

Behaviour changes in sexual behavioural practices among South African youth.

HSRC RESEARCH OUTPUTS
6027

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Social science that makes a difference



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Outline of the presentation

- **Background**
- **Aims and objectives of the study**
- **Sexual behavioural practices among South African youth found in 2008 HIV population-based survey:**
 - **Age of sexual debut,**
 - **Intergenerational sex ,**
 - **Multiple sexual partnerships**
 - **Condom use**
- **Conclusions**
- **Recommendations**



Background

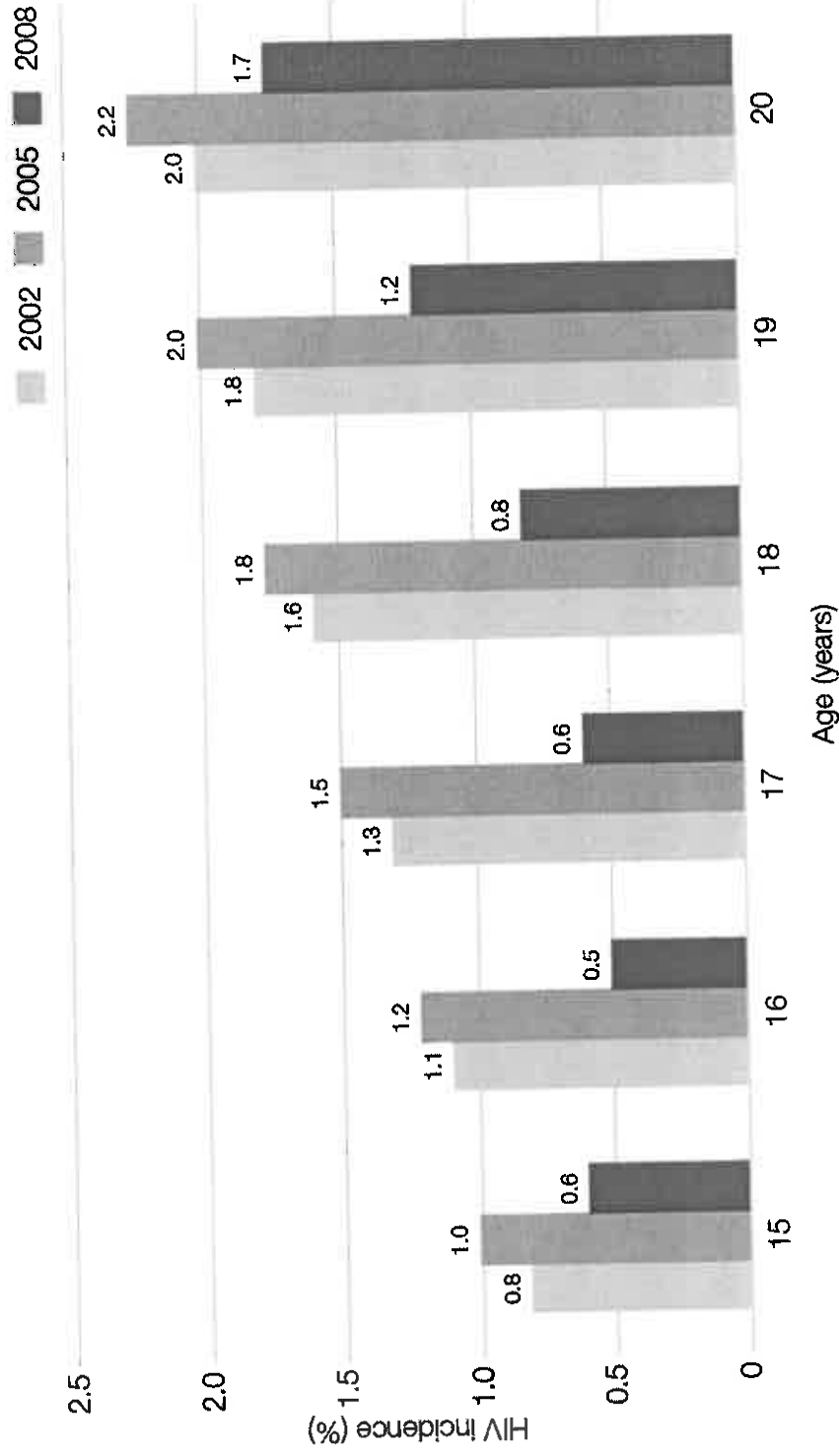
- South Africa has the heaviest burden of HIV/AIDS in the world with over 5.5 million of its citizens believed to be living with HIV/AIDS.
- Although the HIV epidemic has stabilised since 2000, many new infections are still occurring especially among female youth.
- The most common mode of HIV transmission in South Africa is through heterosexual sex.

