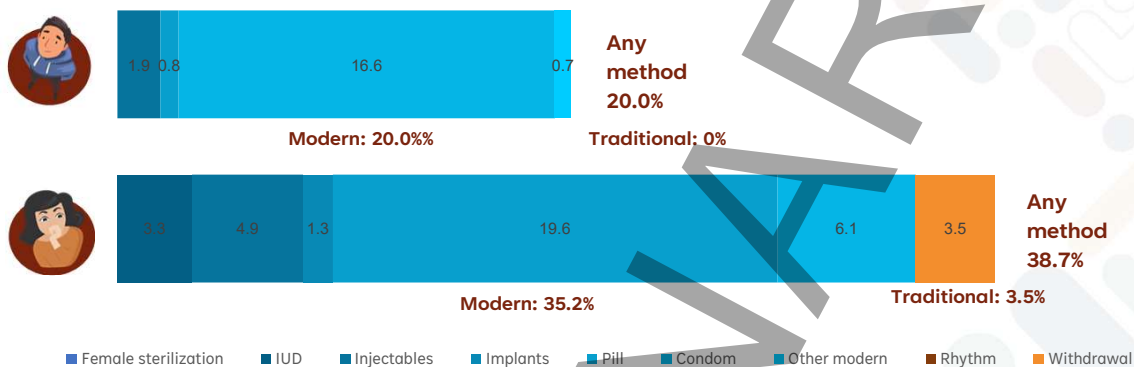


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

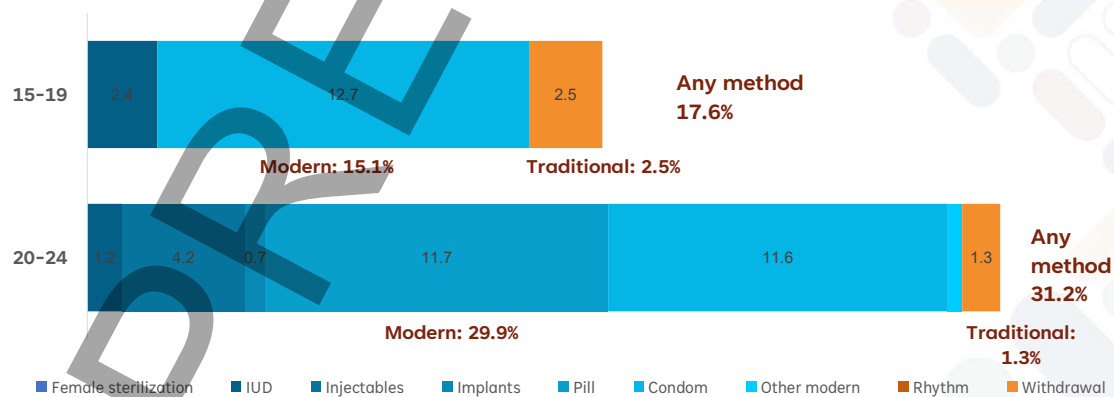
## Contraceptive method mix by sex

Percentage who are **currently using an FP method** among NCR youth who ever had sex, by sex



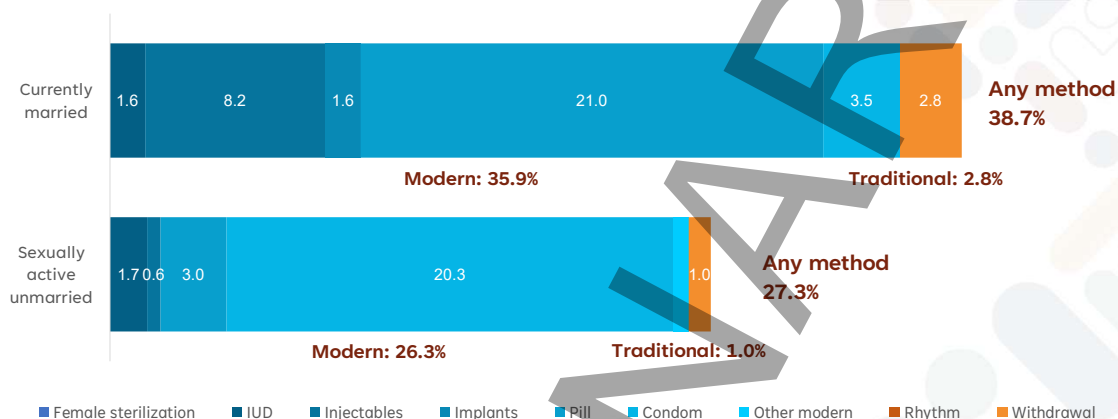
## Contraceptive method mix by age

Percentage who are **currently using an FP method** among NCR youth who ever had sex, by age



