**Literature Review**

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Sexual health education has a significant role in preventing STIs and unplanned pregnancies among young adults. Effective reproductive health plans can offer adolescents the proper knowledge and insights to base on when making informed decisions concerning their reproductive health. Opening an intervention center like the OBGYN will help provide a wide range of reproductive topics that will be age-appropriate. Moreover, the intervention aims to bridge the existing gap in sexual health to increase abstinence and reduce incidences of unwanted pregnancy. Various scholars have indulged in the topic to prove the effectiveness of quality sexual health education.

Mantula et al. (2023) did their study to prove the effectiveness of inclusive sexual health education. According to the authors, sexual well-being is a state of wholeness in aspects relating to reproduction. Therefore, sexual health entails effective counseling and providing people with the proper knowledge, explaining available resources related to sexuality, and addressing any barriers that compromise knowledge acquisition. The scholars further prove that adolescents have long been engaging in risky sexual conduct due to the unavailability of effective sexual education.

Although youths have been accessing details related to sexuality in schools, churches, or within their families, education has not been enough to induce the correct behavioral change. Comprehensive sexual education entails emphasizing behold information but providing support that motivates young adults to attain the right life skills and have appropriate attitudes. Moreover, practical education should also focus on growth and development, appropriate sexual behaviors, pregnancy, and health issues related to unethical sexual conduct.

Basically, according to Mantula et al. (2023), effective sexual education is necessary for addressing adolescents' well-being. Therefore, tailored education programs that offer age-related and continuous reproductive health updates are appropriate in the contemporary adolescent world. The education should cover broad aspects related to relationships, contraceptives, the effects of pregnancy, the necessity of abstinence, and the responsibility of a teen to lead a moral life. Lastly, ensuring that the education programs are related and friendly is essential while considering these topics.

Mbizvo et al. (2023) explain that adolescents' health education, especially about sexuality and reproduction, is essential to development. The study's outcomes indicate that early and unintentional pregnancies are becoming a hot topic among adolescents. The increasing pregnancy rates indicate that youths have been engaging in risky sex behaviors, increasing their chances of acquiring HIV and STIs. That implies that adolescents have a high probability of unhealthy abortions and childbirth health issues. The central contributing aspect is the lack of comprehensive sexual education to increase their knowledge about sexual health.

The research topic entails identifying if comprehensive sexual education can reduce the chances of these instances. The researchers imply that effective sexual education significantly offers young adults the appropriate details about their sexual health. Moreover, education minimizes assumptions and life skills that help adolescents enhance their decision-making abilities to choosea proper sex life. That can help reduce the increasing rates of HIV and unwanted pregnancies. Such an outcome supports the research topic since it helps evaluate if effective education can reduce incidences of STDs.

Aguirre & Carrión-Yaguana (2023) comprehensively evaluated the impact of comprehensive sex education in Ecuador. Adolescents have a promising future in the society. However, many challenges,like early pregnancies and risky sexual behaviors,have been significant among youths. The main reason is adolescents lack the necessary and timely information about sexuality. Effective sexual and reproductive education motivates individuals to make competentdecisions about their sex lives. Poor knowledge of sexuality is one of the significant reasons why STIs and unwanted pregnancies have become common among teens. Adolescents do not have the correct information about contraceptives and the risks and impact of engaging in early sexual activities.

Therefore, as the study indicates, integrating comprehensive sex education in school programs helped reduce unwanted pregnancies in Ecuador. The unlimited benefits of sexual education are evident, supporting the research topic. A reproduction health program that addresses diverse aspects of sexual life to provide youths with the correct information about their growth and the effects of early sexual activities is the best solution. That is because thorough education provides insights on abstinence and preventing STIs.

However, providing abstinence-relatededucation and comprehensive sex education appears to be the best remedy. Informing adolescents about sexual engagement and contraceptives has an unpromising future since it can be compromised. However, diverse education provides teens with the correct information about the dangers of engaging in sexual behaviors. Teens have the chance to identify how early pregnancies can affect their education, parents, and career dreams. They also get to understand STIs' effects on their reproductive health. That helps create a knowledge base that allows adolescents to make the right decisions about their sexual lives.