Background (contd)

- On 9th June 2009 an HSRC-led consortium of researchers released:

Shisana, O., Rehle, T., Simbayi, L. C., Zuma, K., Jooste, S., Pillay-van-Wyk, V., Mbelle, N., Van Zyl, J., Parker, W., Zungu, N. P., Pezi, S., & The SABSSM III Implementation Team. (2009). *South African national HIV prevalence, incidence, behaviour and communication survey 2008: A turning tide among teenagers?* Cape Town: HSRC Press

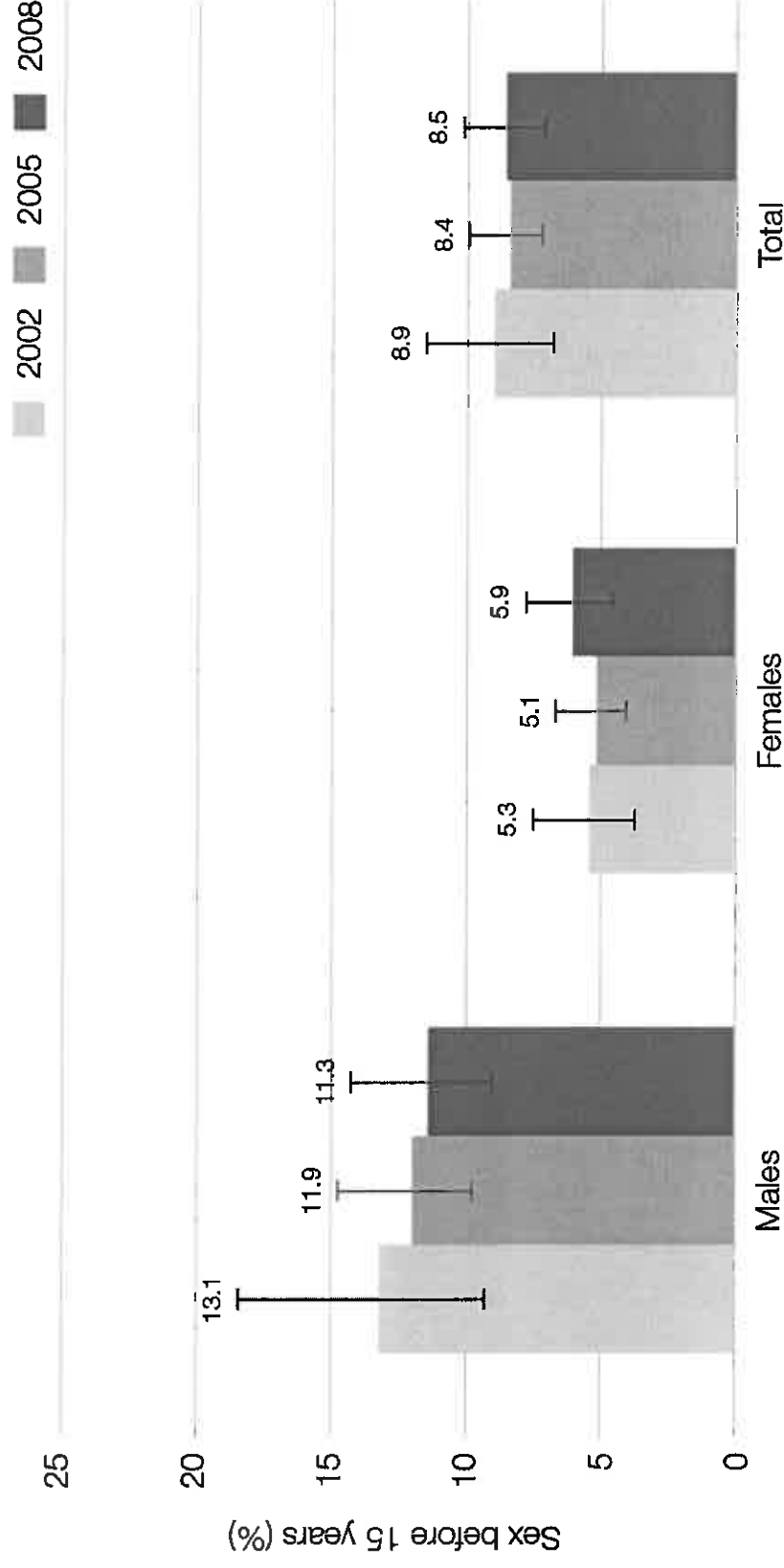
Comparison of HIV incidence among 15 - 20 year olds, South Africa 2002, 2005 and 2008



