

The Effectiveness of Educational Video in Promoting Safe Sex Practices Among Adolescents in Selected Barangays: Basis for Reproductive Health Promotion

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ABSTRACT

Adolescents in the Philippines continue to face growing challenges related to unprotected sex, limited access to sexual and reproductive health education, and the rising prevalence of sexually transmitted infections (STIs). These issues are often worsened by a lack of age-appropriate, accessible, and engaging educational materials, especially to those in-school adolescents who may have limited but structured access through formal education, while out-school adolescents often miss these opportunities entirely, leaving them vulnerable. To help address this gap, the researchers developed an educational video focused on promoting safe sex practices, specifically designed for adolescents in selected barangays. The study utilized a one-group pretest-posttest quasi-experimental design to evaluate the effectiveness of the video in improving knowledge across four key parts: STI awareness and prevention, use of condom, sexual hygiene, and HPV vaccination. A total of 100 adolescent participants were assessed before and after watching the video. The results showed that adolescents had relatively low scores in the pretest, reflecting limited knowledge about sexual and reproductive health before the intervention. After viewing the educational video, their posttest scores increased significantly across all areas, indicating that the video was highly effective in enhancing knowledge. The pretest revealed significant differences in knowledge based on educational attainment, whereas no significant differences were noted for gender, civil status, employment, or socioeconomic status. In the posttest, however, no significant differences were observed across all demographic profiles, suggesting that the video helped equalize knowledge levels among adolescents regardless of background. This study demonstrates that educational videos are an effective, practical, and inclusive tool for addressing knowledge gaps in adolescent sexual health education.

Keywords: Adolescents, Educational Video, Safe Sex Practices, Sexual and Reproductive Health, STI awareness and prevention.

INTRODUCTION

Adolescence is a critical development stage marked by rapid biological, psychological, and social changes that influence identity formation, decision making, and sexual behaviour (Mishra, 2024). During this period, adolescents often begin exploring their sexuality, frequently without adequate knowledge or skills to protect themselves from sexual and reproductive health risks. In the Philippines, limited access to age-appropriate and engaging sexual health education continues to contribute to unsafe sexual practices, increasing adolescents' vulnerability to Sexually Transmitted Infections (STIs), HIV, and unintended pregnancies (Department of Health [DOH], 2024; UNICEF, 2022).

Unsafe sexual practices remain the primary mode of HIV transmission globally, with adolescents identified as a high-risk group due to inconsistent condom use, misinformation, and persistent stigma surrounding sexual health discussions (UNAIDS, 2023; WHO, 2024). In Metro Manila, where the highest number of HIV cases in the country is reported, the need for effective, community-based sexual health interventions is particularly urgent (Ganguanco & Eusaquio, 2023). Despite national policies mandating comprehensive sexual education, gaps remain, especially among adolescents with limited access to formal school-based reproductive health programs.

Educational interventions play a vital role in addressing these gaps. Evidence shows that comprehensive sexual health education does not increase sexual activity among adolescents but instead improves knowledge, promotes responsible behaviour, and reduces sexual health risks (Kirby et al., 2007). However, traditional teaching methods such as lectures and printed materials may be less effective for today's adolescents, who are highly engaged with digital and multimedia platforms. Educational videos offer a youth-friendly alternative by delivering accurate information in a visually engaging and easily understandable format, enhancing attention and knowledge retention (Jones et al., 2020).

Aligned with Sustainable Development Goal 3 (Good Health and Well-Being) and the National Unified Health Research Agenda (NUHRA), this study aims to assess the effectiveness of an educational video in improving adolescents' knowledge of safe sex practices in selected barangays in Manila. Specifically, the video focuses on STI awareness and prevention, condom use, sexual hygiene, and Human Papillomavirus (HPV) vaccination. By comparing knowledge levels before and after exposure to the video, this study seeks to determine whether educational videos can serve as an effective tool for reproductive health promotion among adolescents

BACKGROUND OF THE STUDY

Adolescents are particularly vulnerable to the consequences of unsafe sexual practices, including unintended pregnancies and sexually transmitted infections (STIs). Despite various efforts to promote reproductive health, many young individuals still lack sufficient knowledge about safe sex practices such as proper condom use, contraceptive methods, and STI prevention. The high incidence of STIs and early pregnancies among adolescents highlights the urgent need for effective and accessible sexual health education.

While reproductive health programs exist, traditional methods like lectures, printed materials, and seminars often fail to capture adolescents' interest or foster long-term knowledge retention. These limitations emphasize the need for more engaging and interactive learning approaches. Among the most promising methods is multimedia-based education, such as educational videos, which combine visual and auditory elements to enhance comprehension and encourage behavioral change. However, studies evaluating the effectiveness of such interventions, particularly those tailored for adolescents in barangay or community-based settings, remain limited in the Philippine context.

It is also important to recognize that not all adolescents have equal access to formal reproductive health education. In-school adolescents or adolescents that are enrolled in the school often benefit from structured programs integrated into the K-12 curriculum under the Department of Education's Comprehensive Sexuality Education Framework, as mandated by the Responsible Parenthood and Reproductive Health Law (DepEd, 2018; Philippine Commission on Women, 2021). In contrast, out of school adolescents or those adolescents that did not enroll in school are more likely to miss these opportunities, which may lead to significant differences in their knowledge, attitudes, and practices regarding safe sex (Up Population Institute, 2022). This gap highlights the importance of considering both in school and out of school adolescents when designing reproductive health interventions.

In addition, age plays a crucial role in how adolescents process and apply health information. Younger adolescents may have different comprehension levels, maturity, and risk perception compared to older adolescents. These developmental differences can affect how effectively they respond to health education, particularly video based intervention (Mishra, 2024; Li et al., 2021). By examining the effectiveness of educational videos across age groups, health promotion strategies can be tailored to be developmentally appropriate and inclusive of all adolescents population.

Sustainable Development Goals (SDGs), which seek to ensure universal access to sexuality education, family planning, and appropriate health services for all regardless of gender or age (Sell et al., 2023; UNESCO, 2023). These services are essential to reducing maternal mortality, improving child health, and promoting gender equality. As emphasized by Desrosiers et al. (2020), providing inclusive and comprehensive sexual health education helps individuals take control of their reproductive decisions, prevents the spread of STIs, and supports reproductive rights for all.

Aligned with these global health goals, this study aims to assess the effectiveness of an educational video in promoting safe sex practices among adolescents in selected barangays in Manila. By evaluating its impact on adolescents' knowledge and awareness, the study hopes to contribute to the development of more effective, engaging, and inclusive strategies for reproductive health promotion. The uniqueness of this study lies in its use of a tailored, expert-evaluated educational video as the main intervention, designed specifically for adolescents in a community setting. how multimedia tools can help address gaps in sexual health knowledge and empower Filipino adolescents to make informed choices about their well-being.

STATEMENT OF THE PROBLEM

Understanding the effectiveness of educational video on safe sex practices among adolescents is crucial, as it can help prevent unintended pregnancies, sexually transmitted infections, and promote informed decision-making.

The research study sought to answer the following research problems:

1. What is the Demographic profile of adolescents in terms of:
 - 1.1 Gender;
 - 1.2 Educational attainment;
 - 1.3 Civil status;
 - 1.4 Socio-economic status; and
 - 1.5 Employment status?
2. What is the level of knowledge of adolescents in selected barangays regarding safe sex practices before and after watching the safe sex practices educational video in terms of:
 - 2.1. Use of Condoms;
 - 2.2. STD Awareness and Prevention;
 - 2.3. Sexual Hygiene; and
 - 2.4. HPV Vaccine?
3. Is there any significant difference between the level of knowledge of adolescents regarding safe sex practices before and after watching the safe sex practices educational video?
4. Is there any significant difference between the level of knowledge and the profile of the respondents?
5. How can educational video be utilized as a tool for reproductive health promotion among adolescents?

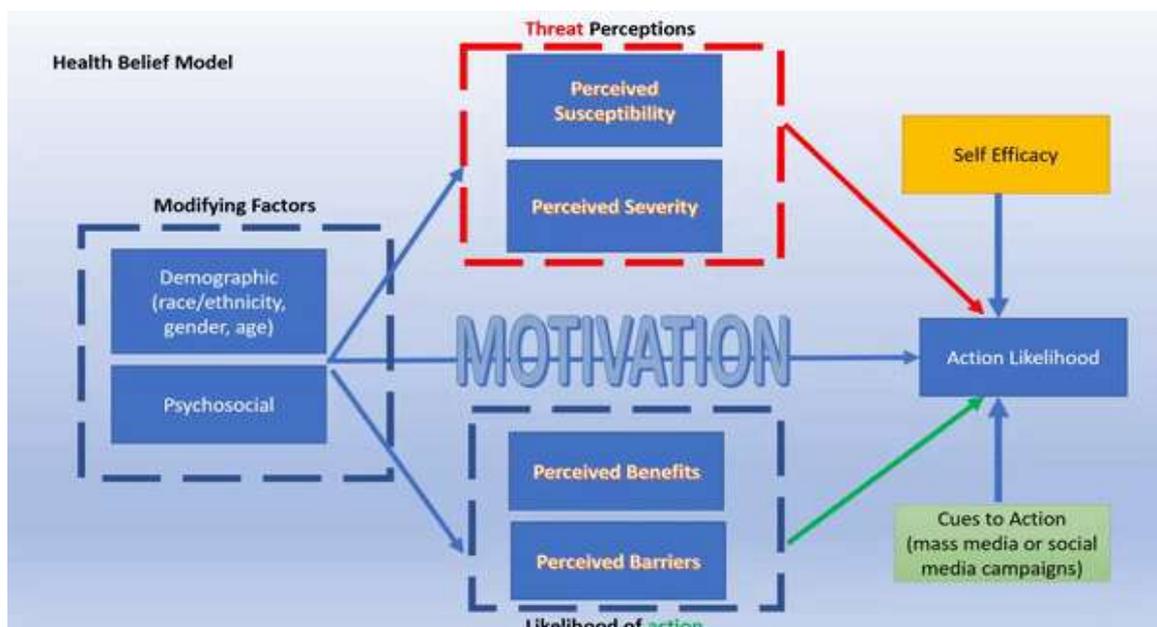
Statement Of Hypotheses

- H₀₁:** There is no significant difference between the demographic profile and level of knowledge of adolescents and their level of knowledge regarding safe sex practices.
- H_{a1}:** There is a significant difference between the demographic profile and level of knowledge of adolescents and their level of knowledge regarding safe sex practices.
- H₀₂:** There is no significant difference between the level of knowledge of the adolescents before and after watching the educational video about safe sex practices.
- H_{a2}:** There is a significant difference between the level of knowledge of the adolescents before and after watching the educational video about safe sex practices.

THEORETICAL FRAMEWORK

This study was anchored on the theory Health Belief Model, Theory of Planned Behavior, and Health Promotion Model.

Health Belief Model



Source: Marshall (2023).

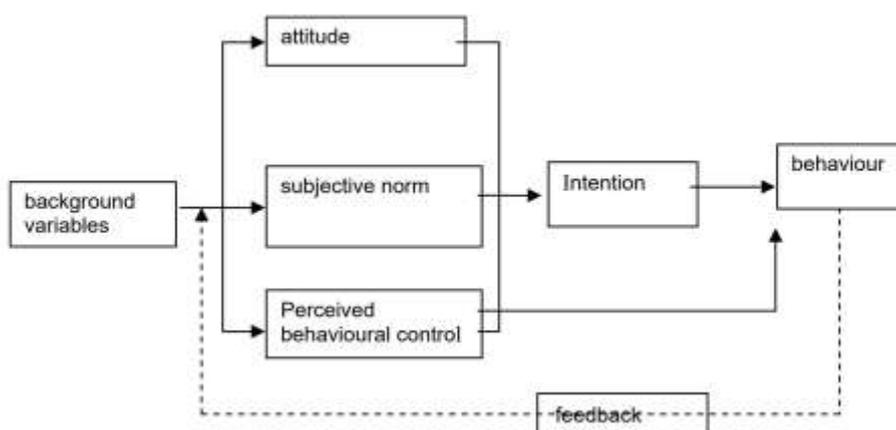
Figure 1: The Health Belief Model

The American social psychologists Hochbaum, Rosenstock, and others created the Health Belief Model (HBM) in the 1950s who worked in the U.S Public Health Service to explain the failure of people participating in programs to prevent and detect disease. Perceived vulnerability, perceived severity, perceived advantages, perceived barriers, cues to action, and self-efficacy are the components that combine to determine health-related behavior. By addressing these components, the HBM helps to design strategies that encourage healthier behaviors, particularly in areas like preventive health care, screening programs, and medication adherence.

In this study, the HBM is used to understand how adolescents' beliefs, perceptions, and motivations influence their decisions regarding safe sex practices. Each component of the HBM helps explain factors such as how at-risk teenagers believe they are for sexually transmitted infections, how serious they think the consequences are, what benefits they associate with protection, and what barriers prevent them from practicing safe sex. The educational video is structured to address these components, allowing the researchers to examine how effectively it can shape adolescents' attitudes and encourage healthier sexual behaviors.

