

ABSTRACT

Talking about our sexuality historically has not been an easy task. Throughout the centuries, has built a number of tools in the form of suspicions, fears and prejudices that stand the word sexuality should move spontaneously and easily. This is a necessity that requires urgent attention in our country is one of the factors that influence the increase in problems such as early or unwanted pregnancy, and in general the difficulties many people face to develop fully and live their sexuality freely and responsibly. Sex education from an early age can help children develop in a more balanced, be able to understand the changes they experience in their own bodies, their moods and how to relate to others. Thus provide better tools to make decisions that help to live their sexuality and to avoid risky situations for physical or mental health, as well as for others. That's why we as graduates we want future generations to have better knowledge on contraceptive methods to avoid early pregnancies among adolescents in the community of the College Topo Galo Plaza Lasso.