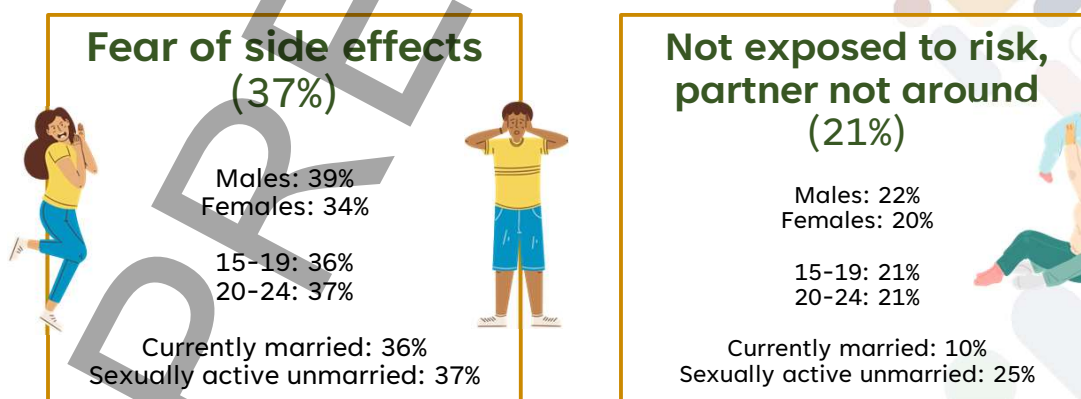
## Contraceptive method mix by marital status

Percentage who are **currently using an FP method** among NCR youth who ever had sex, by marital status

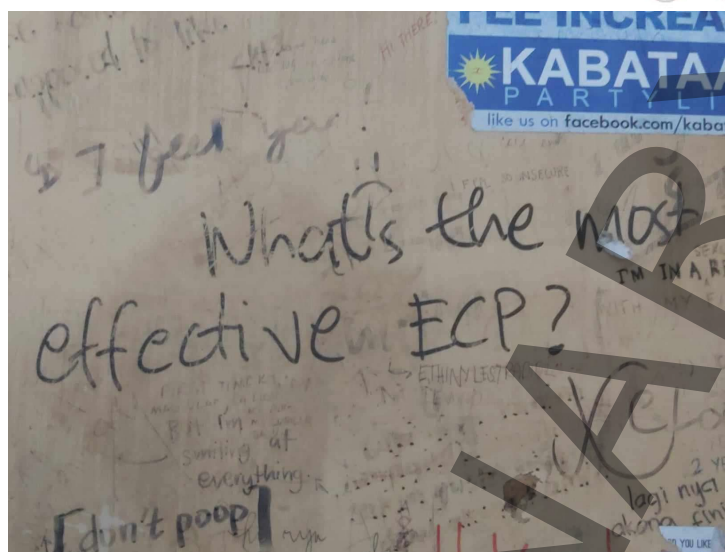


## Reasons for non-use of FP methods

Top reasons cited by the NCR youth:







## Emergency contraceptive (EC) pills

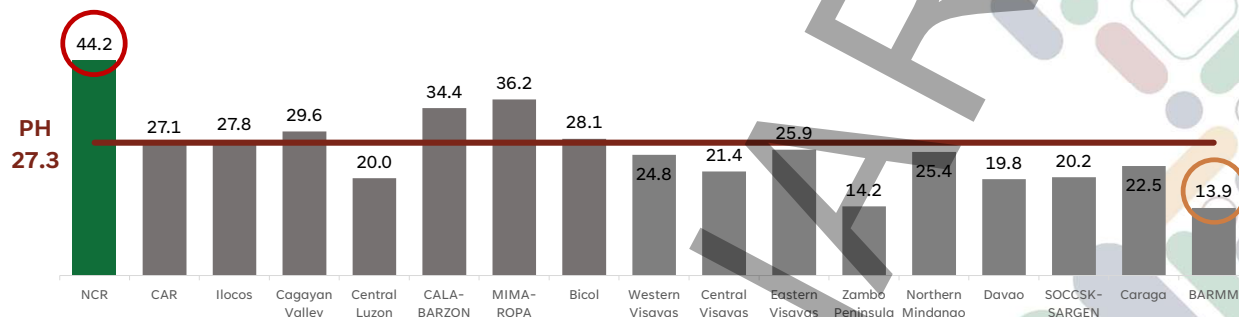
Awareness of EC pills among NCR youth is **low**.  
**Only 20% males and 21% females have heard of EC pills.**



**69% said these pills should be made available**  
 but if EC pills were made available,  
 only **44% would consider using or letting their partner use these pills**

## Potential users of EC pills

Percentage of youth who would consider using or letting their partner use EC pills if they were made available, by region



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Postpartum provision of FP services and supplies among deliveries in NCR



**83%**  
of deliveries have postnatal check-up

Among deliveries with PNC:



**78%**  
received Family Planning counseling



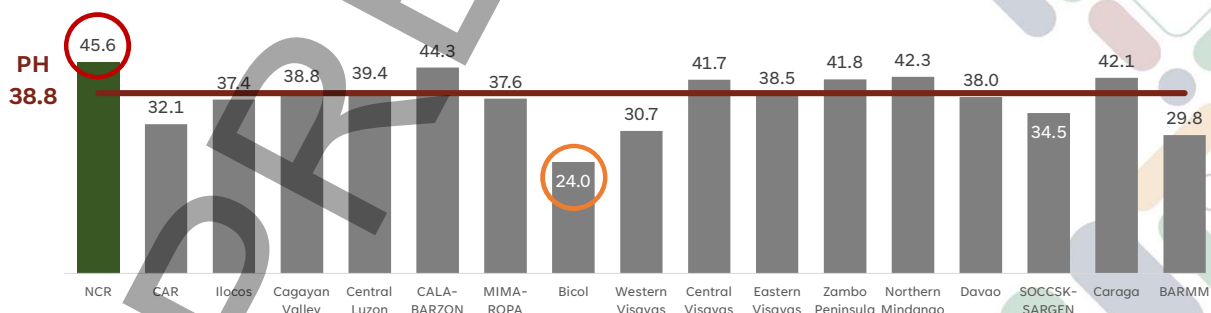
**57%**  
received Family Planning supplies and services