Theory of Planned Behavior

Figure 1. The Theory of Planned Behaviour



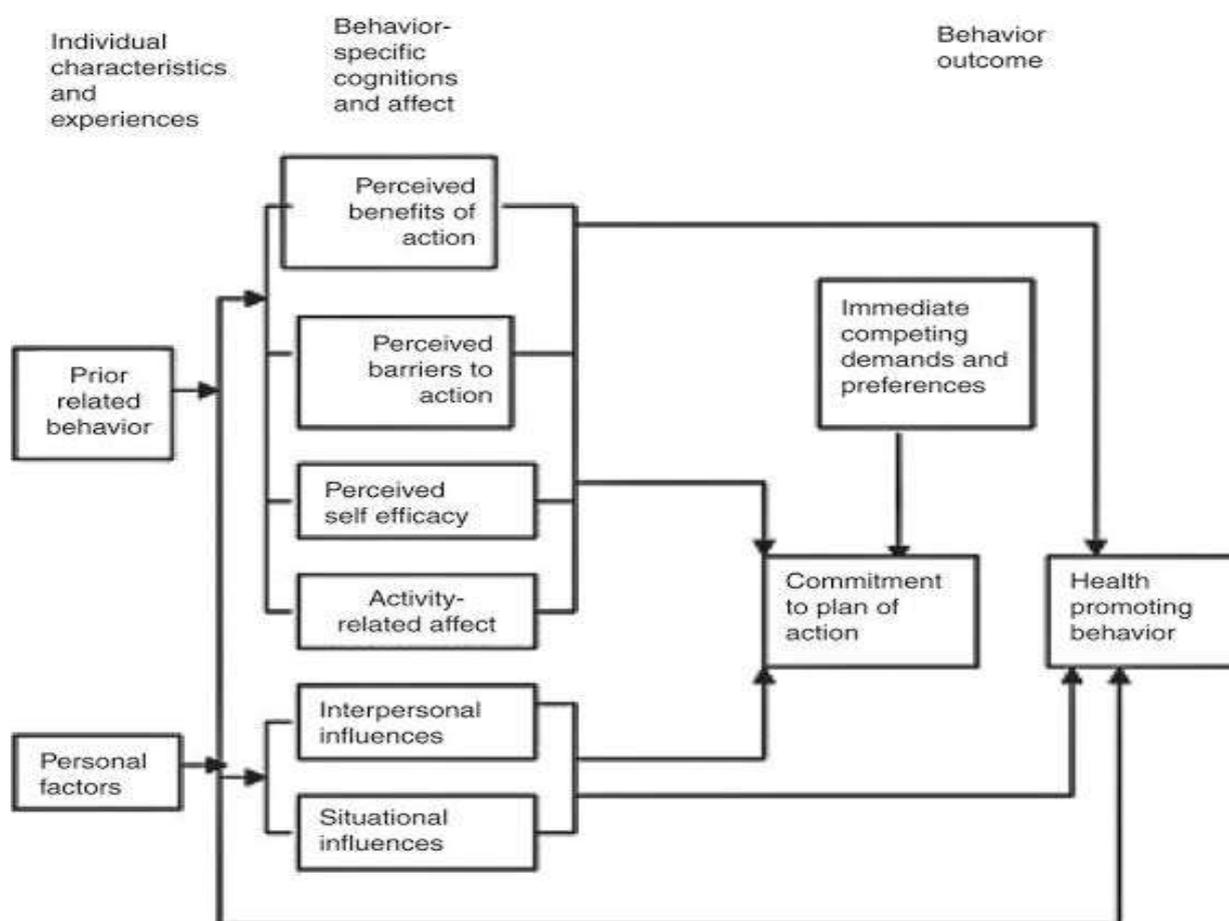
Source: Brookes (2023)

Figure 2: The Theory of Planned Behavior

The Theory of Planned Behavior (TPB), developed by Icek Ajzen, is a psychological framework that explains how human actions are guided by three primary determinants; attitude toward the behavior, subjective norms, and perceived behavioral control. The TPB assumes that these three factors shape a person's intention to engage in a specific behavior, which is the immediate precursor to the action itself. The stronger the intention, the more likely the behavior will occur, especially when perceived control is high.

The Theory of Planned Behaviour (TPB) is highly applicable to studying the effectiveness of educational videos on safe sex practices among adolescents by using it as a pre-test and post-test intervention measurement. Before showing the video, the researchers will assess the adolescents' baseline attitudes, subjective norms, and perceived behavioral control regarding safe sex practices. After the intervention (watching the educational video), the researchers will measure changes in these variables and their intention to practice safe sex.

Health Promotion Model



Source: Zohreh Khoshnood (2022)

Figure 3: The Health Promotion Model

The Health Promotion Model (HPM) was created in 1982 by nursing theorist Nola J. Pender (1941–present). In the middle of the 1970s, she began researching behaviors that promote health, and in 1982, she released the Health Promotion Model. According to her Health Promotion Model, nurses have a crucial role in assisting patients in preventing illness through self-care and daring options. The HPM is widely used in nursing and public health to design interventions that empower individuals to take control of their health and engage in positive lifestyle changes.

The Health Promotion Model can be applied to understand how the video might influence adolescents' motivation, attitudes, and behaviors regarding safe sex by assessing changes in perceived benefits, barriers, and self-efficacy. The theory will also be used to measure the adolescents' commitment to safe sex practices and compare reported behaviors before and after the intervention.

Republic Act 11166 - “Philippine HIV and AIDS Policy Act”

Republic Act 11166, also known as the “Philippine HIV and AIDS Policy Act”, strengthens the country’s comprehensive response to the HIV epidemic through evidence-based programs, accessible testing, preventive education, and treatment services. The law emphasizes the importance of awareness, early detection, stigma reduction, youth-friendly services, and accurate information on HIV transmission and prevention. It mandates the integration of age-appropriate HIV education in schools and communities to help reduce the rising number of infections, particularly among adolescents.

In relation to this research, RA 11166 provides a legal foundation for promoting safe sex practices among teenagers through educational interventions. Since the law highlights the necessity of youth-centered HIV education, the development of the educational video aligns with its mandate to provide accessible, factual, and preventive information. The video incorporates key messages on HIV risk, prevention, and responsible sexual behavior, supporting the study’s goal of improving adolescents’ knowledge and encouraging healthier practices in the selected barangays.

Republic Act 10354 - “The Responsible Parenthood and Reproductive Health Act of 2012”

Republic Act 10354, or the “Responsible Parenthood and Reproductive Health (RPRH) Act of 2012”, ensures universal access to reproductive health services, education, and information in the Philippines. The law upholds the right of individuals—including adolescents—to make informed choices about their reproductive health through comprehensive sexuality education, availability of family planning services, and community-based health programs. It emphasizes the importance of informed decision-making, prevention of teenage pregnancy, and the promotion of safe and responsible sexual behavior.

For this study, RA 10354 serves as a guiding framework in creating an educational video that promotes reproductive health awareness among adolescents. The law’s mandate for comprehensive and age-appropriate reproductive health education directly aligns with the video’s goal of teaching safe sex practices. By integrating concepts such as responsible decision-making, protection methods, and awareness of reproductive health risks, the video supports the objectives of the RPRH Act and strengthens the study’s aim of enhancing reproductive health promotion in the selected barangays.

CONCEPTUAL FRAMEWORK

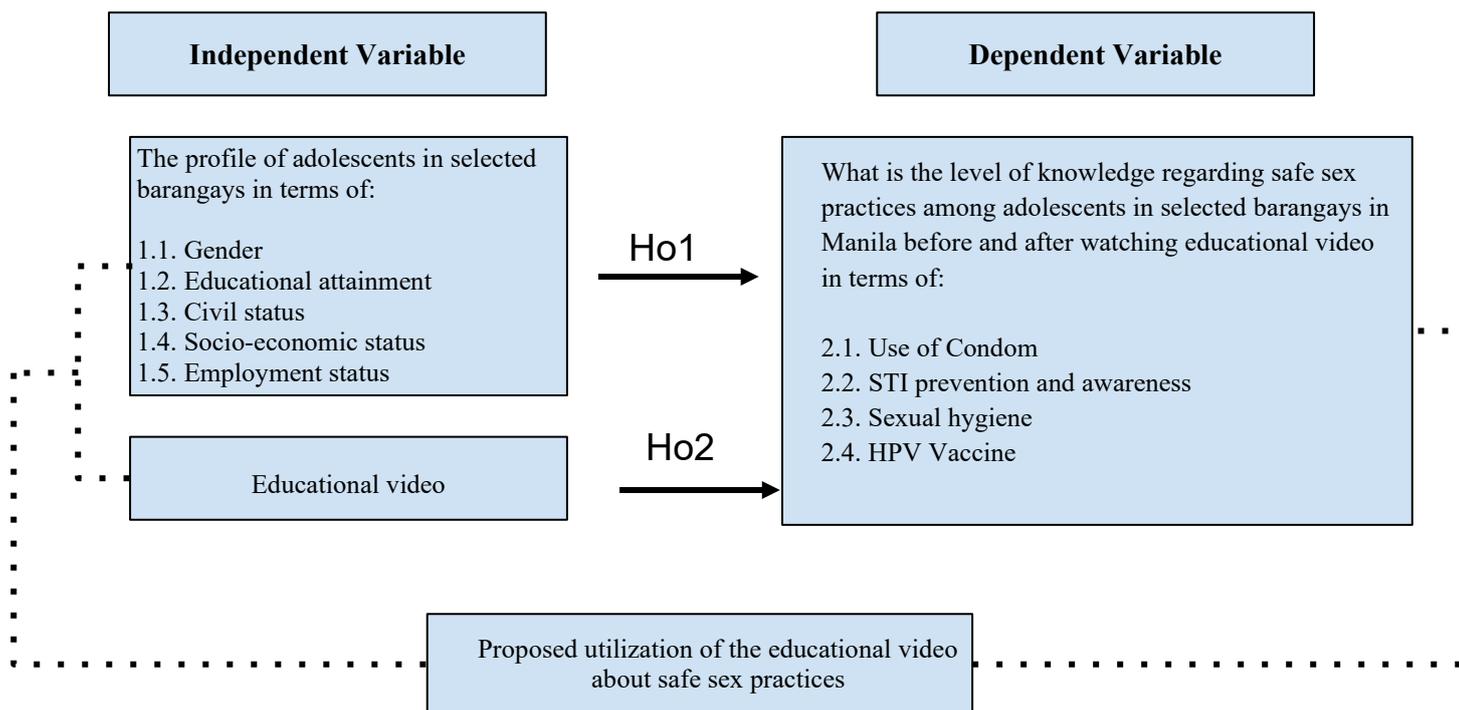


Figure 4: The Effectiveness Of Educational Video in Promoting Safe Sex Practices Among Adolescents in Selected Barangays: Basis For Reproductive Health Promotion

The diagram above interplay the variables to intensively analyze the concept of the study. The first of the variables are the independent variables which comprise two sets. The first set contains the demographic profile of the adolescents in selected barangays, specifically their; gender, educational attainment, socio-economic status, civil status, and employment status. The second set contains educational video content which represents the educational intervention, specifically in promoting safe sex practices. The dependent variable includes the level of knowledge regarding safe sex practices among adolescents in selected barangays in terms of; use of condom, STD awareness and prevention, sexual hygiene, and HPV vaccine. These variables are measured before and after watching the educational video.

The one-tailed arrow between the demographic profile of the adolescents and the level of knowledge regarding safe sex practices shows a significant difference between the profile of adolescents and their level of knowledge regarding safe sex practices.

The one-tailed arrow between the educational video content and the level of knowledge regarding safe sex practices entails a significant difference between the knowledge of adolescents before and after watching the educational video in promoting safe sex practices.

The broken line shows the proposed utilisation of the educational video that could be developed as an input to promote reproductive health which will be based on the findings of the study.

Assumptions

The study focused on the effectiveness of an educational video about safe sex practices among adolescents. The following assumptions were made:

1. The researchers assumed that the respondents would provide reliable information essential to the study's success.
2. The researchers assumed that the respondents would be honest in answering the questionnaires.
3. The researchers assumed that the respondents had some knowledge or misbeliefs about safe sex practices before watching the educational video and answering the questionnaire.
4. The researchers would clearly explain the purpose of the study to the respondents.
5. The study would convey how effective the educational video about safe sex practices is among adolescents.

Scope And Limitation

This study focused on assessing the effectiveness of an educational video in improving adolescent's knowledge of safe sex practices. The respondents consisted of adolescents aged 12 to 18 years old from selected barangays in Manila. The findings of the study reflect outcomes observed within this defined population and setting. Adolescents outside the specific age range and those who self-reported a prior diagnosis of HIV or other Sexually Transmitted Infections were excluded to avoid potential bias related to prior exposure to sexual health education and counseling.

The study examined only the immediate effects of the educational video on adolescents' knowledge of safe sex practices. Long-term knowledge retention and actual behavioral outcomes were not assessed. The use of a one-group pretest-posttest quasi-experimental design without a control group limits the ability to attribute observed improvements solely to the intervention.

Significance Of The Study

The significance of conducting this study is to assess the effectiveness of educational video about safe sex practices among adolescents. More specially, the result of this study may be beneficial to the following:

Adolescents - The result of this study will be helpful for adolescents as it will enhance their knowledge about safe sex practices, particularly in preventing sexually transmitted diseases (STDs). Additionally, it will help them make informed decisions regarding their sexual and reproductive health, promote responsible behaviour, and encourage the use of protective measures.

Parents - The result of this study will be beneficial to the parent, as it will help them understand more about adolescent sexual health concerns, enabling them to have a thoughtful discussion with their children. It also encourages them to have an active role in educating and guiding their children on safe sex practices and to have responsible decision making.

Barangay - The results of this study will benefit the barangay by providing valuable insights into adolescents' knowledge and awareness of safe sex practices. Furthermore, these results will also guide the barangay's efforts in promoting reproductive and sexual health education and awareness.

Barangay Officials - The result of this study can serve as a basis to help the barangay officials in developing and implementing programs that focus on safe sex practices.

Healthcare Workers - The result of this study will be able to serve as a basis or resources to healthcare workers, as it will help them equip themselves with a better understanding of adolescents' knowledge about safe sex practices. Furthermore, the result can help them enhance their ability to deliver care, counseling, and services to adolescent clients, which will greatly improve health outcomes.

Department of Health - The result of this study will provide the Department of Health with relevant data and insights about adolescents' knowledge regarding safe sex practices, which will help them develop and implement a more detailed program that focuses on promoting safe sex education and STD's prevention and awareness. Furthermore, that result will also be helpful in strengthening programs that are tailored to adolescents' reproductive health.

Government Agencies - The result of this study will be beneficial to government agencies by providing valuable data and insights that can guide them in developing and implementing programs and policies that are related to adolescents' sexual health.

Non-Government Agencies - The result of this study will help the Non-Government Agencies to improve their program and advocacy. Furthermore, it can help them create more targeted interventions, educational campaigns, and community-based initiatives that promote safe sex among adolescents

Community - The results of this study will be beneficial to the community by enhancing the public knowledge of safe sex practice, mitigate possible health risks, and foster a more inclusive and open community. By promoting responsible behaviour and awareness, this result will contribute in building a healthier and more proactive community.

Society - The result of this study can contribute to society by promoting greater awareness among adolescents' sexual health. By promoting inclusive and open discussion and reducing the stigma about safe sex education, it can help develop a more informed and health conscious environment in the society that supports responsible sexual behavior among adolescents.

Future Researchers - The result of this study will be helpful for future researchers, which will provide essential data and resources on adolescents' sexual health. Furthermore, the result will guide them in their studies and contribute to the development of more effective health policies.

Definition Of Terms

The following terms are defined on how it is being utilized for better understanding of the content of the study.

Adolescents refer to the respondents of the study who are young individuals between the ages of 12 and 18, who are vulnerable to Sexually Transmitted Diseases (STDs) due to curiosity and risk-taking behaviour. Who are currently residing in Manila, Metro Manila that are capable of completing test questionnaires.

In-School Adolescents refers to adolescents aged 12-18 who are currently enrolled in formal education such as in elementary, junior high or senior high school, and are exposed to structured academic programs that may include reproductive health education. In this study, in-school adolescents are defined as adolescent participants who reported current enrolment in a formal school, as indicated in their demographic profile.