Mark & Wu (2022) indicates that sex education in America has been a major topic among researchers and legislators. The primary reason is that teen birth has been increasing recently. Most of these births are unwanted and unplanned. The necessity of comprehensive sex education is evident even with the federal government funding programs like abstinence-only sex education to provide teens with the right tips about immoral behaviors and the value of abstaining till marriage. Based on the study outcomes, emphasizing sex education has helped reduce teen pregnancy by more than 2%. That implies that focusing on more individualized education strategies can be promising. Tailoring education programs to address the diverse causes of early pregnancy and STIs can significantly save American teens. Moreover, these education programs can support addressing societal barriers that hinder teens from accessing the proper and comprehensive information about sexuality.

Mohamed et al. (2023) provide an analysis of the significant causes of unwanted pregnancies among teens. Early pregnancy has high risks of premature births or delivering unhealthy kids. Moreover, early pregnancy increases the economic burden on parents and introduces mental complications to adolescent mothers. Therefore, finding a remedy to this issue, as the article implies, can help reduce the impacts and complications of early sexual engagement. Comprehensive sexual education is the primary solution to increasing unwanted pregnancies. According to the article, effective sexual education should provide detailed sessions about contraceptives and making competent decisions about sexual life. Such an analysis supports the idea that a comprehensive reproduction educationwould effectively address the increasing rate of adolescents.

Agbor et al. (2021) evaluate how introducing sex education to youths at an early stage can help reduce cases of early pregnancy. As the researcher indicates, many teens engage in unethical behaviors due to societal and economic conditions. Moreover, these young adults lack the knowledge to avoid STIs and unintended pregnancies. Little engagement between families and children has also increased STDs and unwanted pregnancies. Therefore, comprehensive sex education has become relevant and supportive for teens despite the challenges they are currently experiencing. The topic of sexual education has for a long time been considered for married people. However, these assumptions have proven ineffective,and introducing comprehensive sexual education has indicated its necessity amongst teens. This education aims to minimize the chances of adverse effects and STIs. The education provides awareness on enhancing life quality and enjoying sexuality.

However, as the authors signify, a well-planned and structured education plan is the best way to address these challenges. Many education programs have failed due to their inconsistency and shallowness of the topic. They lack the details to inform teens about generating essential lifeskills like abstinence and living a moral life.Therefore, cooperating with the correct information in education would have a promising future for teens.

Lastly, Pires et al. (2021) explain that adolescent pregnancy is a worldwide medical issue. The main contributing factors include poor female education and lack of knowledge. Lower perceptions of the topic have been a significant reason why unwanted pregnancies have become dominant today. Also, teens lack the appropriate expertise on contraceptives and engage in risky sexual behaviors. Therefore, finding the right interventions, such as comprehensive sex education,would limit these barriers. The research also provides insights into why adolescents engage in sexual behavior at an early stage. The primary aspect is having older partners introduce them to sexual activities before maturity. This information forms the foundation for an effective education system where adolescents gain the correct information about their sexual lives.

**Summary of literature review**

All articles in the literature review prove that early pregnancies and STIs among teens have become a significant healthcare issue today. Many teens face major challenges due to their introduction to sexual behaviors by their peers and older partners. Moreover, knowledge inadequacy and a lack of a support system have contributed to these issues. Many teens lack the proper sexual life knowledge, compromising their ability to make informed decisions. Without the appropriate expertise, it is hard to make the right choices. Therefore, introducing a comprehensive education system proves to be an effective remedy for addressing this challenge.

Moreover, introducing the education mechanism will reduce the burden on the advanced practice nurse. There will be a limited burden of addressing STIs and treating premature births. Also, the identified gaps, including the causes of significant unwanted pregnancies and why available programs fail, provide a baseline for the nurse to develop comprehensive education plans that help address unintended teen pregnancies. Also, the nurse will be able to advocate for the right resources that connect adolescents with the right support system.

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