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## Nurse's role in sexual orientation in adolescence

*Role of nurses in sexual orientation in adolescence*

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1

**Jackson Machado Silva**

### Summary

Adolescence is marked by major organic, cognitive, sociocultural and affective transformations, exposing the teenager to many risks. The school plays a fundamental role in student training, including information on sexual education and sexual orientation. This study aimed to highlight the importance of nurses' role in sexual orientation in the school context. It is important to know how parents experience sexual education for their adolescent children, with school being a crucial space for the development of knowledge and skills. In relation to the way they guide their children about sexuality and the difficulties and facilities they experience, parents report that the influence of the education received can facilitate or hinder the process they seek to transmit to their children an education based on family values and they consider dialogue important and honest conversations with children, although sometimes communication between parents and teenagers is difficult. It is concluded that sexual education in adolescence is a delicate process that needs to be carried out continuously and as early as possible. In this process, nurses can act in health education, also helping parents to face this new reality. **Key words:** Sexual Education, School Health, Adolescence, Nurse.

### Abstract

Adolescence is marked by large organic, cognitive, affective and sociocultural transformations exposing adolescents to many risks. The school has a fundamental role in the formation of the student, including information regarding sex education and sexual orientation. This study aimed to highlight the importance of nurses' performance on sexual orientation in the school context. It is important to know how parents experience the sexual education of teenagers, with school the crucial space for the development of knowledge and skills. In relation to how guide their children about sexuality and the difficulties experienced and facilities, parents report that the influence of the received education can facilitate or hinder the process forward seeking an education for their children based on family values and finding important dialogue and frank discussion with the children, although sometimes communication between parents and adolescent children is difficult. It is concluded that sex education in adolescence is a delicate process that needs to be performed continuously and as early as possible. In this process the nurse can make in health education, further helping parents confront this new reality.

**Keywords:** Sexual Education, School Health, Adolescence, Nurse **1. Introduction**

Adolescence is a phase of maturation where there are physical and psychological changes, in which the human being stops being a child to become an adult. It is marked by the beginning of puberty and the end of physical growth. This is a phase in which identity changes are sought.

Therefore, there can be no comparison between adolescent behavior and adult behavior, as each is at a different stage of maturity. The brain is still processing and storing important information that will determine the way you live. All this taking into account that this training must take place within a healthy family environment, with parents and in a professional context, that is, a healthcare professional trained for this purpose. It is a long and difficult process, but necessary.

As the years go by, it is observed that teenagers are starting sexual activities at an increasingly earlier age, according to studies, it is clear that these activities often lack guidance, with no knowledge of biological aspects, contraceptive methods and sexually transmitted infections (STIs).

Sexual education and guidance must be started as soon as possible, occurring in a clear and objective manner, starting with parents, schools and especially health professionals. Proper guidance is necessary so that the teenager becomes aware of how to deal with their sexuality. And at this moment, it is up to the nurse to observe opportunities, developing their role, contributing to the training of adolescents, especially at the level of health promotion.

The Ministry of Education suggests that schools have content aimed at guidance, and gives the school itself autonomy to define the best way to approach this topic, whereas school is the social environment in which the teenager spends a large part of his life, in this sense encourages the exchange of experiences that contributes significantly to decision-making and especially to the conduct of adolescents in relation to sexual behaviors (BRASIL, 2017)

## 1.1 Problem

What is the role of the nurse in adolescent sexual orientation?

## 2 Objectives

## 2.1 General objective

Determine the importance of nurses in sexual orientation in the lives of adolescents and families.

## 2.2 Specific objectives

- Highlight the importance of sexual education in the lives of adolescents;
- Select methods for a better understanding of the topic
- Understand the role of nurses in educational activities with adolescents;
- Describe the guidelines on sexual education provided to adolescents and their families.

## 3 Results and discussion

Nurses' actions in sexual education can contribute to greater integration and participation of adolescents in decisions and responsibilities regarding their sexual life (OLIVEIRA, et al. 2018). Several articles were found that showed that early pregnancy and its relevant consequences for adolescents in terms of their stay at school and their professional future. The articles included for this review are studies carried out on the role of nurses in sexual education in adolescence: school context, where they were grouped according to their theme, being: Nursing in schools, sexual education, adolescence and sexual education at school. With this, points of reflective discussion were constructed based on guiding axes, as shown in Table 2.

Tabela 2- Identificação dos estudos selecionados pela revisão bibliográfica.