Out of School Adolescents refers to young individuals aged 12-18 who are not enrolled in formal education, including those who have dropped out, have not attended school, or are temporarily out of school, making them more vulnerable to misinformation about sexual and reproductive health. In this study, it is discussed in the context of the background and related literature to highlight disparities in access to reproductive health education.

Reproductive Health refers to a state of complete physical, mental, and social well-being in all matters related to the reproductive system, including its function and processes. In this study, reproductive health is focused on educating adolescents about safe sex practices and STI prevention to promote their overall well being.

Sexually Transmitted Infections (STIs) refers to infections that are caused by bacteria, viruses, or parasites that primarily spread through sexual contact. STI can lead to serious health conditions if left untreated but preventable through safe sex practices like using condom, regular testing, and vaccinations.

Educational Video refers to a virtual medium designed to enhance individuals' understanding of concepts by presenting information through engaging and informative manner. The educational video will be used to educate adolescents on safe sex practices and assess its effectiveness in improving their level of knowledge.

Safe Sex Practices refers to behaviour and preventive measures that reduce the risk of STIs. These measures include regular use of condoms and STI testing. The safe sex practices are focused on educating adolescents regarding responsible sexual behavior in order to protect their reproductive health.

Use of Condom refers to the practice of utilizing a thin rubber which acts a protective barrier during sexual intercourse to reduce the risk of STIs and unwanted pregnancy. Condoms act as a physical barrier that prevents the exchange of bodily fluids. Which then lowers the risk of acquiring or transmitting infections. In this study, the use of condoms is highlighted as a key safe sex practice to prevent and protect adolescents from the risk of STIs

Sexually Transmitted Infection Awareness refers to the level of knowledge and understanding of adolescents regarding STIs, this includes the causes, symptoms, transmission, and its consequences if acquired. The STIs awareness involves educating the adolescents on common STIs such as chlamydia, gonorrhoea, syphilis, Human Papillomavirus (HPV), and the Human Immunodeficiency Virus (HIV). as well as early detection of this condition. In this study, the STIs awareness focuses on informing the adolescents about the risk of unprotected sex and the need for safe sex practices.

Sexually Transmitted Infection Prevention refers to the measures taken to reduce the risk of acquiring or transmitting STIs. These preventions include correct and consistent use of condoms, regular STI screenings, vaccinations like HPV vaccine, and sexual health education. In this study, STI prevention emphasizes informing adolescents on effective strategies and intervention in order to protect themselves from STIs.

Sexual Hygiene refers to practices and habits that help maintain cleanliness and reduce the risk of infections and other health problems related to sexual activity. It includes proper personal hygiene before and after sexual intercourse. Maintaining good sexual hygiene contributes to overall well-being and prevents sexually transmitted infections and other health issues.

Human Papillomavirus (HPV) Vaccine is a vaccine that protects against Human Papilloma Virus (HPV) Infections, which can cause cancers and other HPV related diseases. It works by stimulating the immune

system to produce antibodies that prevent HPV infections. In this study, promoting HPV vaccine among adolescents aims to ensure protection against the HPV related disease.

Civil Status refers to an individual's legal relationship status such as being single, married, widowed or separated which may influence their social roles, responsibilities and decision making regarding sexual and reproductive health. Operationally in this study, civil status is defined as the self reported relationship status of adolescents participants as indicated in the demographic profile which will be analyzed to determine the influence on the effectiveness of the educational video in promoting safe sex practices.

Educational Attainment refers to the highest level of education an individual has completed. In this study, educational attainment is defined as the self-reported highest grade level completed by the adolescent participants as indicated in the demographic profile to assess its potential influence on their understanding of safe sex practices.

Employment Status refers to an individual's work situation, whether they are employed, unemployed, or engaged in part-time or informal work. In this study, it specifically pertains to the current work situation of adolescents.

Socio-Economic Status refers to the social and economic position of an individual within the society. It is mostly affected and based on different factors such as family income, education, and occupation. In this study, socio-economic status pertains to only adolescents' family income.

Review Of Related Literature And Studies

This chapter presents the related literature and studies from both local and foreign studies.

Related Literature

According to data from the Department of Health (DOH, 2024), the Philippines is experiencing the fastest-growing HIV epidemic in Asia and in the Pacific in 2023. In that year, there were 48 newly diagnosed cases of HIV daily, which is a significant increase from just 13 daily cases in 2013, as reported by the HIV/AIDS and Antiretroviral Therapy (ART) Registry of the Philippines (HARP). This number went to as high as 58 per day in the second quarter of 2024. Moreover, diagnosed HIV cases are getting younger and younger with the predominant age group shifting from among 35-49 years old in 2002 to 2005, to 25-34 years old starting 2006 onwards. This shifting would be much younger in this generation, as the adolescent population becomes more active in sexual activity. Additionally, Health Secretary Teodoro J. Herbosa says that younger people are now more at risk with this disease, and advised the parents must engage their children more on this health concern. This statistics highlights the need for our study, which aims to assess the effectiveness of an educational video in promoting safe sex practices among adolescents; these findings underline the need for innovative and accessible educational intervention or strategies to address the rising HIV cases among the younger population.

According to a report from Barcelona (2024), awareness of and adherence to safe sex measures, such as consistent condom use, have proven to reduce the transmission of diseases like HIV and promote sexual health. The article highlighted the ongoing efforts by health organizations and the government to educate the public about these practices, emphasizing the importance of proper knowledge and access to resources. Despite advancements in sexual health education, challenges persist, especially in rural areas, where misconceptions and limited access to preventive tools remain barriers to safer sexual behaviors. Hence, promoting safe sex through continuous education, community engagement, and accessible healthcare services is critical to improving public health outcomes in the Philippines. This study provides an educational video highlighting proper condom use and the potential diseases that may result from the lack of safe sex practices. By targeting adolescents from various barangays, the researchers aimed to reach participants who may have limited or no exposure to education on these crucial topics.

The University of The Philippines Population Institute (2022) highlighted the challenges and opportunities in addressing adolescent sexual and reproductive health in the Philippines. One key insight is the need for innovative strategies to bridge gaps in knowledge and promote safe practices among Filipino youth, especially

as studies reveal significant gaps in awareness about HIV, STIs, and contraception. Comprehensive sexuality education (CSE) and multimedia interventions, such as educational videos, are identified as effective methods for improving youth understanding and promoting positive behavioral changes. These tools align with the broader goals of YAFS5, which emphasizes the importance of culturally relevant and accessible education in mitigating health risks and fostering informed decision-making among adolescents. By leveraging technology and media, educational videos offer an engaging and scalable approach to addressing critical gaps in sexual health awareness, especially in regions with limited access to traditional resources.

Additionally, the University of the Philippines Population Institute (2022) highlighted the challenges and opportunities in addressing adolescent sexual and reproductive health in the Philippines. The report emphasized significant gaps in sexual knowledge, behaviors, and sources of information among Filipino youth. Many adolescents lack adequate awareness of HIV, sexually transmitted infections (STIs), and contraception, making them more vulnerable to risky sexual behaviors. In line with the study, which assessed the effectiveness of educational videos in promoting safe sex practices, this approach may help bridge the gap in enhancing sexual and reproductive health among adolescents.

Republic Act No 10354 or Responsible Parenthood and Reproductive Health Act of 2021 cited from Philippine Commission on Women (2021), ensures universal access to reproductive health services and information in the Philippines. It mandates comprehensive sexual education in schools to equip adolescent students with accurate knowledge regarding family planning, sexual behaviour and STI prevention. This law aims to empower individuals to improve informed consent and empower reproductive health awareness. In line with this study, which assessed the effectiveness of educational video in promoting safe sex practices, the Republic Act 10354 can serve as a basis or legal foundation for enhancing adolescent reproductive health education. By exploring innovative intervention, such as using multimedia like videos, this study with the RH law can improve adolescent awareness and promote responsible sexual behaviour.

Republic Act No. 11166, also known as the Philippine HIV and AIDS Policy Act of 2018 cited in Supreme Court E-library (2019), enhances the country's efforts in HIV and AIDS prevention, treatment, and education. It mandates comprehensive, evidence-based, and age-appropriate HIV education in schools to increase awareness, reduce stigma, and encourage safe sexual practices among adolescents. The law also ensures accessible HIV testing and counseling, providing young individuals with proper guidance on prevention and early detection. In relation to our study, which evaluates the effectiveness of an educational video in promoting safe sex practices, RA 11166 highlights the need for engaging and accessible learning tools to improve adolescent knowledge of HIV prevention and reproductive health. By incorporating multimedia interventions, our study aligns with the law's goal of empowering adolescents with accurate information to minimize risky sexual behaviors.

A study by De Torres (2020) titled "Facilitators and Barriers to Condom Use Among Filipinos: A Systematic Review of Literature" provided valuable insights into the factors influencing condom use in the Philippines. The study identified key determinants that affect condom usage, including accessibility, cultural attitudes, knowledge, and peer influence. It highlights that while awareness of condom use is relatively high among Filipino youth, misconceptions and negative perceptions persist, often discouraging consistent use. Social stigma, embarrassment in purchasing condoms, and lack of proper education about their benefits further contribute to low usage rates. These findings emphasized the need for targeted interventions that address these barriers and encourage positive sexual health behaviors.

According to Breakthrough Research, De La Salle University (2020) emphasized the critical role of innovative and youth-friendly approaches, such as educational videos, in promoting safe sex practices among adolescents. The brief highlighted that interactive and engaging digital tools address key barriers to accessing sexual and reproductive health (SRH) information, including stigma and lack of resources. Educational videos are particularly effective as they deliver culturally sensitive and visually appealing content, making it easier for adolescents to understand and retain essential knowledge about safe sex practices. These interventions foster behavior change by improving awareness, reducing misconceptions, and empowering adolescents to make informed decisions about their reproductive health. Similarly, our study assesses the effectiveness of an educational video in promoting safe sex practices among adolescents. It uses digital tools to address barriers to sexual and reproductive health education. Both studies highlight how interactive and engaging content can

enhance adolescents' understanding of safe sex practices, reduce misconceptions, and empower them to make informed decisions about their reproductive health.

According to Appinio (2023), quasi-experiments are basic tools in empirical research settings, including schools or community centers, since they provide actionable findings without the need for randomized control, especially when the goal is to evaluate behavioral changes. In health education studies, a quasi-experimental approach is often used in situations where random assignment is not possible, but researchers still hope to compare the effects of an intervention in different groups. This research method allows the measurement of outcomes such as improved knowledge or safer behaviors between individuals who have been exposed to an intervention, such as an educational video, and those who have not. In the context of promoting safe sexual behaviors among youth, the use of educational videos is a realistic and effective strategy. Although quasi-experimental studies cannot control for all variables, they can still provide solid evidence by using pre-tests, post-tests, and matched groups efficiently.

According to Cleveland Clinic (2024), safe sex refers to practices used during sexual activity to prevent the exchange of bodily fluids such as semen, vaginal fluids, or blood. These practices help prevent both unintended pregnancies and sexually transmitted infections (STIs). To effectively practice safe sex, condoms or other barrier methods should be used to reduce the risk of STIs, including gonorrhea, chlamydia, syphilis, human papillomavirus (HPV), herpes, human immunodeficiency virus (HIV), genital warts, hepatitis A, B, and C, trichomoniasis, and mycoplasma genitalium. The benefits of safe sex include protection from unintended pregnancy, reduced risk of infections, improved mental well-being and self-expression, enhanced self-awareness, and decreased anxiety about STIs. Additionally, regular STI testing is recommended, especially for those who are sexually active, to ensure better protection. Aligned with our study, which evaluates the effectiveness of an educational video in promoting safe sex practices, this emphasizes the need for accessible and engaging learning tools to enhance adolescents' awareness, encourage responsible sexual behavior, and reinforce the importance of STI prevention and regular testing.

An urgent report from the World Health Organization Regional Office in Europe (WHO, 2024) reveals that condom use among sexually active adolescents has declined significantly since 2014, with rates of unprotected sex worryingly high. This is putting young people at significant risk of sexually transmitted infections (STIs) and unplanned pregnancies. Overall, the report highlights that a substantial proportion of sexually active 15-year-olds are engaging in unprotected sexual intercourse, which WHO warns can have far-reaching consequences for young people, including unintended pregnancies, unsafe abortions and an increased risk of contracting STIs. The high prevalence of unprotected sex indicates significant gaps in age-appropriate comprehensive sexuality education, including sexual health education, and access to contraceptive methods. The report underscores the urgent need for targeted interventions to address these concerning trends and promote safer sexual practices among young people within the wider context of equipping them with the foundation they need for optimal health and well-being.

Research suggested by Boclips (2024) that short educational videos enhance learning by boosting student engagement, comprehension, and retention. For instance, videos under 6 minutes show nearly full completion rates, while longer videos experience significant drop-off in viewership, making shorter formats optimal for maintaining attention and improving understanding. Short videos also provide flexibility for teachers, allowing them to efficiently integrate multimedia that reinforces concepts without overwhelming students with lengthy content. Consequently, short educational videos are effective tools for modern classroom settings, supporting diverse learning needs.

The challenges identified in the implementation of reproductive health education (RHE) in the Philippines, as discussed by Kim (2023), underscore the need for innovative approaches to address gaps in delivering comprehensive sexual health information. The lack of consistent and effective teacher training, coupled with socio-cultural barriers, highlights the potential of alternative tools, such as educational videos, to bridge these gaps. Educational videos on safe sex practices can provide adolescents with accurate, accessible, and engaging content, bypassing the limitations of traditional classroom instruction. These tools can effectively standardize the delivery of information, ensuring that critical topics, such as condom use and the prevention of sexually transmitted infections, are conveyed consistently. Furthermore, videos can reach a broader audience, including

adolescents from underserved communities or barangays with limited access to formal reproductive health education, thereby addressing the disparity in knowledge and promoting healthier behaviors (Kim, 2023).

BMJ Journals (2024) suggested that there could be an association between safe sex beliefs and sexual initiation. One out of seven adolescents believed condoms are 100% effective (safe-sex believers). The study analyzed the knowledge that some of the youth have the knowledge of effectiveness of condoms especially in preventing STDs and pregnancies. It is more frequent among males than among females the Safe sex belief where they believe that there is no risk at all if one is using condoms. This research can help these adolescents to have additional knowledge in safe sex practices, especially the video created by the researchers about awareness and prevention of STIs and also how to use condoms correctly.