Aims and objectives of the study

- The study sought to identify underlying sexual behavioural practices that could account for the changes in HIV incidence observed among youth in the 2008 population-based survey in South Africa.
- The presentation focuses on the following four key sexual behavioural indicators:
 - the age of sexual debut
 - Intergenerational sex
 - Multiple sexual partnerships
 - Condom use

Sexual debut by sex among 15-24 year olds, South Africa 2002, 2005 and 2008



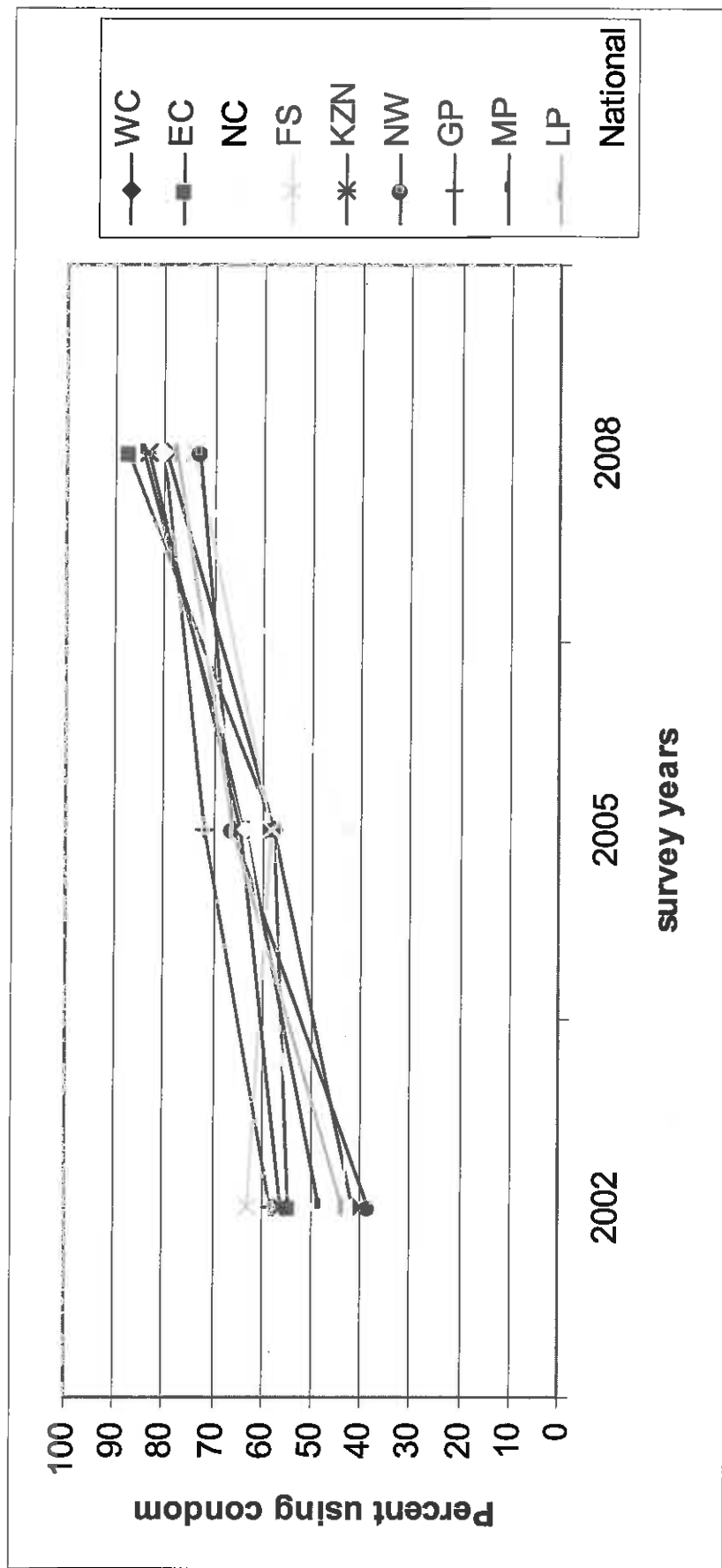
Intergenerational sex among 15-19 year olds, South Africa 2005 and 2008

