

SEXUAL AND REPRODUCTIVE HEALTH EDUCATION TO REDUCE RISKY SEXUAL BEHAVIOR THROUGH POCKETBOOKS

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SUMMARY

Background: A self-reported survey of adolescents with risky sexual behavior in Jambi Province showed that 68.1% engaged in risky sex, including holding hands and being hugged by a partner (42.2%), kissing (23.1%), and petting and intercourse (2.8%). **Objective:** To create a concise and engaging pocketbook as a health education tool for adolescents aimed at increasing adolescent knowledge about reproductive health and healthy sexual practices. **Method:** The pocketbook was created using Canva Premium and Pro applications. **Results:** The pocketbook covers 23 pages of material on puberty, sexuality, the risks of casual sex, and self-care. **Conclusion:** A pocketbook entitled "Know Your Body, Protect Yourself" (Sexual and Reproductive Education for Adolescents) has been created. The main output achieved is the provision of quality Communication, Information and Education (KIE) media.

Keywords: Reproductive Health, Sexuality, and Adolescents