Proper condom use is essential in preventing sexually transmitted infections (STIs) and unintended pregnancies. According to the Centers for Disease Control and Prevention (CDC, 2024), correct and consistent condom use significantly reduces the risk of STI transmission and serves as an effective contraceptive method. The CDC emphasizes key steps in proper condom use, including checking the expiration date, ensuring correct placement, and using water-based lubricants to prevent breakage. Despite the availability of condoms, barriers such as lack of awareness, misconceptions, and stigma reduces their proper use among adolescents. Innovative interventions, such as educational videos have been shown to improve condom knowledge and usage confidence These findings highlight the need for accessible and comprehensive sexual health education to enhance safe sex practices.

Human papillomavirus (HPV) is a common sexually transmitted infection that can lead to serious health complications, including cervical cancer, genital warts, and other HPV-related cancers. The HPV vaccine is designed to protect individuals from the most harmful strains of the virus. According to Nemours (2024), the vaccine is most effective when administered before an individual becomes sexually active, typically recommended for preteens but also available for older adolescents and young adults who may need to catch up on their doses. This underscores the importance of early education on HPV and safe sex practices to ensure adolescents are informed about preventive measures. Educational interventions, particularly videos, have the potential to bridge this gap by providing accessible and engaging content that promotes safe sex practices. To assess their effectiveness, a well-structured questionnaire must be developed, grounded in existing literature and tailored to measure changes in knowledge and behavior. This study aims to contribute to the growing body of research on sexual health education and its impact on adolescent decision-making.

According to WebMD (2023), there are recommended practices for maintaining hygiene and health after sexual activity. It is advised to wash the genital area with plain warm water. While mild soaps may be used, individuals with sensitive skin or existing infections should avoid them, as they may cause dryness or irritation. Douching should also be avoided, as it can disrupt the natural balance of bacteria that protect the vagina. Instead, a gentle rinse with warm water is recommended. Additionally, emptying the bladder after sexual contact can help reduce the risk of infection. Drinking a glass of water before and after intercourse may also contribute to infection prevention. Wearing breathable underwear and clothing that allow air circulation is encouraged to maintain hygiene and comfort. Washing the body with soap and water as part of a post-sex routine is considered an effective way to eliminate bacteria. Furthermore, individuals who are sexually active, particularly those with new partners, are advised to undergo testing for sexually transmitted infections (STIs). Since many of these infections present no symptoms, regular testing is essential to ensure early detection and appropriate treatment.

According to the World Health Organization (2022), educating youth about STIs, condom use, and preventive measures like the HPV vaccine is vital in reducing the global burden of reproductive and sexual health issues, particularly among the adolescent population. Despite the availability of numerous methods and techniques for practicing safe sex among adolescents, we emphasize that condom use, STD awareness and prevention, sexual hygiene, and HPV vaccination remain essential in educational interventions and also these topics are actionable and age appropriate when it comes to adolescents. Condoms provide dual protection by preventing both unintended pregnancies and sexually transmitted infections (STIs), including HIV. They are affordable, widely accessible, and easy to use, which makes them especially suitable for adolescents. STD awareness is critical because adolescents face higher biological and social risks of infection due to lack of knowledge, stigma, and limited access to testing or treatment. Accurate information can reduce risky behaviors and

encourage early intervention. Sexual hygiene, though often overlooked, plays a vital role in maintaining genital health and preventing infections while promoting personal responsibility and self-respect. The HPV vaccine serves as another important component, as it protects against the most common STI worldwide and can prevent various types of cancer, including cervical cancer. The vaccine works most effectively when administered before sexual debut, making adolescence the ideal time for vaccination. Including these topics in an educational video ensures that adolescents receive age-appropriate, practical, and life-saving information that addresses both immediate protection and long-term health outcomes.

Related Studies

According to research from Azarraga (2021), comprehensive sex education (CSE) plays a critical role in improving adolescents' knowledge and attitudes toward sexual health, addressing gaps that often lead to risky behaviors such as unprotected sex and early pregnancies. Educational tools like videos help to simplify complex topics, making them relatable and engaging for young audiences. By providing accurate information in an accessible format, these videos empower adolescents to make informed decisions about their sexual health, contributing to better outcomes in terms of reducing rates of sexually transmitted infections and unintended pregnancies. The researchers of this study will develop an educational video focusing on comprehensive sex education (CSE). This video aims to enhance adolescents' knowledge and attitudes toward sexual health while addressing gaps that often contribute to risky behaviors. Similar to our study, it underscores the importance of quality sexual education in improving adolescents' knowledge and attitudes toward sexual health. Both studies emphasize the need for educational reforms to address gaps in the current curriculum and provide more accurate and comprehensive information on sexual and reproductive health.

Furthermore Pepito (2022) states that the Philippines faces significant reproductive health challenges, including high fertility rates, teenage pregnancy rates, and rising HIV incidence. As of 2019, the country's total fertility rate is 2.98, the second highest in Southeast Asia, and higher than the global average of 2.31. The teenage pregnancy rate is also high, at 9% in 2017, which has remained largely unchanged for the past 20 years. Despite the proven effectiveness of consistent condom use in preventing unwanted pregnancies and sexually transmitted infections, only 1.13% of respondents from a sample of 25,074 reported using condoms consistently with their most recent partner. This highlights the need for improved education and information campaigns and more targeted interventions to promote sexual agency and consistent condom use, which are essential in addressing the growing issues of unwanted pregnancies and HIV in the country. The high fertility rates, teenage pregnancy rates, and increasing HIV incidence in the Philippines, emphasizing the low prevalence of consistent condom use despite its proven effectiveness in preventing unwanted pregnancies and sexually transmitted infections. Similar to this study, it underscores the urgent need for interventions that promote safer sexual practices and improve access to reproductive health education. Both studies recognize the gap in information and education campaigns as a contributing factor to risky sexual behavior among adolescents.

Based on the study of Gutierrez et al. (2023), sexually transmitted infection (STIs) is still on the rise and a concern in the Philippines, with a significant increase of cases in the past few years. A persistent stigma surrounding STIs hinders awareness and knowledge dissemination, contributing to the spread of these infections. To address this issue, a study was conducted to assess the knowledge and experiences of individuals who had acquired, recovered from, or were undergoing treatment for STIs in Rizal province. The study found that unprotected sex was the primary mode of transmission among respondents, and their overall knowledge level regarding STIs was moderate. These findings highlight the importance of comprehensive sex education, including information on STI prevention, symptoms, and treatment. In contrast, Our study By increasing awareness and reducing stigma, it is possible to promote healthier sexual behaviors and reduce the prevalence of STIs in the Philippines.

According to Niala (2023), sexually transmitted infection (STI) is a major problem in health among young adults worldwide. In the Philippines, it remains a public health problem, affecting males and females. With young adults who are curious and eager to explore life, especially in sex, a lack of morals and education may worsen their life. Therefore a regular screening for STI is a must for individuals, specifically adolescents who are sexually active. Through a campaign and video conferences about increasing the level of awareness of grade 12 students of Tagkawayan National High School on Sexually Transmitted Infection(STI), it shows that

there is a significant increase in the awareness, indicating that the campaign is awareness. Additionally, endorsing this type of program to the Local Government Unit, it may not only increase the awareness of the schools, but also the whole community. Similarly, our study assesses the effectiveness of an educational video in promoting safe sex practices among adolescents. By utilizing an accessible and engaging learning tool, our study aims to enhance adolescents' knowledge of sexual health awareness, reinforcing the importance of education in preventing STIs and promoting responsible sexual behavior.

Bagting et al. (2023) stated that the reproductive health seminars have a significant impact on students' knowledge of sexually transmitted diseases (STDs). Before the seminar, the respondents demonstrated inadequate knowledge, with misconceptions about STDs being prevalent among senior high school students from various schools. Prior to the seminar, only 41.72% of the respondents had sufficient awareness, but this increased to 77.10% after the seminar, indicating a significant improvement in understanding the nature and transmission of STDs. This study highlights the importance of reproductive health education in enhancing adolescents' knowledge and promoting safer sexual practices. Similarly, our study aims to promote safe sex practices through the use of educational videos. This highlights the need for alternative tools and interventions, such as digital learning materials, to effectively address reproductive health issues like STDs and improve sexual health awareness among adolescents.

Cueto (2024), extends this notion by examining the sexual health education needs of LGBTQIA+ youth. The study highlights the challenges faced by young Filipino gay men and emphasizes the need for increased awareness about sexual education among LGBTQIA+ community in the Philippines. Young gay Filipinos predominantly use Facebook and Twitter for social engagement, while utilizing Grindr and Tinder for dating but feeling unsafe doing so. Most of these individuals lack access to sex education so that sexual education is needed for awareness and knowledge of these young gay Filipinos. The lack of education leads to vulnerabilities such as emotional abuse, sexual assault, and sexually transmitted diseases. This research aims to provide young Filipino gays to have a additional knowledge about safe sex practices and also to have the awareness about the spreading STI's in order for them to protect their self. Similarly, our study highlights in providing adolescents with knowledge about safe sex in order to improve awareness and their informed decision making.

According to Pasay-an et al. (2020) published in the Makara Journal of Health Research, adolescents benefit from health interventions that use multimedia tools to address sensitive topics like sexual health. Educational videos can simplify complex concepts, correct misconceptions, and encourage positive attitudes toward safe sex by presenting realistic scenarios and culturally sensitive content. These tools foster improved knowledge retention and behavioral change, making them an essential component of comprehensive sexuality education. The study underscores the importance of integrating digital media into health programs to address gaps in traditional education, thereby reducing risks such as sexually transmitted infections and unplanned pregnancies among adolescents. Similarly, our study explores the effectiveness of educational videos in promoting safe sex practices among adolescents. By utilizing digital media as an interactive and engaging learning tool, our research aims to enhance knowledge retention, correct misconceptions, and encourage responsible sexual behaviors. This aligns with the findings of Pasay-an (2020), which emphasize the role of multimedia interventions in improving adolescent sexual health education and reducing risks such as sexually transmitted infections and unplanned pregnancies.

According to Envuladu (2021), Adolescence is also a critical period for romantic and sexual development, and across the world, adolescents are known to become sexually active and gain diverse sexual experiences. Sex without a condom is the major unsafe practice which exposes adolescents to various risks, such as unintended pregnancy, early childbirth and unsafe abortion, and also puts them at a high risk of contracting sexually transmitted infections (STIs), including HIV. Recent data has shown an upward trajectory in the rates of STIs, notably gonorrhea, chlamydia, and human papilloma virus infection among adolescents and young people. Condom use, which is one of the most cost effective protective measures against unintended pregnancy and STI/HIV is underpinned by complex factors. The risk perception may also be due to lack of adequate knowledge on sexual and reproductive health matters subsequent to poor communication between parents and adolescents on sexuality issues. Similarly to our study, which assesses the effectiveness of an educational video in promoting safe sex practices among adolescents, Both studies emphasize the importance of increasing awareness and knowledge about sexual and reproductive health, particularly in preventing unintended

pregnancies and sexually transmitted infections. By utilizing educational videos as a tool for information dissemination, our study aims to bridge knowledge gaps, improve adolescents' understanding of safe sex practices, and encourage responsible decision-making regarding their sexual health.

A study by Le et al. (2020) highlights the importance of consistent condom use as the most effective preventive measure against both HIV and other STIs. The authors emphasize that while condom usage is widely recognized, there are still challenges, particularly regarding inconsistent use and misconceptions about risk. Additionally, the study reveals that sexual health education plays a vital role in shaping attitudes toward safe sex, with comprehensive and culturally sensitive programs being more successful in encouraging protective behaviors. The research further suggests that healthcare providers' involvement is crucial in reinforcing the significance of safe sex practices, offering guidance, and reducing stigma around STIs, ultimately contributing to better sexual health outcomes. Aligned in our study, which assesses the effectiveness of educational video in promoting safe sex practices among adolescents, it highlights the use of videos in reinforcing adolescents' knowledge about safe sex. Both of the studies highlight the importance of accessible and comprehensive tools in addressing issues about condom use and STI prevention.

In the study of Anas et al. (2023), they have examined the impact of family socioeconomic conditions and students' academic performance on adolescents' level of sexual knowledge. Their study revealed that adolescents from higher-income families and those with better academic performance exhibited significantly greater knowledge about sexual health compared to their peers from lower socioeconomic backgrounds. This suggests that economic stability may facilitate greater access to formal education, digital resources, and parental guidance, which may contribute to improved awareness of sexual health issues. In alignment to our study, using an educational video that is accessible and low-cost, it can bridge the knowledge gap regardless of adolescent's financial status.

According to the study conducted by Liu et al (2022), they evaluate the effectiveness of a video-based health education model in supporting adolescent mental health during the COVID-19 pandemic. The results revealed a significant improvement in mental health indicators, such as reduced levels of anxiety and depression among the adolescents. When the researchers further analyzed the data according to demographic factors—including age, gender, family economic status, and level of concern regarding the pandemic they found no significant differences in outcomes. The findings support the video-based intervention that is beneficial and does not affect the respondents socioeconomic status.

In the study of Azizi et al. (2020), conducted a quasi-experimental study using the Health Belief Model (HBM) to evaluate the effectiveness of an educational intervention aimed at preventing HIV/AIDS among female heads of households in Iran. Their study revealed that the intervention significantly enhanced participants' knowledge and improved constructs of the Health Belief Model such as perceived susceptibility, severity, benefits, and self-efficacy. While the civil status of participants did not significantly influence the intervention outcomes. In relation to the present study, findings from the Kruskal-Wallis H test indicate no statistically significant difference in pretest and posttest scores across various civil status groups (single, married, or in a relationship), as both H values were below the critical chi-square value of 3.841 ($df = 1$), and the associated p-values exceeded the 0.05 significance level.

Based on the study of Alsaad and AlDossary (2024), conducted a pre-post intervention study to evaluate the impact of an educational video in helping individuals to identify health misinformation circulated on WhatsApp. Their findings revealed a significant increase in participants' knowledge after viewing the video. While the demographic variables such as age, gender, and employment status, does not significantly influence the effectiveness of the educational video. This suggests that employment status does not hinder individuals' ability to benefit from video-based health education, the results of the interventions are broadly effective across employment groups.

In line with the findings of Eustache et al. (2024), who conducted a systematic review on health literacy interventions among underserved, working-age populations, educational videos were shown to be effective tools in improving health knowledge regardless of participants' socioeconomic or employment status. Their study emphasized that video-based interventions can deliver consistent outcomes across diverse demographic

groups, suggesting that factors such as employment status or socioeconomic background do not significantly affect the impact of health education delivered through video.