# SEXY

## Nonconventional pregnancy prevention strategies

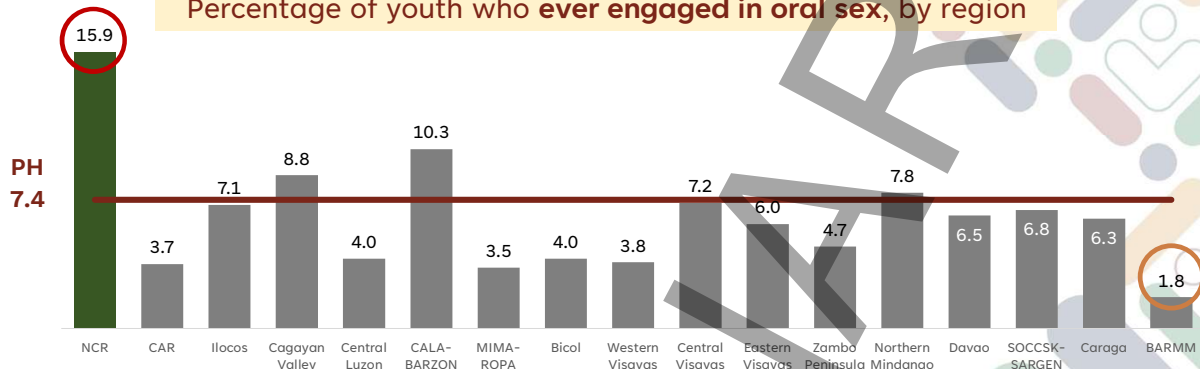
### Masturbation

Percentage of youth who ever masturbated, by region



## Oral sex experience

Percentage of youth who ever engaged in oral sex, by region

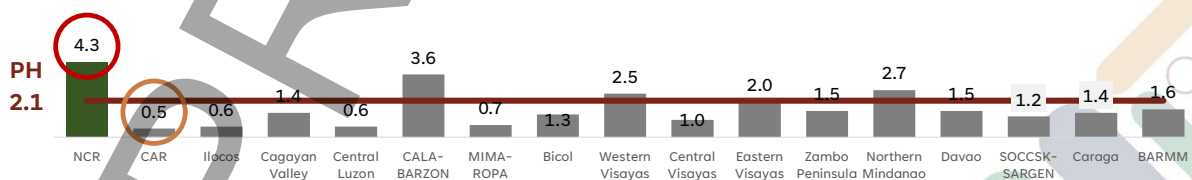


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Anal sex experience

Percentage of youth who ever engaged in anal sex, by region



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Summary

- Low level of contraceptive use among NCR youth
- Methods of choice: Pills and condom
- Most commonly used methods during 1<sup>st</sup> sex: Condom and withdrawal
- EC pills not a viable option but NCR youth are the most receptive to its wider availability and use
- Higher prevalence of FP use: Females, older youth, currently married
- Other possible strategies for pregnancy prevention are most commonly practiced in NCR

PRELIMINARY



## Peers, parents, pages, and providers:

Navigating sources for sexuality  
education and family planning  
supplies among youth

**ELMA P. LAGUNA**

Population Institute  
College of Social Sciences and Philosophy  
University of the Philippines

CPD Regional Family Planning Conference  
Lucky Chinatown Plaza, Manila  
25-26 June 2024



## Sources of information about sex



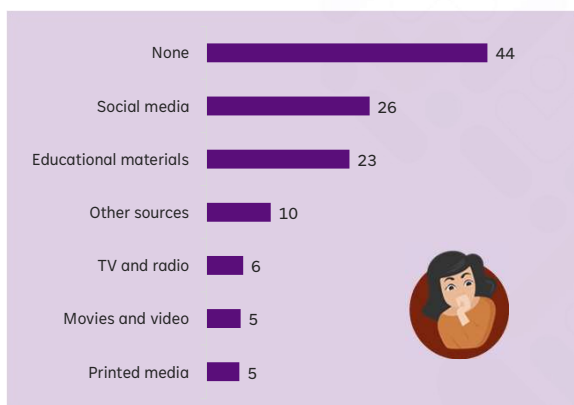
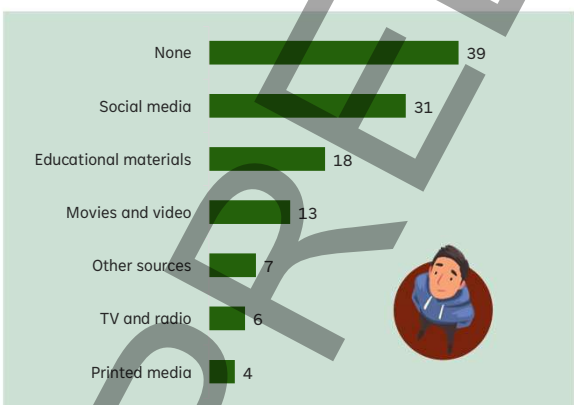