	Within 5 years of own age (%)	Partner is 5+ years older (%)
2005		
Male	98.0	2.0
Female	81.4	18.5
Total	90.4	9.6
2008		
Male	98.5	0.7
Female	72.4	27.6
Total	85.1	14.5

Multiple sexual partners among 15 - 24 year olds by province, South Africa, 2008

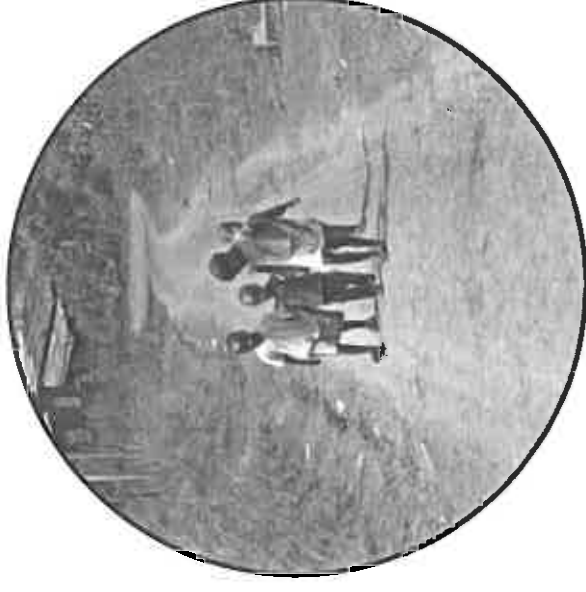
Province	Male	Female	National
Western Cape	33.0	2.2	18.9
Eastern Cape	30.2	11.0	21.0
Northern Cape	31.4	8.4	18.2
Free State	30.1	9.5	21.0
KwaZulu-Natal	30.3	2.8	13.7
North West	35.8	15.3	24.1
Gauteng	30.4	5.7	18.0
Mpumalanga	22.8	2.3	11.7
Limpopo	31.6	3.2	17.2
National	30.8	6.0	18.0

Condom use among youth at last sex, by province, South Africa 2002, 2005 and 2008



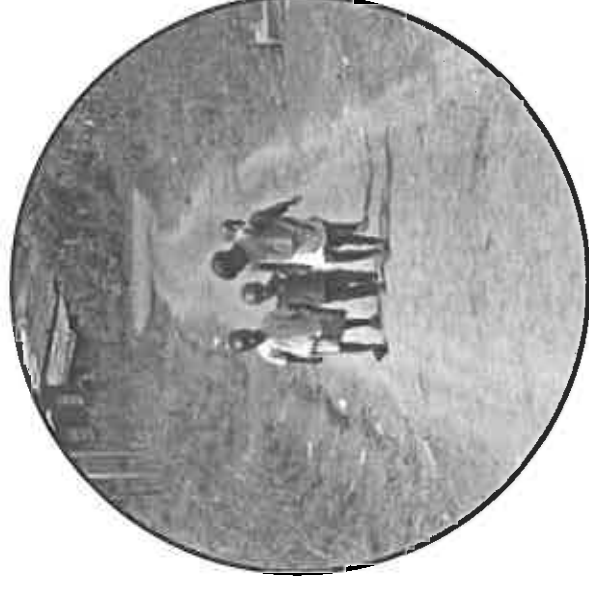
Conclusions

- **The reduction in the new infections among teenagers aged 15 to 19 years found in the 2008 national population-based HIV survey in South Africa does not appear at all to be related to the following three sexual behaviours:**
 - **the age of sexual debut (this has not changed in 7 years),**
 - **intergenerational sex (has increased especially among females)**
 - **multiple sexual partners (has increased especially among young males).**



Conclusions

- **The reduction in the new infections among teenagers aged 15 to 19 years appears to be mainly due to a substantial increase of condom use among youths over the past 7 years.**



Recommendations

1. **Need to continue encouraging youth to keep using condoms as the main HIV prevention strategy.**
2. **Need to implement an anti-multiple and intergenerational sexual partnerships like community driven anti-smoking campaigns**
3. **Address high sexual partner turnover and intergenerational sex among youth by also changing community norms**



Research consortium

- Human Sciences Research Council (HSRC)
- Medical Research Council (MRC)
- Centre for AIDS Development, Research and Evaluation (CADRE)
- National Institute for Communicable Diseases (NICD)



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Thank you for your attention