Based on the study of Stover (2022), the distribution and promotion of condoms has been a part of efforts to prevent HIV transmission since the beginning of the HIV response. Studies have shown condoms to be highly effective against HIV, other sexually transmitted infections and unintended pregnancy. Condom promotion and supply was one of the earliest interventions to be mobilized to address the HIV pandemic. Condoms are inexpensive and provide protection against transmission of HIV and other sexually transmitted diseases (STIs) as well as against unintended pregnancy. As many as 16 billion condoms may be used annually in all low- and middle-income countries (LMIC). As a result, suggest that current levels of HIV would be five times higher without condom use and that the scale-up in condom use averted about 117 million HIV infections. HIV programs should ensure that affordable condoms are consistently available and that the benefits of condom use are widely understood. Align in our study, using educational video in promoting safe sex practice among adolescents. It highlights the use of multimedia platforms in order to provide knowledge about safe sex that is easier to access and consistently available.

In the study of Nopyanti et al. (2023), the population of adolescents aged 10 - 14 years old in Jakarta, Indonesia has reached 875, 965 in 2020. This large population increases the risk of sexual behaviors as sexual exploration is common in this age group. Reproductive health education is crucial for improving adolescents' knowledge and attitudes, contributing to their overall health and well-being. The study emphasizes the importance of using appropriate media and methods for such education. The results show that audiovisual media, specifically educational animation videos, was found to be effective in educating adolescents on reproductive health. Similar to this study, it recognizes that the use of audiovisual media, such as educational videos, is an effective method for improving adolescents' knowledge and attitudes toward reproductive health. Both studies highlight the role of multimedia-based education in enhancing awareness and promoting healthy sexual behaviors among young individuals.

A study by Ngoc (2020) titled "Patterns of Risky Sexual Behaviors and Associated Factors among Youths and Adolescents in Vietnam" highlights various factors influencing adolescent sexual behaviors. The study found that limited knowledge, peer pressure, lack of access to contraceptives, and cultural taboos significantly impact adolescents' decision-making regarding safe sex. Furthermore, the study emphasized that misinformation and stigma surrounding contraception contribute to the low adoption of protective measures like condom use among young people. These findings parallel the challenges faced by Filipino adolescents, who often experience similar socio-cultural and informational barriers when it comes to practicing safe sex. Therefore, targeted educational interventions are necessary to correct misconceptions, provide accurate sexual health information, and encourage protective behaviors. Similarly, our study focuses on the effectiveness of educational videos in promoting safe sex practices among adolescents. These videos play a vital role in correcting misinformation, overcoming socio-cultural barriers, and providing accurate information about sexual health. By providing an accessible and engaging learning approach, both of the studies reinforce the importance of accessible and engaging educational intervention, in order to empower young individuals to make informed decisions and adopt safer sexual practices.

Based on the study of Rashdan et al. (2021), young people in non-medical communities often exhibit low levels of knowledge, attitudes, and behaviors regarding reproductive health. To address this issue, educational videos have been employed as an effective promotional medium to promote reproductive health within these communities. Reproductive health encompasses a wide range of topics, including pregnancy, HIV/AIDS, STIs, and STDs. By increasing knowledge about these topics, particularly among individuals of reproductive age, it is possible to prevent unwanted pregnancies and STDs. The results of the study demonstrate a significant increase in participants' knowledge of reproductive health and disease-related issues. In conclusion, educational videos can significantly enhance individuals' knowledge about reproductive health and improve their attitudes toward STDs.

According to Anaemejeh (2022), sexual and reproductive health is a key factor in overall wellness, impacting not just the prevention of STIs and unwanted pregnancies but also improving quality of life, promoting healthy relationships, and enhancing body image. However, current formal sexual health curricula often focus narrowly on STI prevention and contraception, leaving gaps in comprehensive sexual education. With the rise

of social media and technology, adolescents now have greater access to sexual health content, and there is a growing awareness of the importance of normalizing discussions about sexual preparation. Aligning it to our study, which is assessing the effectiveness of educational video in promoting safe sex practices. It aims to create a video that provides knowledge about safe sex which addresses the gaps in delivering effective and essential sexual health education that helps the adolescents to be protected against possible risks. This approach empowers adolescents to take control of their sexual health, becoming informed, responsible adults. Both studies emphasize the need for innovative educational tools, such as animated videos, to improve adolescents' understanding and engagement with sexual health topics.

A study by Inthavong et al. (2020) titled "Knowledge of safe sex and sexually transmitted infections among high school students" revealed that nearly half (49.5%) of the participants had a good understanding of safe sex practices. Additionally, 51.9% of the participants demonstrated good knowledge about STIs. These findings emphasize the crucial role of sexual education in equipping adolescents with the necessary information for safe sex practices. Adequate knowledge of safe sex and STIs can be a powerful tool in reducing the risk and prevalence of STIs, as more individuals become informed and adopt preventive measures.

In a study conducted by Wahyudi and Raharjo (2023), reproductive health knowledge is a critical aspect of adolescents' overall well-being. This study assesses the effectiveness of video-based health education in enhancing adolescents' comprehension of reproductive health. After watching the video, the total of 34 adolescent respondents showed a significant increase in knowledge regarding reproductive health. Furthermore, the study indicates that video-based health education can be a powerful tool that may be utilized in comprehensive health promotion strategies. This approach has the potential to enhance the awareness about health issues not only among adolescents but also among individuals of all ages. By effectively promoting these topics, we can ensure long-term health and their informed decision-making, which will have a positive impact on individuals' futures.

Stein et al. (2023) conducted a randomized controlled trial evaluating a brief online sexual health program and found that adolescents who viewed the digital content demonstrated significantly increased sexual health knowledge, more positive attitudes toward condom use, and a stronger intention to practice safe sex compared to those in the control group. Their study supports the use of digital educational materials in enhancing adolescent health behaviors, highlighting the importance of age-appropriate and culturally relevant content. In the context of the Philippines, where discussions about sex remain sensitive and formal sex education is limited, especially in underserved communities, video-based interventions offer a promising approach to bridge the information gap. Applying this evidence to barangay-level initiatives in Manila may provide an effective strategy for improving safe sex practices among Filipino adolescents and serve as a foundation for broader reproductive health promotion efforts.

Patel et al. (2022) investigated the impact of a video-based intervention on adolescents with limited access to comprehensive sexual health education and found significant improvements in participants' knowledge of reproductive health, contraceptive use, and STI prevention. Their study emphasized that video content can be a powerful equalizer in health education by delivering consistent, engaging, and understandable information regardless of socioeconomic background. This finding is especially relevant in the Philippine context, where adolescents in certain barangays may lack access to formal sexual health instruction due to cultural, economic, or institutional barriers. By adapting similar video-based approaches, local reproductive health initiatives can help bridge the educational gap, promote safer sexual behaviors, and empower youth with the knowledge needed to make informed decisions, thereby supporting the effectiveness of video as a tool for public health promotion among Filipino adolescents.

In a randomized trial conducted by Villalobos et al. (2023), a culturally tailored sexual health video was used to educate Black and Hispanic adolescent females on topics such as contraception, STI prevention, and healthy relationships. The study revealed that participants who viewed the video demonstrated significant improvements in sexual health knowledge, increased confidence in negotiating safe sex, and a higher intention to use condoms compared to those in the control group. The authors highlighted the importance of culturally relevant content and visual storytelling in engaging adolescents and influencing positive behavioral change. These findings are applicable to the Philippine setting, where adolescents in urban barangays often face similar barriers to sexual health education due to cultural norms, stigma, and limited resources. Incorporating

educational videos in reproductive health initiatives in Manila could enhance awareness, correct misconceptions, and promote safer sex practices, supporting the effectiveness of such interventions as a foundation for public health strategies targeting Filipino youth.

In a recent study, González et al. (2024) compared satisfaction with singlehood across generational cohorts in Germany. Analyzing data from 2,936 individuals aged 14 to 40, the study found that adolescents born between 2001 and 2003 were more likely to be single and reported higher satisfaction with their single status compared to those born a decade earlier. The authors suggest that modern adolescents increasingly value personal autonomy and self-development over romantic involvement, reflecting a cultural shift in which singlehood is more socially accepted and considered normative.

According to Davids (2021), condom use is the most effective behavioral method for preventing HIV and unplanned pregnancies, but its use remains inconsistent among young people. The study aimed to explore the factors influencing adolescents' decision-making about sexual debut and condom use in two schools in the Western Cape, South Africa. A sample of 16 adolescents was selected using purposive sampling. The findings revealed that condom use decisions were influenced by adolescents' concerns about their future and lack of stability in their lives, as well as their fears of pregnancy, parenthood, and disease. It became clear that both rational and emotional factors influenced their decision-making process simultaneously, rather than being mutually exclusive. The study highlighted the role of affective states as part of the process of examining alternatives when deciding to use a condom or not. Interventions to strengthen condom use decision-making should therefore incorporate not only rational but also affective processes to improve adolescent sexual and reproductive outcomes. Both studies stress that improving adolescents' understanding and decision-making about condom use is critical for better sexual and reproductive health outcomes. However the other study focuses on the decision-making processes that influence condom use, particularly among adolescents in South Africa, it does not explore specific educational tools designed to influence these decisions.

Synthesis

All the studies highlight the urgent need for innovative and accessible sexual health intervention to address the rising HIV cases and risky behaviors among adolescents, not only in the Philippines but globally. According to the Department of Health (2024), the Philippines has the fastest-growing HIV epidemic in Asia, with daily reported cases increasing from 13 in 2013 to 58 in 2024. This rise highlights the need of comprehensive sexual health education to equip young individuals with accurate knowledge and preventive measures regarding possible risk with STDs.

Digital strategies, such as educational video, have emerged as effective tools in improving sexual health education and encouraging safe sexual behaviors. Studies emphasize that use of multimedia approaches enhance the engagement, comprehension, and knowledge retention among adolescents (Boclips, 2024) (Breakthrough research, 2020). (The University of The Philippine Philippine Institute, 2022) and the University of the Philippines Population Institute (2022) also highlights the gaps in sexual and reproductive health knowledge among Filipino youth. reinforcing the need for more engaging and accessible educational strategies like video.

Furthermore, laws such as Responsible Parenthood and Reproductive Health Law (RA 10354) and the Philippine HIV and AIDS Policy Act (11166) mandates comprehensive sexual education to improve reproductive health awareness and promote responsible sexual behavior. Despite these laws and knowing the use of condom in preventing HIV and unwanted pregnancy, studies find that persistent barriers in practices safe sex, including misinformation, stigma, and socio-cultural constraints (De Torres, 2020) (Kim, 2023) (Le et al., 2020) (Stover, 2020). Addressing these barriers can be made through engaging educational intervention like videos which will improve adolescents' decision making.

Additionally, there are certain groups that are vulnerable to this risk, such as LGBTQ, in which they face additional challenges in accessing accurate and inclusive sexual health education (Cueto, 2024). The lack of these specific education increases their vulnerability to STIs, which then highlights the need for tailored educational strategies that address these sexual health issues.

In conclusion, the studies highlight the need for engaging, multimedia based strategies to bridge the gaps in adolescents' sexual health. Our study aligns with these findings by developing an educational video promoting safe sex practices, assessing and strengthening the roles of multimedia like educational video in enhancing adolescents' level of knowledge about sexual and reproductive health.

RESEARCH METHODOLOGY

This chapter contains the different methods conducted by the researchers in order to generate data for the study. It also includes the type of research of the study.

Research Design

The study utilized a one-group pretest-posttest quasi-experimental design to determine the effectiveness of an educational video in improving adolescents' knowledge of safe sex practices. Knowledge levels were measured before and after exposure to the intervention to assess changes in knowledge following the educational video.

This design was appropriate for a community-based setting where randomization and the inclusion of a control group were not feasible due to ethical and practical considerations. Withholding potentially beneficial sexual and reproductive health education from adolescents was not considered appropriate. Although the absence of a control group limits causal inference, the design allowed for meaningful within-group comparisons of knowledge gains before and after the intervention, which is a commonly accepted approach in applied health education research (Appimio, 2023).

Research Locale

The study was conducted in four different barangays such as the barangay A, barangay B, barangay C, and barangay D, located in Manila City. The data gathering took place in the covered courts near the barangay halls of each selected location. Researchers selected these barangays based on the epidemiological and some characteristics of a population relevant to the study. Sexually transmitted diseases continue to be the most common mode of HIV acquisition in the Philippines specifically within metro Manila where it has the highest reported cases (Ganguangci, 2023). To ensure the adequacy of representation of the target population, the researchers compared the local census of data and population of the selected barangays to the other barangays and identified it as Barangays A, B, C and D have the largest number of adolescents available for the participation. The Barangays A, B, C, and D demonstrate being suitable for population size and feasible to the research study despite some portions of the adolescents being accessible during weekend schedules. Additionally, Metro Manila remains as the center of the national HIV epidemic. According to the Department of Health (Baron, 2024) the region recorded 43,534 HIV cases which is the highest in the country. This sudden increase of cases highlights the relevance of selecting barangays within Metro Manila, as it provides a setting with both a high-risk environment and considerably adolescent population, making them appropriate sites for the research study.

These barangays were selected to assess the effectiveness of educational videos about safe sex practices among adolescents. The researchers provided formal request letters to the respective barangay captains seeking approval to conduct the study. Conducting the study within the community ensured accessibility to a diverse group of adolescents representing varying socio-economic backgrounds, educational levels, and cultural contexts. This diversity enhanced the generalizability of the findings, making the results more applicable to real-world settings.

Targeting adolescents within the community allowed the study to address this group at a critical stage of development. A community setting also ensured the inclusion of those who may not have had access to formal sex education programs, such as out-of-school youth, thereby expanding the reach and impact of the intervention. The familiar community setting helped reduce potential anxiety and encouraged more authentic responses from participants.

The Population and Sampling Procedure

The study participants consisted of 100 adolescents aged 12 to 18 years residing in four selected barangays in Manila. Respondents were selected from the community to represent adolescents with varying levels of knowledge on sexual and reproductive health information.

Purposive sampling, a non-probability sampling technique, was used to intentionally select participants who met the study's inclusion criteria. This approach was appropriate for a community-based study where random sampling was not feasible and where the primary objective was to evaluate the effectiveness of an educational intervention among a specific target population.

Inclusion criteria were adolescents aged 12 - 18 years old at the time of data collection. This age range was selected because it represents the developmental period in which individuals begin to form attitudes, knowledge, and decision-making patterns related to sexual and reproductive health are actively developed and shaped (Misha, 2024). Adolescents who self-reported a previous diagnosis of HIV or other sexually transmitted infections were excluded to minimize potential bias related to prior exposure to intensive sexual health counseling.

Research Instrument

In this study, 2 instruments were utilized. The first instrument was a researcher-made test questionnaire with 2 parts. The first part was about the demographic profile of the respondents, such as gender, educational status, civil status, socio-economic status, and employment status. And the second part is a 30 items multiple choice with a answer choices of A, B, C, and D. Furthermore it shows 4 safe sex practices such as STI awareness and prevention (9 items), use of condom (8 items), sexual hygiene (7 items), and HPV vaccine (6 items), it this part of the questionnaire it gauge the adolescent's level of knowledge about the safe sex practices. Moreover, the whole test questionnaire is translated into the Filipino language to ensure comprehension. It is administered before and after watching the video.