Teenagers trying to learn about sex

Porn & Adult Jokes

Books, documentaries, qualified sex-ed teachers

### Material sources of information about sex

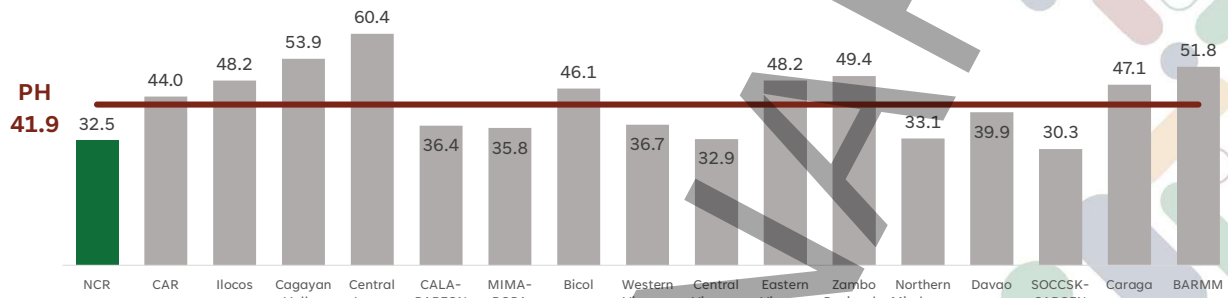


Percentage of youth aged 15-24's material sources of information about sex



## Sources of information about sex

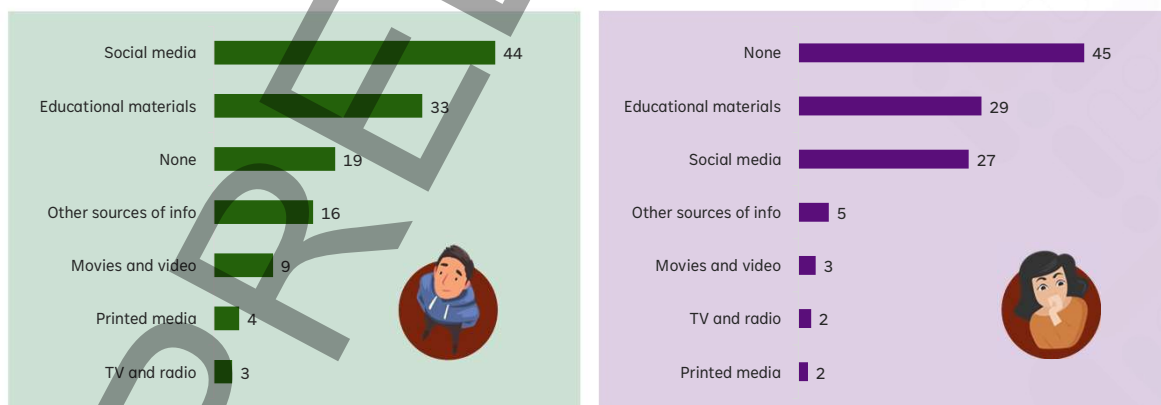
Percent of youth with no material sources of information about sex by region



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Material sources of information about sex

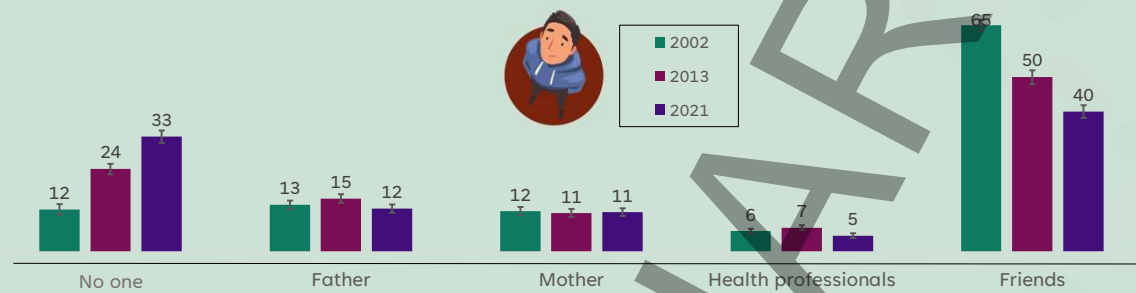


Percentage of NCR youth aged 15-24's material sources of information about sex

UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

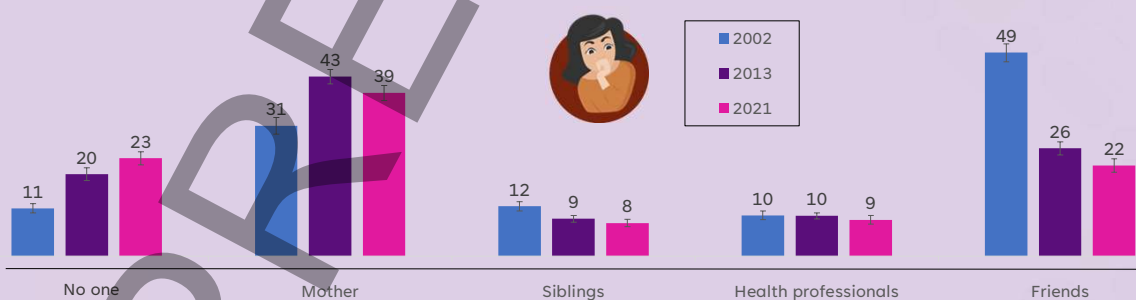
2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Persons **male youth** will most likely consult for questions about sex



