

## ***Introduction***

Adolescence is a critical time for health promotion. Many health problems and much of the risky behavior that underlies later health problems begin during adolescence. Prevention, early intervention, and timely treatment improve health status for adolescents prepare them for healthy adulthood, and decrease the incidence of many chronic diseases in adulthood (*Hockenberry et al,2008*). Development of knowledge and attitude takes place during the adolescent period can have lifelong effects on the individual, family and society. Proper education in this age group is important for prevention of untoward social and health related problems. (*Dhital et.al, 2005*).

Adolescence, the transitional stage of development between childhood and adulthood, represents the period of time during which a person experiences a variety of biological changes and encounters a number of emotional issues. According to the World Health Organization (WHO), adolescence covers the period of life between 10 and 20 years of age. Adolescence is often divided by psychologists into three distinct phases: early, mid and late adolescence (*Khaled, 2008*).

Youth represent one of the main pillars of any society. In Egypt, they form a large significant and growing population group. Despite that, young people do not receive much attention and suffer poor knowledge of reproductive health; they form a relatively high proportion of the country's unmet health needs, new HIV infections, and maternal mortality rates. While these dynamics are attributed to a number of complexes social, cultural, economic and gender-related factors (*Hafez.et al, 2007*).

Adolescents comprise 20% of the world's total population. Out of 1.2 billion adolescents worldwide, about 85% live in developing countries (*WHO, 2004*). In Egypt adolescents form around 25 percent of the country's population, and represent even greater proportion of the country's human potential ( *UNICEF,2009*).

Reproductive health is a crucial part of general health and a central feature of human development .Reproductive health is a universal concern, but is of special importance for women particularly during the reproductive years, as most reproductive health problems arise during those years. Men have particular roles and responsibilities in terms of women's reproductive health because of their decision-making powers in reproductive health matters. Failure to deal with reproductive health problems at any stage in life sets the scene for later health and developmental problems (*UNFP, 2009*).

Adolescence is the age when most people begin to explore their sexuality and have sexual relationships. Sexual activity during adolescence puts adolescents at risk of sexual and reproductive health problems (*WHO,2005*) . These include early pregnancy (intended or otherwise), unsafe abortion, sexually transmitted infections (STIs) including HIV, and sexual coercion and violence. In addition, in some cultures girls face genital mutilation (*UNCIEF,2005*).Adolescents have unique reproductive and sexual health needs. Teen sex, sexually transmitted infections, birth control, sexual education, and teen pregnancy are a few of the clinical and social issues covered for young adults and their providers (*ARHP, 2009*).

Addressing the sexual and reproductive health needs and problems of adolescents is a crucial element of the WHO Global Reproductive

Health Strategy (*WHO, 2004*) in many parts of the world the sexual and reproductive health needs of adolescents are either poorly understood or not fully appreciated. Evidence is growing that this neglect can seriously jeopardized the health and future well-being of young people (*Bott et al., 2003*).

In Egypt, adolescents don't have enough and/or correct knowledge regarding reproductive health. Nurse has a pivotal role in improving adolescent knowledge through designing and implementing reproductive health educational programmers; this was recommended by Family Health International which added that reproductive health programs should provide young people with accurate information, to enable them to make responsible decisions (*FHI, 2009*).

Health education interventions are widely seen as the most appropriate strategy that should be applied by nurses for promoting young people's sexual health (*Mounir et al, 2003*), and a lot of studies recommended that adolescents should receive information about reproductive health, Because cultural taboos may discourage frank discussions about sexual issues, young men and women should receive education and information to improve their communication skills on reproductive health issues (*Abdou Sallam et al,2009,Abd Elfattah,2008 ,Qyed,1998*). There has been a clearly held belief that if young people (5-18 ears) receive basic knowledge about a health issue, they will adopt appropriate health enhancing behaviors (*St Léger L, 2006*). So the researcher design and implement an educational health program in order to promote adolescent girls knowledge and attitude about reproductive health issues.

## Significance of the study

Adolescent reproductive health is a new area of health intervention in Egypt, however Egyptian adolescent constitute a significance part of the total population approximately 22% (*El Deeb, 2005*). Adolescent girls face a wide variety of reproductive health problems especially in rural Egypt. This is may be due to, that the Egyptian culture does not approve that unmarried Adolescent girl to seek reproductive health information. Also the Adolescent girls mothers don't care to provide their daughters with essential information about reproductive health issues , which may lead to their daughters to seek incorrect information from peer friends .In addition to ,The school curricula and the School Health Insurance System does not systematically include reproductive healthcare for students .Also, different studies were conducted in Egypt to assess adolescent knowledge regarding reproductive health issues and found that the majority of them had a lack of knowledge regarding reproductive health issues *Al-Naghshabandi and Abdel-Kader(2004), Qayed and Waszak(2005); Hassan(2002 )* ,and *Abd Elfatah (2008)* .There for this study was conducted to improve adolescent girls knowledge and attitude about reproductive health issues through designing and implementing educational program about reproductive health issues in different technical secondary schools adolescent girls.