The second instrument was a researcher-made educational video, which lasted 7:52 minutes in total. It was developed to promote safe sex practices among adolescents. The video consisted of 6 scenes in total, covering the 4 safe sex practices. In scene 1, or the introduction, it showed the data of HIV related deaths in the Philippines and the consequences of not practicing safe sex practices. Scene 2 talked about STI awareness and prevention, what are the different types of STIs, and also it tackles HIV having no cure. Scene 3 talked about the use of condom, which shows how to use a condom properly and the services that the government offers in relation to this topic, which is the RA 10354. In scene 4, it talked about sexual hygiene, why it is important, and shows the correct way of cleaning an individual's reproductive parts. In scene 5, it showed that cervical cancer is the one of the leading causes of death of females in the Philippines, and it talked about what cancer HPV vaccine prevents and its mild side effects. In scene 6 or the last scene, it showed the summary of the 4 practices and the references of the sources taken. The educational video was shown after answering the pre-test questionnaire.

Construction and Validation of the Instrument

The researcher-made test questionnaire and educational video, was based on the RA 11166 "Philippine HIV and AIDs Policy Act of 2018", RA 10354 "Responsible Parenthood and Reproductive Health Act of 2012, Center for Disease Control (CDC) "How to use a Condom", Nemours TeensHealth "HPV Vaccine", WebMD "Things you should (and shouldn't) do after sex", and the study of Inthavong et al. (2020), Knowledge of Safe Sex and Sexually Transmitted Infections Among High School Students.

In constructing the educational video, it was organized into 6 scenes, which focus on the 4 safe sex practices: STI awareness, use of condoms, sexual hygiene, and HPV vaccine. The scripts were written by the researchers and the visual design was animated using Canva, a graphic design and video editing platform. At the same time, the narration was performed by the researcher and edited using Canva. The platform, like Canva, was chosen for its accessibility, user-friendliness, and ability to create engaging multimedia content.

To ensure its reliability, both the test questionnaire and the script of the educational video. were subjected to content validity by three validators, namely an OB-GYN doctor, a community health nurse, and a nurse educator. The instrument underwent content validity (CVI) evaluation, wherein each question was rated on a 4 point scale (1 = Not Relevant, 2 = Somewhat Relevant, 3 = Relevant, 4 = Very Relevant). The results showed an overall CVI score indicating that the items were highly relevant and acceptable for the intended construct. For the accuracy, educational plan, and technical production of the educational video, it was evaluated by ten experts, including nurses, nurse educators, midwives, teachers, and information and communication technology (IT). They rated the video as excellent in terms of content, clarity, technical quality, and relevance to the target audience, and their feedback was used to improve its quality and accuracy. After the validation and evaluation, the instruments were subjected to a pilot study with 30 adolescent participants, and the reliability test using Cronbach's alpha yielded values ranging from good to excellent, confirming the internal consistency of the questionnaire.

Data Gathering Procedure

In the conduction of the study, formal letters were addressed to the barangay chairpersons of each selected barangay to seek permission for the implementation of the research. After receiving the necessary approvals, informed consent forms were distributed to all adolescent participants. For those below 18 years of age, an additional parental or guardian consent form was provided to ensure ethical compliance. The researchers explained the objectives of the study, the data gathering process, and the rights of participants, including voluntary participation, the option to withdraw at any time, and the assurance of confidentiality.

Once consent was secured, the adolescent participants answered the pre-test questionnaire. After completing the pre-test, the educational video was shown to them using portable devices. Immediately following the video, the post-test questionnaire was administered to assess any changes in their knowledge regarding safe sex practices.

Initially, the data collection was scheduled to take place in each barangay's covered court. However, during the actual data gathering, several participants expressed discomfort due to the heat and refused to go to the venue. In response to these challenges, the researchers adjusted their method and conducted the survey on a house-to-house basis instead. This approach made it more convenient for the respondents and allowed for better engagement, while still ensuring privacy and confidentiality throughout the process.

To ensure the safety and well-being of the respondents, the researchers were prepared to respond in case any participant experienced physical or psychological distress during the data collection. An initial assessment was conducted using appropriate tools, after which the researchers immediately informed the barangay officials. The officials then coordinated with the Department of Social Welfare and Development (DSWD) and the Department of Health (DOH) to provide the necessary support and intervention.

Ethical Considerations

This study followed the ethical standards to ensure the protection and welfare of the participants. Since the respondents were adolescents, informed consent was obtained from their parents or legal guardians, and consent was secured from the adolescents themselves prior to participation. Participation was strictly voluntary, and respondents were given the right to withdraw from the study at any time without any consequences. The confidentiality and anonymity of the participants were maintained by ensuring that no personal identifiers were collected and that all data were used solely for research purposes. The research instrument was designed to assess the respondent's level of knowledge and awareness regarding sexually transmitted infection, safe sex practices, and preventive measures, rather than their personal sexual experiences or medical history. Prior to the administration of the questionnaires, the purpose of the study was clearly explained, and respondents were informed that they were not required to disclose any personal or sensitive health information.

Considering the sensitive nature of the topic, data collection was conducted in a respectful and nonjudgmental manner. Participation was voluntary, and respondents were informed of their right to withdraw from the study

at any time without consequences. Anonymity and confidentiality were strictly observed to protect privacy and welfare of the participants throughout the research process.

Statistical Treatment of Data

A one-group pretest-posttest quasi-experimental approach was utilized to evaluate the effectiveness of an educational video in promoting in improving adolescents' knowledge of safe sex practices. Statistical analyses were conducted to describe the respondents' demographic characteristics, assess changes in knowledge before and after the intervention . and assess differences across selected demographic variables. The researcher utilized descriptive and inferential statistical techniques to analyze the data, specifically:

Percentage Distribution

Percentage distribution was utilized to describe and summarize the demographic characteristics of the respondents. This statistical treatment presents the proportion of observations within each category, allowing for the comparison of groups and the expression of the relative frequency of survey responses. In this study, percentage distribution was applied to provide quantitative summaries of the respondents' profile in terms of age, gender, and educational attainment.

Formula:

$$\% = \frac{F \times 100}{N}$$

Where:

% = Percentage

F = Frequency

N = Total number of Respondents

Kruskal-Wallis Test

The Kruskal-Wallis test was used to determine if there is a significant difference between the level of knowledge of the respondents regarding safe sex practices and their demographic profile. This test is appropriate since it compares multiple independent groups when the data is not normally distributed. It helps to identify whether demographic factors such as gender, educational attainment, socio-economic status, civil status, and employment status influence the effectiveness of the educational video in improving knowledge on safe sex practices.

Formula:

$$H = \frac{12}{N(N+1)} \sum \frac{R_i^2}{n_i} - 3(N+1)$$

Where:

H = Kruskal-Wallis test statistic

N = Total number of observations across all groups

R_i = Sum of ranks for group i

n_i = Number of observations in group i

Paired-Samples t-Test

The paired-samples t-test was used to determine whether there was a statistically significant difference between adolescents' pretest and posttest knowledge scores after exposure to the educational video. This test is appropriate for comparing the means of two related measurements obtained from the same group of respondents at different time points. In this study, the paired-sample t-test was applied to assess changes in knowledge levels before and after watching the video.

Formula:

$$t = \frac{\underline{d}}{S_d / \sqrt{n}}$$

Where:

t = computed t-value

\underline{d} = mean of the differences between paired scores

S_d = standard deviation of the differences

n = number of paired observations

Presentation, Analysis, And Interpretation Of Data

This chapter presents the detailed results and discussion from selected respondents. This chapter provides the data analysis and interpretation according to the research questions.

Problem 1: Demographic profile of the respondents in terms of:

Gender

Table 1.1 Percentage and Frequency of Distribution of Respondents according to Gender

Gender	Frequency	Percentage
Male	42	42%
Female	47	47%
Lesbian	1	1%
Bisexual	7	7%
Gay	3	3%
Total	100	100%

As shown in Table 1.1, the distribution of respondents by sex reveals that females comprise the majority, with a high frequency of 47, accounting for 47% of the total sample. Males, with a second high frequency of 42,

that represents the 42% of the respondents. Bisexual, with a third high frequency of 7 that represents 7% of the respondents. Gay, with a fourth high frequency of 3 that represents 3% of the respondents and lastly the Lesbian, with a frequency of 1 that represents 1% of the respondents.

Educational Attainment

Table 1.2 Percentage and Frequency of Distribution of Respondents according to Educational Attainment

Educational Attainment	Frequency	Percentage
Elementary	14	14%
Junior High School	45	45%
Senior High School	29	29%
College Level	12	12%
Total	100	100%

As shown in Table 1.2, the distribution of respondents by educational attainment reveals that the majority are in the Junior High School level, with a frequency of 45, accounting for 45% of the total respondents. This is followed by respondents in a Senior High School Level, with a frequency of 29, making up 29% of the sample. Elementary Level have a frequency of 30, representing 30% of the respondents, while College Levels have a fewest frequency of 12, comprising 12% of our respondents. The data shows a significant concentration of respondents within the junior and senior high school levels, which likely reflects the adolescent age group targeted in our study. This findings provides a valuable context, particularly in relation to existing literature, which is a study by Linthavong et al. (2020) titled "Knowledge of Safe Sex and Sexually Transmitted Infections among High School Students". They found that nearly half (49.5%) of high school students demonstrated good knowledge of safe sex practices, and 51.9% showed adequate knowledge of sexually transmitted infections (STIs).

Civil Status

Table 1.3 Percentage and Frequency of Distribution of Respondents according to Civil Status

Civil Status	Frequency	Percentage
Single	92	92%
In a Relationship	8	8%
Total	100	100%

As presented in Table 1.3, the distribution of respondents by Civil Status reveals that Single people respondents have the majority with a high frequency of 92, comprising the 92% of the sample over the respondents who are In a Relationship which has the lowest frequency of 8, emerging of 8% of the respondents. This table indicates the dominant concentration of Single respondents among those in a relationship. This data aligns with the findings of Gonzales et al. (2024), who reported that adolescents today express greater contentment with singlehood. Their research suggests that modern adolescents are more inclined to postpone romantic involvement in favor of prioritizing personal autonomy, academic pursuits, and individual growth. Being single is increasingly seen not as a limitation, but as a deliberate and positive choice.

Socioeconomic Status

Table 1.4 Percentage and Frequency of Distribution of Respondents according to Socioeconomic Status

Socioeconomic Status	Frequency	Percentage
Below 11,000	66	66%
11,000 - 22,000	25	25%
22,000 - 44,000	5	5%
44,000 above	4	4%
Total	100	100%

The data finds that the majority of the adolescents respondents belong to the lowest income bracket which is below ₱11,000, placing them in a poor income bracket based on the Philippine Institute for Development Studies (PIDS). Additionally 25% belong to the lower income bracket but not poor, while 5% belong to the lower middle class and lastly 4% belong to the middle class to high income bracket. These data findings are reinforced by the findings of the study of Anas et al. (2023) titled “Impact of Socioeconomic Family and Student’s Performance on Adolescents Sexual Knowledge Level”. Their study revealed that adolescents from lower socioeconomic backgrounds tended to have reduced awareness and understanding of sexual and reproductive health. In this study, where 66% of the respondents belong to a household that earns below ₱11,000, it is likely that they save similar barriers to sexual health education. As Anas et al. (2023) points out, the socioeconomic disadvantages can reduce the capacity of adolescents to acquire accurate sexual health information. This supports the product of this study which is implementing educational video interventions that are designed to overcome these barriers by providing accessible, engaging, and reliable sexual health education, particularly to those in low-income settings.

Employment Status

Table 1.5 Percentage and Frequency of Distribution of Respondents according to Employment Status

Educational Attainment	Frequency	Percentage
Employed	9	9%

Part-time	7	7%
Unemployed	84	84%
Total	100	100%

The data shows that 84% of the adolescent respondents are unemployed, with only 9% being employed and only 7% are working part-time. This distribution of the data is expected in a population of school-aged adolescents, who are most likely financially dependent on their parents or guardians. However, the implication of this employment status may affect the adolescents in acquiring sexual health information. Despite being in school, adolescents who are unemployed may experience limited autonomy in making decisions related to their sexual health. Without financial independence, they may find it difficult to gain access to preventive services. Although preventive sexual and reproductive health services like condoms and contraceptives are given freely by the government agency, particularly the health center. However, some of the areas in the country still do not have access to these services. This data findings is supported by the study of Hill et al. (2022) titled “ Employment as HIV Prevention: An Employment Support Intervention for Adolescent Men Who Have Sex With Men and Adolescent Transgender Women of Color”. Their study found out that the adolescents that have employment show decreased high risk sexual behaviour. In relation to our study, where most of the participants are adolescents and unemployed, the implementation of educational video becomes essential. These videos provide cost effective and accessible means to provide accurate information about sexual health.

Problem 2: The level of knowledge of adolescents in selected barangays regarding safe sex practices before and after watching the educational video on Safe sex practices

Table 2.1 Level of Knowledge on Safe Sex Practices Before and After Watching the Educational Video

Safe Sex Practices	Pretest Mean Score	Pretest Percentage	Interpretation	Posttest Mean Score	Percentage	Interpretation
STI Awareness and Prevention	5.69	63.22%	Failed	7.69	85.44%	Passed
Use of Condom	5.79	72.38%	Failed	7.08	88.50%	Passed

Sexual	4.71	67.29%	Failed	6.12	87.43%	Passed
Hygiene						Passed
HPV	3.78	63.00%	Failed	5.29	88.17%	Passed
Vaccine						

Note: Legend: 75% is the passing score;

Based on the data findings, it shows significant improvement in adolescents’ knowledge regarding safe sex practices following the implementation of an educational intervention. In the pretest, in all practices such as STI awareness and prevention which which got 63.22%, Use of condoms got 72.38%, Sexual hygiene at 67.29%, and HPV vaccination at 63.00%, fell below the passing score of 75%, which indicates insufficient baseline knowledge. After the educational video intervention, adolescents' posttest scores in each practice increased substantially; StI awareness and prevention rose to 85.44%, Use of condoms to 88.50%, Sexual hygiene to 87.43% and HPV vaccine increased to 88.71%. These results suggest that the educational video was effective in improving knowledge in all practices, particularly in the areas where prior understanding has the weakest, such as HPV vaccine. This significant data aligns with the findings of Wahyudi and Raharjo (2023) study titled “Positive Impact of Health Education Through Video Media to the Improvement of Adolescents Reproductive Health Knowledge”. In their study, the mean knowledge score increased from 64.23% pretest to 96.76% posttest, with a statistically significant improvement. Their result affirmed that visual learning tools, such as educational videos, are highly effective in enhancing adolescent’s understanding of reproductive health. Particularly in low-resource settings where formal sexual education may be limited. In this study, similar results were observed, demonstrating that video interventions are not only engaging but also effective at improving adolescents’ understanding of safe sex practices. This is particularly important in the Philippine setting, where all discussions about sexual health are often limited by cultural, social, or economic barriers. And by using visual narrative and relatable content, the educational video was able to bridge the gap in knowledge and improve the adolescents readiness to make informed decisions about their sexual health.