Percentage of male youth's top five persons to consult for questions about sex

## Persons **female youth** will most likely consult for questions about sex



Percentage of female youth's top five persons to consult for questions about sex

## Let's talk about sex...

**33% Male**



**23% Female**



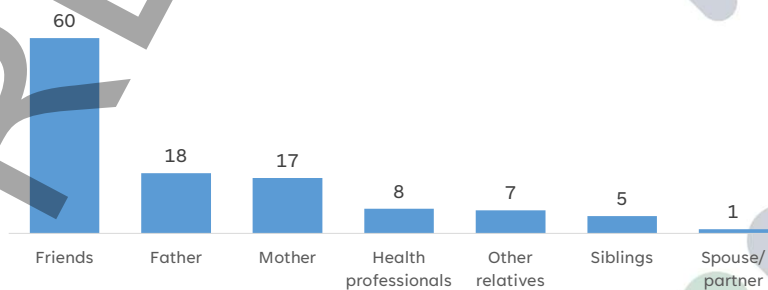
youth have no one to consult about sex

## Let's talk about sex...

**33% Males**

have no one to consult about sex

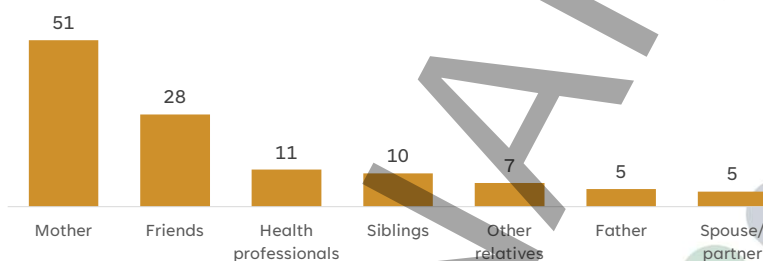
The **67%** of Males who have someone will likely consult:



## Let's talk about sex...

**23% Females** have no one to consult about sex

The **77%** of Females who have someone will likely consult:

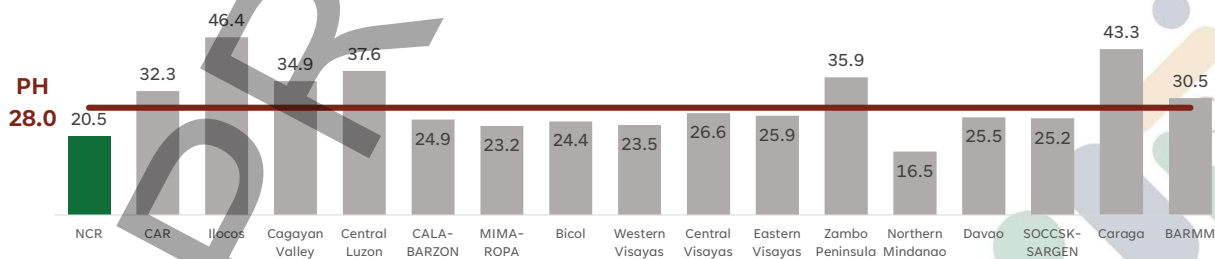


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Sources of information about sex

Percent of youth who did not ask anyone about questions on sex by region



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Let's talk about sex...

**23% Male**



**18% Female**

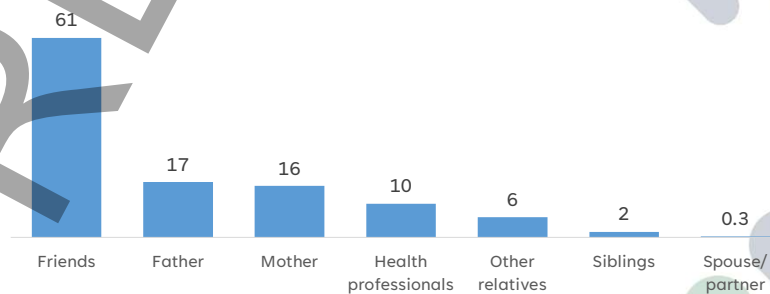


NCR youth have no one to consult about sex

## In NCR...

**23% Males**  
have no one to  
consult about sex

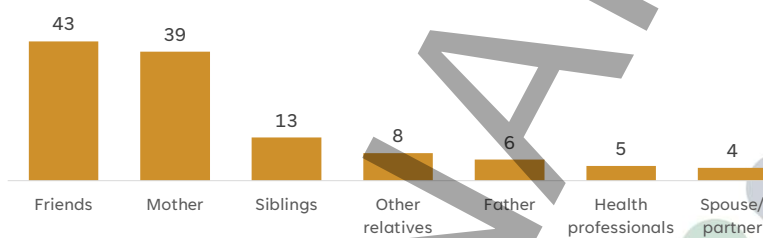
The **77%** of  
Males who have  
someone will likely  
consult:



## In NCR...

**18% Females** have no one to consult about sex

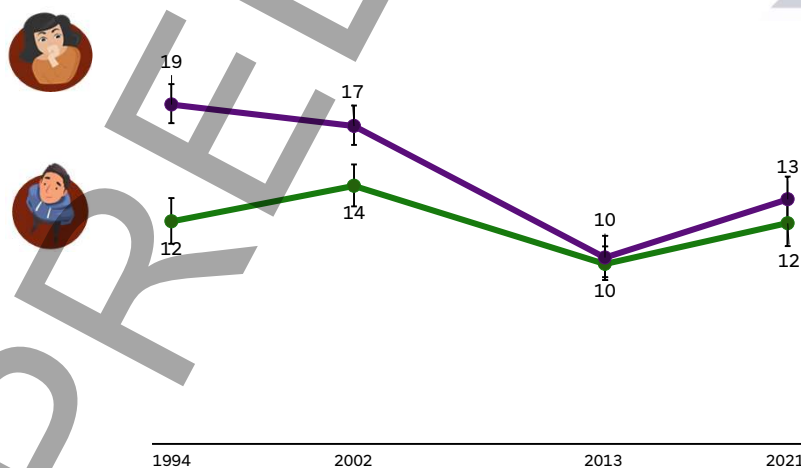
The **82%** of Females who have someone will likely consult:



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Discussion of sex at home



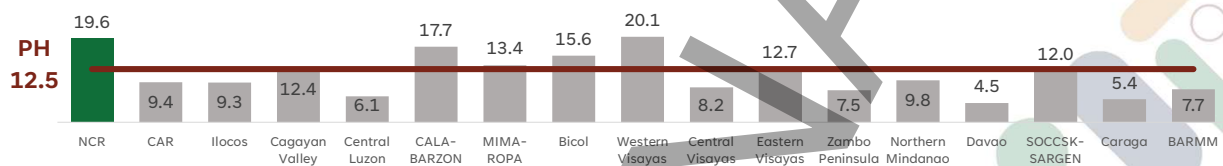
Percentage of youth aged 15-24 who ever discussed sex at home

UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Sources of information about sex