AUTORES/ANO DE PUBLICAÇÃO	TÍTULO	SÍNTESE
DOMINGOS, A. C., 2016.	Gravidez na adolescência: enfrentamento na estratégia de saúde da família	A gravidez na adolescência é um problema que as escolas vêm passando nos dias atuais. O artigo traz uma atuação do enfermeiro para diminuir esse índice gravidez na adolescência do município de campos altos em minas gerais.
FREITAS, T. C. De.; MIRANDA, A. R. B. De, 2015.	Educação sexual na escola: uma experiência do PIBID.	O artigo traz uma experiência do enfermeiro atua na escola onde desenvolver a promoção em saúde do adolescente com atividades criativas e interativas, criando um espaço promover orientação sexual e várias maneiras prevenção gravidez precoce.
JARDIM, D. P.; BRÊTAS, J. R. da S. 2016.	Orientação sexual na escola: a concepção dos professores de Jandira-SP	As ações desenvolvidas na escola em Jandira-SP, promover ações sobre prevenção das DSTs/Aids e a promoção da saúde sexual e reprodutiva desenvolvidas no contexto escolar. Os enfermeiros trabalhar de forma educativas com adolescentes, no que diz respeito à saúde sexual, sempre respeito os limites do cada adolescente.
MIRANDA, P. R. M, De.; KALHIL, J. B.; ALVES, J. M, 2017.	Sexualidade, Gênero e Educação Sexual nas Atas do Encontro Nacional de Pesquisa em Educação em Ciências – ENPEC de 2009 a 2015	Autor ressaltar a importância que Ministério da Educação e Cultura (MEC) e (PSE), sobre a orientação sexual dever trabalhando na escola através das ações educativas de prevenção, promoção e atenção à saúde, já é um ambiente no qual adolescente passa maior parte do seu dia.
		muitos tiram suas dúvidas de formas interativa e entende os vários riscos e danos que sexo precoce e sem preparação pode trazer na vida de um adolescente.
AGUIAR, C. A. 2014.	A importância da Enfermagem na orientação sexual de adolescentes no Ambiente escolar.	A importância da assistência de enfermagem na escola é fundamental para o acompanhamento do desenvolvimento principalmente dos os adolescentes proporcionados neste meio tempo educação e saúde. Desta forma, a orientação sexual na escola administrada pelo enfermeiro enfrenta muitos desafios, faltam de preparo do enfermeiro que atua PSE, outro ponto enfermeiro com professor de criar novas alternativas de ensino para atrair adolescentes para determinado tema, para qual os próprios possam tirar suas dúvidas. proporcionando aos adolescentes formas mais práticas e viável de explicar os procedimentos corretos a serem feitos no início da vida sexual.

The scholar Aguiar (2014), in his conception, describes that Nurses who work in the PSE have their competencies and responsibilities to transmit knowledge to adolescents in an effective way in disseminating information and guidance to adolescents about sexual health and disease prevention. . In this sense, the nursing professional is

qualified to develop health education actions, planning and implementing actions that promote the health of adolescents and supporting families who, during this period, have great difficulty interacting with their children (ALMEIDA; CENTA, 2009).

#### **4 Justification**

This work is justified by talking about the lack of sexual orientation among teenagers, the consequences that are being generated by the lack of information and family and school education, the high rates of pregnancy and unwanted illnesses, the role of nurses, bringing projects with the aim of educate, assist, understand and correct the way adolescents and their families act and think.

The initiation of adolescent sexual life has occurred in an immature and irresponsible way. Most of the time, they do not receive the necessary guidance in their family environment, making them vulnerable to seeking information outside their homes, bringing the experiences of their colleagues into their lives, full of taboos, prejudice, unwanted pregnancies and lack of knowledge about diseases and their consequences. preventions.

Therefore, the relevance of programs on sexual orientation is of utmost importance, where nursing professionals can clearly and objectively convey ways to improve knowledge of such a society, also influencing those responsible for more enlightening conversations on the topic of sex and sexual orientation. their consequences, so that in the future they are capable of generating safe behavior and less exposed to risks.

#### **4 Theoretical foundation**

##### **4.1 Adolescence and its aspects**

Several concepts can be found that define the word adolescence, according to the World Health Organization (WHO), adolescence is the second decade of life (from 10 to 19 years old) and considers that youth extends from 15 to 24 years old. These concepts involve developments, identifying young adolescents (aged 15 to 19) and young adults (aged 20 to 24). The Child and Adolescent Statute (ECA) says that in Law no. 8,069, of 7/13/1990, Art. 2. For the purposes of this Law, a child is considered a person up to twelve years of age, and adolescents are those between twelve and eighteen years of age.