Problem 3: Significant difference in the level of knowledge of adolescents regarding safe sex practices before and after watching the safe sex practices educational video

Table 3.1: Significant Difference in Knowledge Score Before and After Watching the Educational Video

Test	N	Mean	Std. Deviation	Computed t-value	p-value	Decision	Interpretation
Pretest	100	20.0	6.55				
Posttest	100	26.2	4.30	10.50	<0.001	Reject	Significant

Note: Significant difference in knowledge scores before and after watching the educational video, degree of freedom (99), computed t-value (10.55), p-value (<0.001) (Significant), decision (Reject null hypothesis).

The results displayed in the table indicate a statistically significant improvement in adolescents’ knowledge of safe sex practices following exposure to the educational video. Specifically, the calculated t-value of 10.50 significantly exceeds the critical t-value of 1.99 (at 99 degrees of freedom), and the p-value is less than 0.001 well below the 0.05 threshold providing strong evidence that the video intervention effectively enhanced

participants' understanding and awareness. The significant difference between pretest and posttest scores confirms that the video substantially increased knowledge compared to baseline levels, leading to the rejection of the null hypothesis. This supports the use of video-based educational materials to deliver reproductive health information particularly in communities where formal sex education might be limited and highlights the power of audiovisual tools to promote equitable health education among youth. This conclusion is reinforced by a randomized controlled trial conducted by Villalobos et al. (2023), which evaluated a sexual health video intervention for Black and Hispanic adolescent females. Participants who viewed the video showed significantly higher levels of contraceptive knowledge three months later compared to those in the control group. This demonstrates that a single-session video intervention can produce meaningful and sustained knowledge gains, paralleling the statistically significant pre-post improvements observed in our own study.

Problem 4: The significant difference between the level of knowledge and profile of the respondents
Gender

Table 4.1: Significant Differences Between Respondents' Gender and Level of Knowledge on Safe Sex Practices

Test	χ^2	df	p-value	Decision	Significant
Pretest	2.90	4	0.575	Reject H_{01}	Not Significant
Posttest	3.73	4	0.443		

Note: No significant difference in knowledge scores between male and female respondents in the pretest and posttest, degree of freedom (4), $\chi^2 = 2.90$ (pretest), $\chi^2 = 3.73$ (posttest), p-values ($> .05$) (Not Significant).

The results of the Kruskal-Wallis test show no significant difference in knowledge scores between male and female students, both before the video ($\chi^2 = 2.90$, $p = 0.575$) and after the video ($\chi^2 = 3.73$, $p = 0.443$). Since both p-values exceed 0.05, gender did not influence how much students knew about safe sex practices either before or after watching the educational video. This indicates that the video was equally effective for boys and girls, with both genders benefiting similarly from the content. This is an important result for health education programs, demonstrating that audiovisual tools like this video can teach reproductive health in a fair and inclusive manner. This finding aligns with results from a randomized controlled trial by Stein et al. (2023), which showed that a brief online sexual health program improved adolescents' knowledge without significant gender-based differences in outcomes, further supporting the notion that digital health education can be equally effective across genders.

Educational Attainment

Table 4.2 Significant Differences Between Respondents' Educational Attainment and Level of Knowledge on Safe Sex Practices

Test	χ^2	df	p-value	Decision	Significant
Pretest	8.79	3	0.032	Reject H_{01}	Significant
Posttest	2.25	3	0.521		

Note: Significant difference in pretest knowledge scores by educational attainment, degree of freedom (3), $\chi^2 = 8.79$, p-value ($< .05$) (Significant); no significant difference in posttest scores, $\chi^2 = 2.25$, p-value ($> .05$) (Not Significant).

The results of the pretest ($\chi^2 = 8.79$, $p = 0.032$) indicate a statistically significant difference in knowledge scores across varying levels of educational attainment. Respondents with higher educational backgrounds demonstrated a greater understanding of safe sex practices before the intervention. Since the p-value is below the standard alpha level of 0.05, this difference is statistically meaningful and not due to chance. In contrast, the posttest results ($\chi^2 = 2.25$, $p = 0.521$) reveal no significant difference in knowledge scores based on educational attainment. The high p-value indicates that, after watching the educational video, participants performed similarly regardless of their educational background. This suggests that the video helped equalize knowledge levels among students from different educational levels. This finding is supported by a study conducted by Patel et. al (2022), which evaluated the impact of a short, video-based sexual health program on adolescents. Their research showed that students with lower educational attainment initially had less knowledge compared to their peers, but after watching the video, their scores significantly improved and became comparable to those of students with higher educational backgrounds. The study concluded that video-based instruction can effectively bridge knowledge gaps and promote equal learning outcomes among diverse groups of learners

Post-hoc

Since there's a significant difference in the pretest and educational attainment, a post-hoc analysis was made. Based on the results, the lowest p-value was seen between junior high school and college, which indicates that college students got higher scores than junior high school students.

Civil Status

Table 4.3 Significant Differences Between Respondents' Civil Status and Level of Knowledge on Safe Sex Practices

Test	χ^2	df	p-value	Decision	Significant
Pretest	0.38873	1	0.533	Reject H_{01}	Not Significant
Posttest	0.00334	1	0.954		

Note: No significant difference in pretest and posttest knowledge scores by civil status, degree of freedom (1), $\chi^2 = 0.39$ (pretest), $\chi^2 = 0.003$ (posttest), p-values ($> .05$) (Not Significant).

Based on the findings, there is no significant difference between the pretest and posttest scores across the various civil status categories, based on the data shown in Table 4.3. In particular, the calculated p-values for both pretests are 0.533 and posttest scores are 0.954 at degrees of freedom ($df = 1$). Furthermore, the respondents' civil status p-values are higher than the 0.05 alpha limit, this suggests that the civil status does not significantly vary in respondents' scores. In our study the results show that respondents' responses to the educational video are not significantly influenced by their civil status, including whether they are married, single, or in a relationship. These findings suggest that civil status is not a determining factor, whether they are married, single, or in a relationship does not significantly affect how they respond to educational intervention. In contrast to the findings of Azizi et al. (2020), who conducted an intervention based on the Health Belief Model that aimed to prevent AIDS among female heads of households. Their study revealed that

the intervention significantly improved, the civil status had no significant effect on the results, the intervention greatly improved the knowledge and health belief components. This shows that individuals' readiness and willingness to change their health behavior are more important factors than their demographic profiles in the result of the study.

Socioeconomic Status

Table 4.4 Significant Differences Between Respondents' Socioeconomic Status and Level of Knowledge on Safe Sex Practices

Test	χ^2	df	p-value	Decision	Significant
Pretest	4.29	3	0.232	Reject H_{01}	Not Significant
Posttest	5.07	3	0.167		

Note: No significant difference in pretest and posttest knowledge scores by socioeconomic status, degree of freedom (3), $\chi^2 = 4.29$ (pretest), $\chi^2 = 5.07$ (posttest), p-values ($> .05$) (Not Significant). The result presented in table 4.4, both the pretest and posttest scores yielded Kruskal-Wallis H values lower than the critical value of 7.815 (df = 3). This statistical outcome indicates that there is no significant difference in the scores across the different socioeconomic statuses of the respondents. In addition, the p-values for both pretest (p = 0.232) and posttest (p = 0.167) were greater than the alpha level of 0.05, providing further evidence that socioeconomic status did not significantly influence the respondents' knowledge before and after watching the educational video. In our study, this implies that the educational video in promoting safe sex practices was effective across participants regardless of their socioeconomic background. This result is supported by the study of Liu et al. (2022), which examined how a video-based health education model affected adolescents' mental health during the COVID-19 pandemic. In their research, students were divided into an intervention group and a control group. After sessions using the video intervention, results showed that the intervention group had significantly better improvements in mental health scores, such as reduced anxiety and depression. However, when the researchers analyzed the data based on age, gender, family economic status, and level of concern about the pandemic they found no significant differences in the effectiveness of the intervention. This further validates that socioeconomic status does not affect individuals to benefit from health-focused educational videos.

Employment Status

Table 4.5 Significant Differences Between Respondents' Employment Status and Level of Knowledge on Safe Sex Practices

Test	χ^2	df	p-value	Decision	Significant
Pretest	1.56	2	0.459	Reject H_{01}	Not Significant
Posttest	1.12	2	0.572		

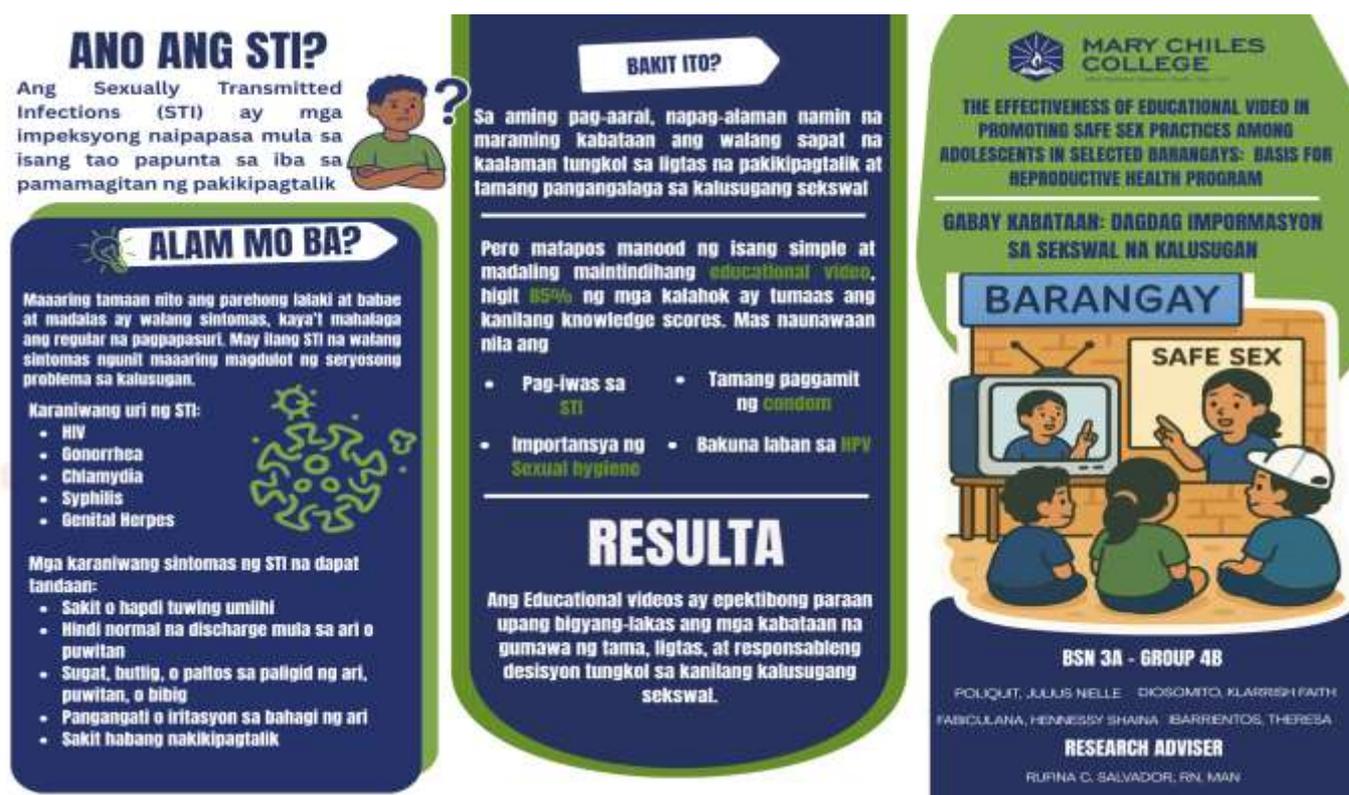
Note: No significant difference in pretest and posttest knowledge scores by employment status, degree of freedom (2), $\chi^2 = 1.56$ (pretest), $\chi^2 = 1.12$ (posttest), p-values ($> .05$) (Not Significant).

The result presented in table 4.5, the pretest and posttest scores have a lower Kruskal-Wallis value than the critical value ($df = 2$, critical value = 5.99). In addition, the p-values for both pretest ($p=0.459$) and post test ($p= 0.572$) are higher than the alpha level of 0.05, this indicates that there is no significant difference between the scores and the employment status of the respondents. In our study, this implies that the effectiveness of the educational video on promoting safe sex practices does not significantly affect the effectiveness of educational video by the employment status of the respondents. This result is supported by the study of Alsaad and AlDossary (2024), who conducted a pre-post intervention study with the Saudi Arabian population to see how an educational video helped people identify health misinformation on WhatsApp. Their results showed a significant improvement in participants' knowledge after watching the video. They found that demographic factors like age, gender, and employment status were linked to baseline knowledge, these factors did not significantly affect how well the video worked. This suggests that educational videos can improve health knowledge effectively across different employment groups, confirming that employment status does not impact the intervention's effectiveness. Moreover, a systematic review by Eustache et al. (2024) found that video-based health literacy interventions were effective among working-age underserved populations even when demographic factors such as employment status and socioeconomic background varied, suggesting these educational videos are broadly effective across employment groups.

Problem 5: Utilization of the Educational Video

Based on the findings of this study, the educational video was proven effective in significantly increasing adolescents' knowledge about safe sex practices; therefore, it can be utilized in various ways to maximize its reach and impact. The initial utilization is through posting and sharing the video on widely used social media platforms such as Facebook, TikTok, and Youtube, where adolescents are most active. This allows greater accessibility, particularly for out of school adolescents and those with limited access to formal reproductive health education. The video may also be used as supplementary material by teachers, health workers, and adolescent health advocates during classes, counseling, and outreach programs. Beyond these, the researchers recommend PROJECT RISE (Responsableng Impormasyon, Seguridad, at Edukasyon sa Reproduktibong Kalusugan ng Kabataan), a suggested enhancement program that integrates the video into structured community-based activities such as video showings, peer-led discussions, youth forums, and parent-youth workshops. While not part of the tested intervention, The PROJECT RISE serves as a long-term utilization plan that ensures the sustainability and broader application of the video, making this study a practical basis for reproductive health promotion

Figure 5: Infographics “Gabay kabataan: Dagdag Kaalaman sa Sekswal na Kalusugan“



KARAPATAN MO, ALAMIN MO

Bilang Isang Kabataang Pilipino, Karapatan Mo Na

- Makakuba ng libreng Condom at HIV testing sa ilalim ng RA 10354 at RA 11166
- Matuto tungkol sa iyong kalusugang sekswal at reproduktibo, karapatan mong maging may alam
- Magtanong nang walang panghuhusga
- Ipaglaban ang iyong kalusugan
- Kumonsulta sa iyong healthcare provider

REMEMBER!