Percent of youth who ever discussed sex at home by region

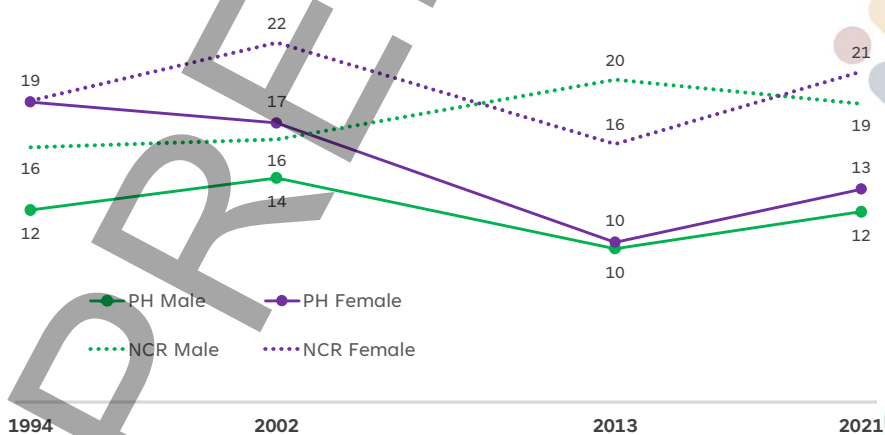


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Discussion of sex at home

Percentage of youth aged 15-24 who ever discussed sex at home

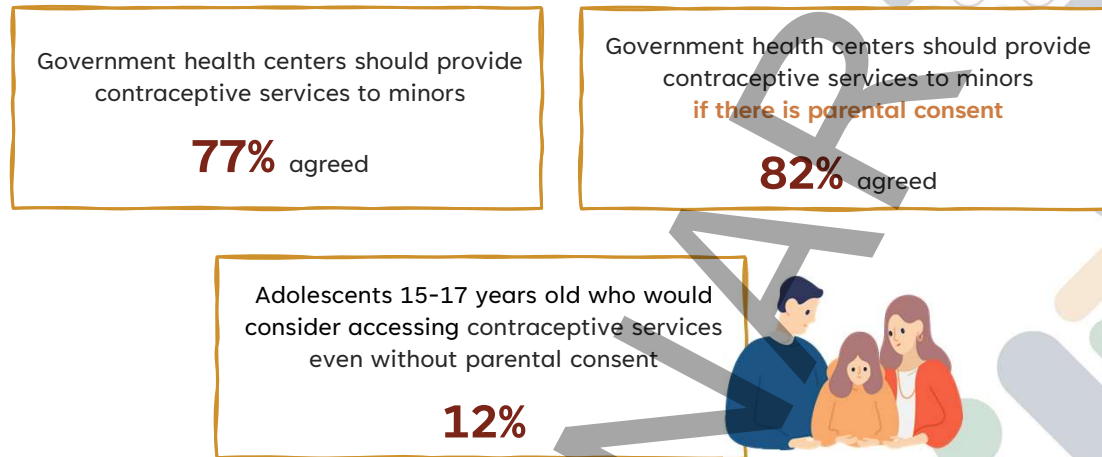


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY



## Attitudes of NCR youth towards provision of contraceptives to minors

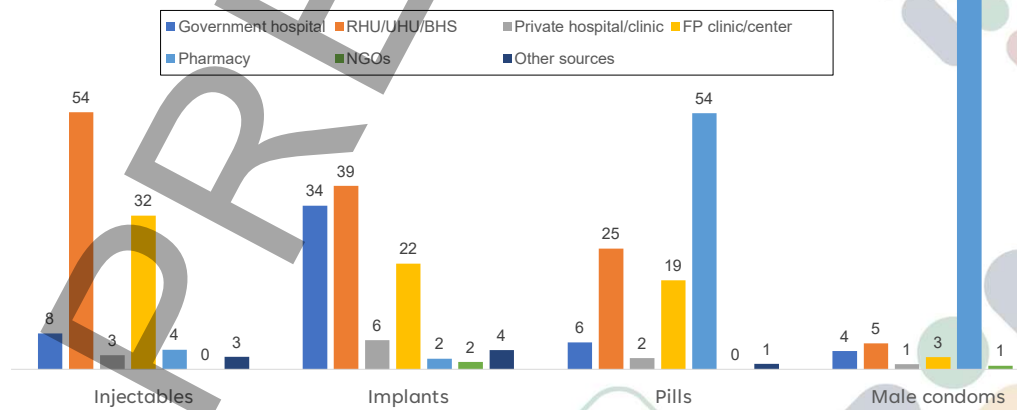


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

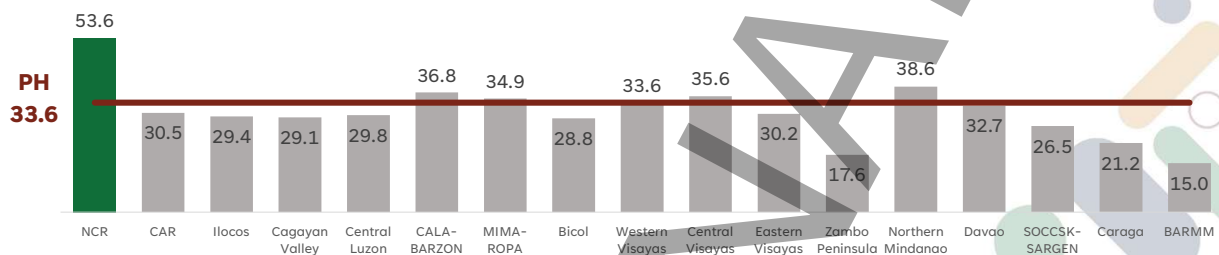
## Sources of modern FP methods

Percentage of current users of FP by type of FP method and source of supplies



## Access to male condoms

Percentage of youth who could get condom if they wanted to, by region



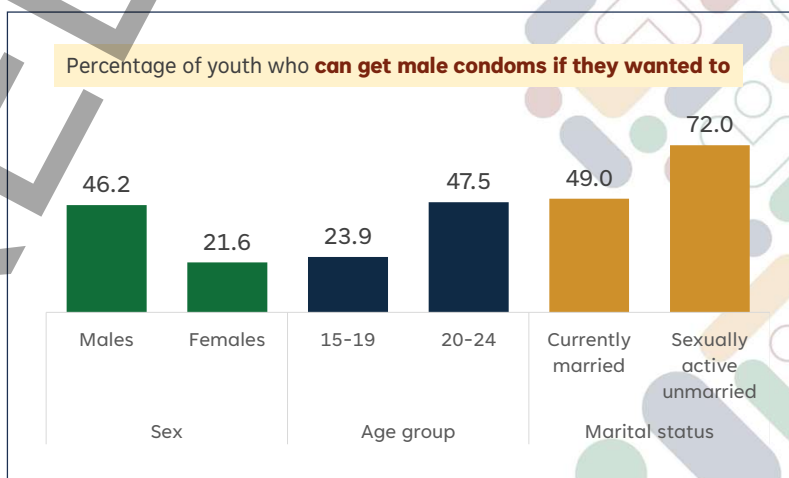
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

## Access to male condoms

Percentage of youth who can get male condoms if they wanted to

**1 of 3**  
youth 15-24 years old can obtain condoms if they wanted to.



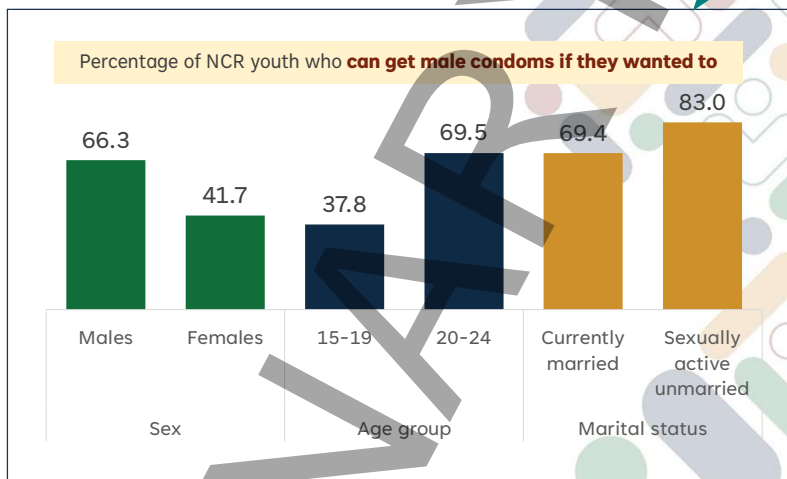
UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

