# Helping Tanzanian teenage girls avoid pregnancy. Evidence for Policy Series


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## Abstract

Adolescence can be a tricky period in our lives. But for teenage girls it is especially fraught with risk. If they become pregnant, they may be ostracised by their families or spurned by society. They also have a high risk of dying during childbirth. And many are condemned to live in poverty as single mothers. That makes the sexual and reproductive health of adolescents an important public health issue. To design better policies and interventions that will steer young people towards responsible parenthood, it is necessary to know more about how adolescents learn about and deal with sex. This edition of evidence for policy examines this issue, based on research in Tanzania.