**HALINA'T UMAKSYON
PILIIN ANG PROTEKSON**

I-SCAN AT MANOOD

SAFE SEX TIPS

- Gumamit ng kondom nang palagian at tama sa bawat pagtatalik
- Limitahan ang bilang ng sexual partner
- Magpabakuna laban sa mga impeksyong naliwasan tulad ng HPV
- Panatilihin ang kalinisan pagkatapos makipagtalik

ANO ANG SEX EDUCATION?

Ang sex education ay proseso ng pagkatuto tungkol sa pisikal, emosyonal, at sosyal na aspeto ng seksuwalidad. Sakop nito ang mga paksa gaya ng pagbibinata o pagdadalaga, pahintulot (consent), relasyon, kontrasepsyon, at kung paano makakaiwas sa sexually transmitted infections (STI) at hindi planadong pagbubuntis. Tumutulong ito sa mga kabataan upang makagawa ng matalino, responsable, at malusog na desisyon tungkol sa kanilang katawan at mga relasyon.

BAKIT MAHALAGA ANG SEX EDUCATION?

Ang sex education ay hindi lang tungkol sa bahagi ng katawan, ito ay tungkol sa pagbibigay-lakas sa kabataan na gumawa ng matalinong, responsableng, at maayos na desisyon tungkol sa kanilang katawan at mga relasyon.

Sa mga kabataang nakatira sa lungsod, madaas na kinababara ang:

- Maagang pakikipagtalik
- Impluwensya ng barkada at maling impormasyon
- Panganib ng STI at hindi planadong pagbubuntis

Yugumit marami pa rin ang walang sapat na access sa manasan at akmang edukasyon tungkol sa kalusugang sekswal.

SEX EDUCATION

Proposed Project

Enhancement Program titled “**PROJECT RISE: Responsible Information, Safety, and Education for Reproductive Health for Teens**” from the study of “*The Effectiveness of Educational Video in Promoting Safe Sex Practices Among Adolescents in Selected Barangays: Basis for Reproductive Health Promotion*”.

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I. Rationale :

- This program is based on the significant findings of the study showing that the educational video was effective in improving adolescents’ knowledge on safe sex practices. Therefore, PROJECT RISE serves as the proposed utilization plan of the video to ensure its application and sustainability.

II. Objectives :

General Objective:

- To promote sexual and reproductive health among adolescents by utilizing the educational video that is proven effective in this study and integrating it into both social media platforms and community based activities.

Specific objectives:

- To utilize the educational video as a primary tool to enhance adolescents' knowledge on reproductive health, sexually transmitted infections, and safe sex practices through guided screenings and discussions.
- To disseminate the video through social media platforms such as Facebook, TikTok, and YouTube to reach both in-school and out-of-school adolescents.
- To integrate the video into structured activities such as barangay health seminars, peer discussions, and youth forums to reinforce learning and encourage responsible reproductive health practices

III. Target Beneficiaries :

- **Adolescents (Ages 12-18)** - they are the direct participants in the study and the main user of the educational video
- **Parents and Guardians** - to provide reinforcement and guidance at home
- **Teachers and School Administrators** - to integrate the video into classroom and school based health education
- **Community Health Nurse and Barangay Health Worker** - to use the video in health promotion programs and outreach
- **Barangays and youth leader** - to organize peer discussion and forum using the video

IV. Program :

The program will be structured in three core components of sexual and reproductive health promotion namely Knowledge, Attitude, and Practice, with the educational video serving as the primary tool. Under knowledge, the video will be used to enhance the adolescents' awareness of safe sex practices. Under attitude, guided discussion following the video will encourage responsible and positive perspective towards reproductive health. Under practice, the lessons from the video will be reinforced through peer-led activities and community forums that promote safe and responsible behaviours.

1. RISE-Know (Knowledge Empowerment)

Focus: Address the gaps in adolescents' knowledge on reproductive health, STI, and safe sex through the educational video.

- Monthly video screening on topics such as safe sex, STI prevention, and reproductive health.

- Dissemination of the educational video through social media platforms and barangay showings.
- Short feedback forms or reflection sessions to ensure adolescents understand the video content.

2. RISE-Mindset (Attitude Formation)

Focus: Promotes positive attitudes and responsible decision-making based on lessons from the video.

- Peer-led group discussions after each video screening to reflect on lessons learned and correct misconceptions.
- Youth forums in barangays to foster dialogue between adolescents, parents, and health professionals.
- Testimonies and role-model sharing sessions to inspire responsible choices.

3. RISE-Act (Action in Practice)

Focus: Encourage the application of safe practices by internalizing and acting on the key message presented in the video

- Guided workshops that expands on lessons introduced in the educational video, such as demonstration on correct condom use and STI prevention strategies
- Strengthening connections with barangay health centers so that adolescents who become more aware after watching the video can confidently access reproductive health services.
- Sessions that use the video as an entry point for discussions, improving parent-adolescents communication and guidance on reproductive health manners.

V. Implementation Plan :

Phase 1: Planning and Preparation (Month 1)

Timeline	Description	Program Coordinator	Timeline
Establish Program Committee	Form a team composed of community health nurse, barangay health worker, youth leaders, school admin, and student representatives to oversee the program implementation	Barangay officials, health worker, school admin, and youth leaders	Week 1
Resource Mobilization	Secure venues, audiovisual equipment, and other materials needed to support the dissemination and guided use of	Program, committee, barangay officials, and	Week 2



	the educational video	youth leaders	
Orientation Workshop	Conduct an orientation for facilitator and volunteers on how to properly use the educational video within the Knowledge, Attitude, and Practice (KAP) framework, and how to lead post-video discussions and activities	Program committee, health worker, school admin, and youth leaders	Week 3

Phase 2: Implementation (Month 2 to Month 6)

Component	Activities	Program Coordinator	Timeline
RISE-Know	<ul style="list-style-type: none"> • Educational video showings in barangay halls and schools • Dissemination of information, education and communication materials as supplementary only • Short feedback / reflection forms after each showings to assess what participants understand 	<ul style="list-style-type: none"> • Program committee and barangay health workers 	<ul style="list-style-type: none"> • Week 1-2 • After video showing • After video showing
RISE-Mindset	<ul style="list-style-type: none"> • Peer-led group discussions after each video screening to reflect on lessons learned and correct misconceptions • Testimonial / role-model from youth advocates and health professionals to inspire responsible decision making 	<ul style="list-style-type: none"> • Program committee, invited speakers, youth leaders 	<ul style="list-style-type: none"> • After each video showing • Every 2 months
RISE-Act	<ul style="list-style-type: none"> • Guided demonstration on proper condom use and STI prevention strategies to reinforce lessons from 	<ul style="list-style-type: none"> • Program committee, health workers, Parents, 	<ul style="list-style-type: none"> • Week 3 - 4 and quarterly follow-ups



	<p>the video</p> <ul style="list-style-type: none">● Strengthened referral linkage with barangay health center for adolescents who seek reproductive health services● Parent-youth workshops using the video as an opener to improve family communication about sexual health	<p>and youth leaders</p>	
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Phase 3: Monitoring and Evaluation (Month 6)

Activities	Description	Program Coordinator	Timeline
Feedback and Reflection	Collect participants' feedback through short reflection notes, surveys, and focus group discussions after video sessions to evaluate their knowledge retention and attitude change.	Program committee	Week 1-2
Consolidation and Reporting	Compile results from feedback and observations into an evaluation report to determine the effectiveness of the video utilization and provide recommendation for future reproductive health promotion initiatives	Program committee, barangay council, and school admins	Week 2-3

VI. Monitoring and Evaluation :

- **Attendance Records** - to track participants levels in video screening, peer discussions, and parent-youth workshops.

- Attitude Check Questions - simple ice breaker questions during discussions to observe shifts in openness towards safe sex practices.
- Behavioral Intention Sharing - facilitated group sharing on how participants intend to practice what they learned.
- Feedback forms - distributed to adolescents, parents, and facilitators after video screening and forums to evaluate clarity, relevance, and impact of the educational content.
- Focus Group Discussion - with selected adolescents, parents and youth leaders to gather deeper insights about effectiveness, strength, and areas for improvement.
- Reflection Notes / Quick Surveys - short written or verbal reflection from adolescents after video sessions to capture what they learned and how they plan to apply it

VII. Expected Outcomes:

- Adolescents will demonstrate improved understanding of reproductive health, STI, and safe sex practices after participating in educational video sessions.
- Participants will develop more positive and responsible attitudes toward sexual health, including valuing abstinence, consent, and the consistent use of protection.
- Adolescents will show greater willingness to apply safe sex practices, avoid risky behavior, and seek proper health services when needed.
- Adolescents will feel more open and confident discussing reproductive health concerns with peers, parents, or health professionals.
- Barangays will adopt and sustain the use of educational video as part of their community health promotion activities
- Barangay health worker, teacher, and youth leaders will be empowered to integrate the educational video into their ongoing health education programs, ensuring the sustainability of its impact

SUMMARY, CONCLUSION AND RECOMMENDATIONS

This Chapter presents the summary of findings, conclusions, and recommendations. This chapter provides important information and focus of the study.

Summary of Findings

1. A total of 100 adolescents aged 12 to 18 years old participated in the study. Most respondents were female, junior high school students, and single. In terms of socioeconomic status, the majority (66%) belonged to families earning less than or below ₱11,000 monthly, and 84% percent of the participants were unemployed.
2. Before the intervention, knowledge levels on safe sex practices were generally low. The pretest results showed that most respondents failed to meet the 75% passing threshold in all four parts. Specifically, the mean percentage of scores were as follows: 63.22% for STI awareness and prevention, 72.38% for use of condom, 67.29% for sexual hygiene, and 63% for HPV vaccination. After viewing the educational video. The participant's knowledge significantly improved across all

parts. Posttest scores showed significant increases such as for STI awareness and prevention rose to 85.44%, use of condom to 88.50%, sexual hygiene to 87.43%, and HPV vaccination to 88.71%.

3. Based on the statistical analysis using the Kruskal-Wallis H test, there was a significant difference in the pretest knowledge scores based on the respondents' educational attainment, while no significant differences were found in relation to their gender, civil status, and employment status. The posttest result, however, shows no significant difference across all demographic profiles, indicating that the educational video was effective regardless of the respondents' background.
4. Based on the findings, the educational video can be utilized by uploading it on social media platforms and video streaming platforms. Also it can be integrated in school subjects and shown during barangay or health center events and programs that focuses on sexual and reproductive health.

Conclusion

Based on the indicated findings, the following conclusions were drawn. The majority of the respondents were female, junior high school students, single, unemployed, and came from families with a monthly income of below ₱11,000. The educational video is an educational tool in promoting safe sex practices. Furthermore, the absence of significant differences in respondents' profile and their level of which indicates that the video can be used universally, making it a practical and inclusive tool for adolescents' sexual health education regardless of background. Overall, the findings proved that educational videos are a valuable medium for enhancing adolescents' knowledge about sexual health, supporting informed decision making, and encouraging safe sex practices, which may contribute in lowering the rate of sexually transmitted infections.

Recommendation

Based on the results of the quantitative study, the researchers recommend the following:

Adolescents - Educational videos on safe sex practices are highly recommended as an accessible and youth-friendly tool to improve their understanding of sexual health, especially in preventing sexually transmitted diseases. Multimedia education allows adolescents to receive accurate information in a format they find engaging and relatable. This empowers them to make informed decisions, practice safer behaviors, and take responsibility for their reproductive health. In addition, it's important to consider different types of adolescent employment such as informal labor or service jobs, which may affect access to sexual health education. Adolescents who are working may have limited time or may be disconnected from formal school-based programs. For them, educational videos offer a flexible, on-the-go learning opportunity that can be accessed anytime through mobile devices, helping bridge knowledge gaps among working youth.

Barangays - It is encouraged to collaborate with health professionals and youth advocates to implement educational video sessions in community centers. These localized interventions can support barangays in identifying knowledge gaps and tailoring reproductive health education to their residents' needs.

Barangay Officials - It is advised to use the study's results as a foundation for designing structured, age-appropriate reproductive health campaigns. Their involvement is key in reducing stigma and promoting proactive safe sex practices through evidence-based video content.

Community - To foster a supportive environment, the community may take part in promoting reproductive health literacy through open forums and video viewing sessions. Community-wide efforts can lead to greater awareness, healthier behaviors, and will contribute in building a healthier and more proactive community.

Department of Health - It is recommended to adopt multimedia-based strategies, like educational videos, into its adolescent health programs. Integrating visual learning tools into DOH campaigns can further improve adolescent understanding and reduce rates of STDs.

Government Agencies - Working with youth and public health may consider replicating this video-based approach to reach underserved areas. These agencies can craft inclusive, more effective health policies and scalable sex education programs. Expanding the Program to Public and Private Schools, Community and Health Centers. Given the success of the video-based approach in different barangay settings, similar programs should be extended to schools and all kinds of youth organizations to reach out adolescents and other underserved groups.

Healthcare Workers - To integrate educational video materials into consultations, especially when working with adolescent clients. These tools can support nurses and counselors in guiding youth toward responsible reproductive health decisions.

Non-Government Organizations (NGOs) - It is encouraged to use the study's findings to refine their advocacy and outreach methods. Developing targeted educational video campaigns can make reproductive health initiatives more relatable, engaging, and effective for the youth.

Society - As a whole may continue to break down the stigma surrounding sex education by promoting open and evidence-based conversations. Improving adolescent reproductive health through videos can lead to a more informed, accepting, and health-conscious society.

Parents - It is encouraged to actively participate in their children's sexual health education. By watching educational videos together and engaging in discussions parents can better support their adolescents in making responsible and safe choices.

Future Researchers - This study opens avenues for future research to explore the effectiveness of other forms of educational interventions, such as gamified content or mobile apps, in reproductive health education and the development of more effective health policies. Follow-up evaluations can provide deeper insight into long-term knowledge retention and behavior change. Furthermore, while this study measured immediate enhancement of knowledge of adolescents, future research should assess whether this enhancement and gained knowledge can last into long-term behavioral changes. Further studies can provide more comprehensive insights and knowledge about safe sex practices among these adolescents and other people who have sexual exposure.

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