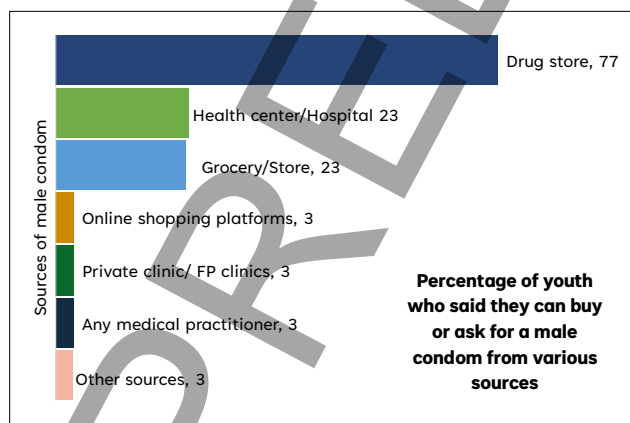
## Access to male condoms

**Slightly more than half of NCR youth (54%)**

15-24 years old **can obtain condoms if they wanted to.**



## Sources of male condoms



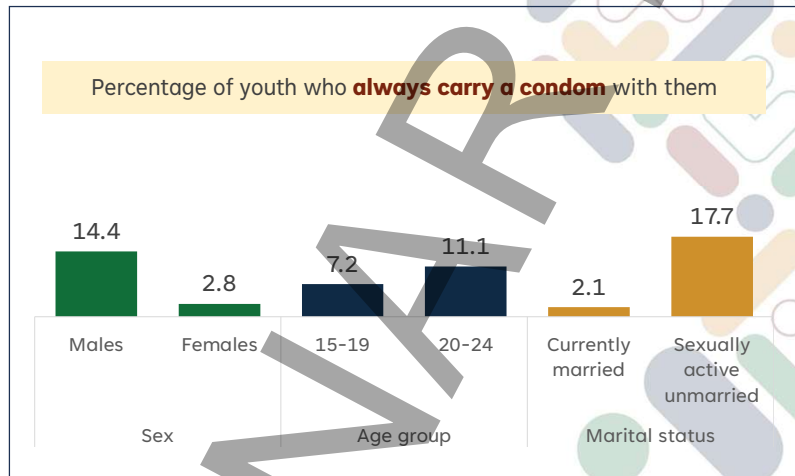
**Nearly one-tenth always carry a condom with them.**

**11%** male

**3%** female

## Male condoms preparedness

**1 of 10**  
youth 15-24  
years old **always**  
carry a condom  
with them.

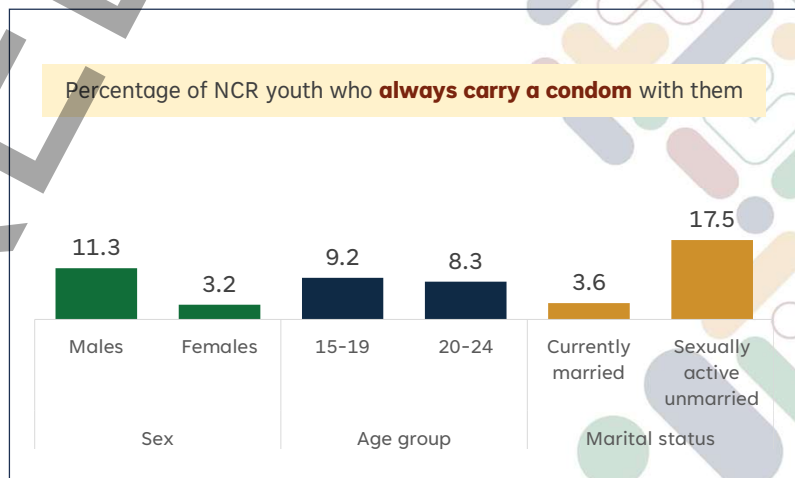


UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY

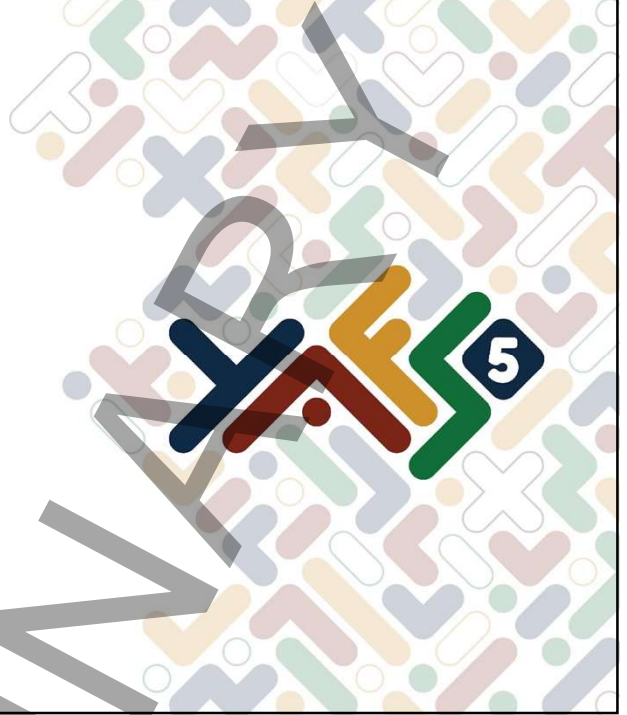
## Male condoms preparedness

**1 of 10**  
NCR youth 15-24  
years old **always**  
carry a condom  
with them.



UNIVERSITY OF THE PHILIPPINES POPULATION INSTITUTE

2021 YOUNG ADULT FERTILITY & SEXUALITY STUDY



PRELIMINARY