Considering the period that extends adolescence, it is seen that it is understood as a transition process between childhood and adult life. They are marked, among other characteristics, by the search for autonomy over decisions, emotions and actions, by the development of skills and the experience of sexuality.

According to Mandu (2005), adolescence is seen as “a moment in the process of human growth and development in which we observe rapid and substantial changes in children's lives and bodies, including accentuated weight and height growth and the emergence of new physical and aesthetic forms, transformations in organic functioning, especially sexual and reproductive, construction of new intersubjective relationships, and peculiar manifestations of new feelings, ways of thinking and behaving – reflecting new identities and insertions in the world internal and external to the family”.

#### *4.1.1 Adolescent sexual health care programs*

Within the scope of public policies, attention to adolescents' sexual health has currently been highly recommended, containing actions, promotions and recoveries of adolescents' comprehensive health. Thus, reducing various risk situations and vulnerabilities related to sexuality. (VIEIRA; MATSUKURA; VIEIRA, 2017).

The Family Planning program, although not an exclusive Public Policy for adolescence, includes prevention actions in health services aimed at women at this stage of development. This program includes an approach to contraceptive methods, pregnancy, prenatal care, childbirth and other topics related to contraception (BRASIL, 1996b).

PROSAD was the first program to be specifically concerned with the health of adolescents, which represented an advance in terms of public health aimed at this population; however, some aspects of the Program proved to be contradictory in relation to the guidelines and action focuses of the Unified Health System (SUS). Gradually, health care was decentralized and sought to get closer to the idea of health as a social right, understanding that young people are subjects of rights. In this sense, there was a reorientation of PROSAD towards Basic Care (PC), through the implementation of the National Policy for Comprehensive Health Care for Adolescents (JAGER et al., 2014)

#### 4.1.2 Nursing role in adolescent sexual health care

The nurse's work in this area is diverse, as, in addition to caring for the individual, it also includes educational actions relating to sexuality. Factors such as unpreparedness of the team, reception with unqualified listening, lack of bonding and discontinuity of care determine the deprivation of young people in primary care services. It is up to the nurse to use the best method to obtain a good relationship with adolescents, so that there is not just the transfer of information, but interactivity, conversation circles, development of intersectoral work, with themes that attract attention. as it is a daily reality, such as the early onset of sexual life, STIs, contraceptive methods and teenage pregnancy, deepening the subject to the extent that they understand so as not to generate conflicts of information. It is necessary to plan health policies and programs, developing integrated actions that allow nurses to reflect on the care aimed at this population group.

7

#### 5 Methodology

This is a bibliographic, descriptive study with a qualitative approach to be developed from a literature review, where each study will be analyzed to construct the theoretical framework. Time frame for the construction of this work: understanding articles published between 2003 and 2020, the search for which will be carried out through the Virtual Health Library (VHL), Nursing Database (BDENF), Latin American Literature and, *Scientific Electronic Library Online* (SCIELO), using the following descriptors as a search strategy: Adolescence; Sexual Orientation; Public policy; Nursing; Nurse.

According to Lakatos and Marconi (1992), bibliographic research aims to put the researcher in direct contact with everything that has been written on a given subject, allowing parallel reinforcement in the analysis and manipulation of information. A bibliographical survey was carried out through a search for scientific productions in the Virtual Health Library (VHL) directed to the following databases: Scientific Electronic Library Online (Scielo), Nescon, Google Scholar, Latin American Literature and Caribbean in

According to Table 1.

Tabela 1- Dados do levantamento bibliográfico segundo as bases de dados supracitadas.

Levantamento Bibliográfico	Resultados obtidos	Artigo selecionado	Artigo excluído
Virtual em saúde (BVS)	16	6	10
Scientific Eletronic Library Online (SciELO)	9	5	4
Literatura Latino-americana e do Caribe em Ciências da Saúde (Lilacs)	6	4	2
Literatura Internacional em Ciências da Saúde (Medline)	5	2	3
Nescon	5	2	3
Google Scholar	19	6	13
Total de artigos	60	25	35

Fonte: Pesquisa intitulada Atuação do enfermeiro na educação sexual na adolescência no contexto escolar, 2020.

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