

# Youth-to-Youth Education: Learning From You to Live My Life Safely

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## Introduction

Young people are a vulnerable population, since they are in a stage of important changes in their life from the physical, psychological and emotional ones that lead them to conduct behaviors to reach the expectations that the society has attributed to them, based on the culture that it rules. It is estimated that 30% of the world population is between 10 and 24 years of age, which represents a high percentage of sufferings typical of this stage of life. Likewise in recent decades, new causes of mortality among young people have been reported, such as accidents due to alcohol consumption and suicides.

A significant number of young people suffer from diseases that reduce their ability to grow and develop fully by adopting behaviors that endanger their health. A high percentage of premature deaths and the total burden of adult morbidity are associated with diseases or behaviors that began in their youth; that includes smoking, lack of physical activity, unprotected sex, exposure to violence and self-injury.

The promotion of healthy practices and peer education has a greater impact on young people by learning the experiences of people their own age, the social and cultural status that allows them to identify with other young people and have a positive development in their lives.







## Objective

To implement a youth-to-youth health program to prevent risky behaviors in young people aged 18-24.

#### Methods

An uncontrolled trial was performed. The population was youth from 18 to 24 years of age. The sampling was for convenience.

#### Procedure for the design of the program

The program was conducted in three phases, contents were provided by young nursing students from 19 to 21 years of age in consultation with the researcher.

- 1.Preparation
- 2. Design process, involved determining the guidelines
- 3. Design evaluation, the program plan and its components were revised.



#### Study procedure.



One hour long session was conducted per week over a period of five weeks.

Youth to Youth Education: Learning from you to live my life safely, addresses three themes, responsible use of contraceptive methods, prevention of addictions and prevention of suicidal behavior.

After each session and during the following week, the knowledge provided through an electronic repository of information was reaffirmed on a website created exclusively for this purpose.

In order to have a greater impact, health care modules were installed, where dynamic, fun and educational activities were carried out.

















### Results

The results show that of the 73 participants, 52.1% are women and 47.9% are men, ranging from 18 to 27 years old, with a higher percentage who report having 20 years representing 26%; Of whom 94.5% are single and 5.5% are married. Of these it was found that 91.8% of the students mentioned they did not have children and while 8.2% reported having a child. With regard to tobacco consumption, it was found that 63% have tried cigarettes in their lifetime and only 39.7% smoke tobacco habitually. The age of onset of consumption was 16 and 18 years. The results show that 93.2% report that they have tried intoxicating drinks at least once, 30.1% of the students say they usually consume alcohol. Regarding the age of onset of consumption it goes between the 12 and 16 years of age.

It is observed that 93% are at serious risk of suicide, which means that they have had one or several suicide attempts and the remaining 7% is at a moderate risk. In regards to contraceptive methods, 98% of the participants did not know how to place the condom correctly. 35% were sexually active and 28% did not use any type of contraceptive method. Regarding the results obtained from the previous knowledge in the students, 54.2% had regular knowledge, 37.5% high knowledge,



#### Conclusion

The young people are in an age that is full of changes and discoveries, where they are in search of the formation which puts them in a situation of vulnerability in front of different situations; making it necessary to develop health programs that include peer learning so that they can learn from the experiences of people of similar characteristics and have an impact on their lives. Thus nursing generates effective health programs that help improve the quality of life and prevent risk situations in this population group. The learn was significative for students, staff, and supported the change in the degree program, now are included training for teachers and diverses activities for detect risky situations. This kind of strategies are very useful and allow interaction between the people who teach and who learn.















