

The logo for DKT International is centered on a red background with curved, overlapping shapes. It consists of the lowercase letters 'dkt' in a bold, white, sans-serif font. Below 'dkt' is the word 'INTERNATIONAL' in a smaller, white, all-caps, sans-serif font. The entire logo is enclosed within a thin white square border.

dkt
INTERNATIONAL



**Sexual Knowledge, Attitudes, and
Practices Among Unmarried People
in Myanmar**

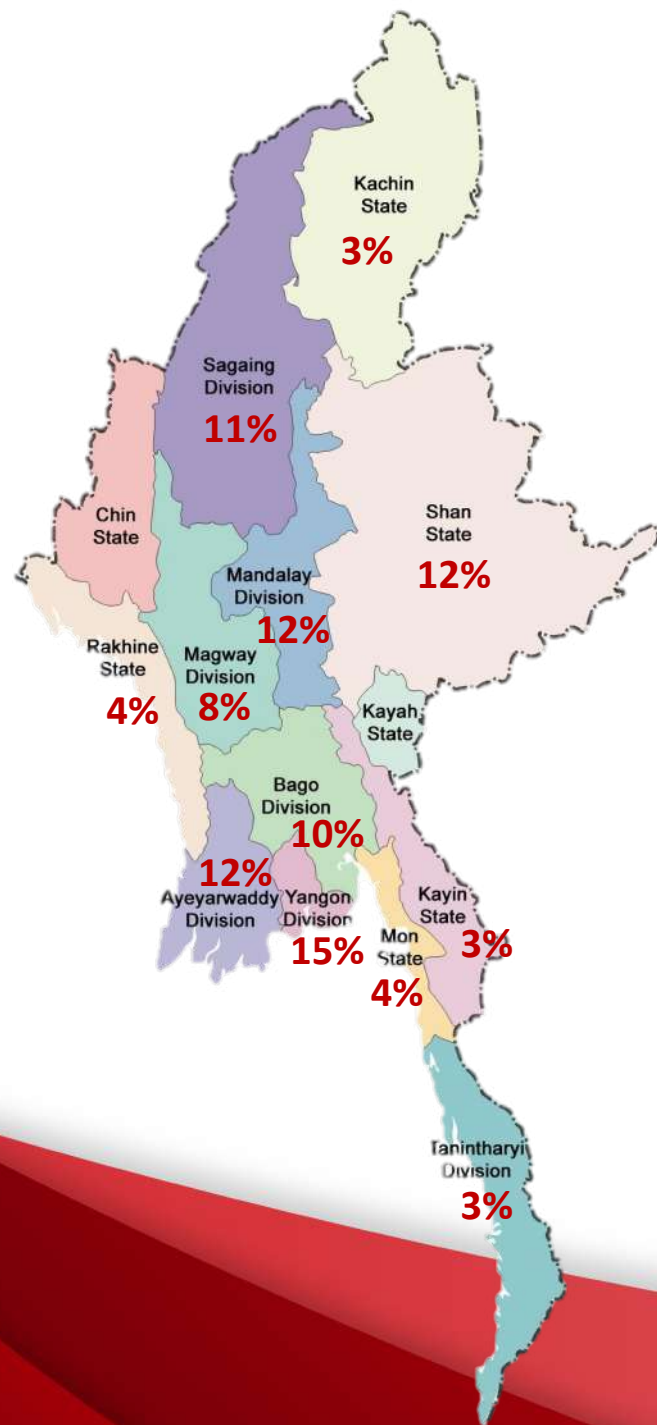
We asked 1000 unmarried people, aged 18-45, to answer questions about their sexual knowledge, attitudes, and practices.

Why this Survey?

- In 2017, DKT International, with Havas Barefoot Research, released findings from its first landmark survey of sexual knowledges, attitudes, and practices in Myanmar, which mostly unraveled insights on the married population.
- To better address and understand the SRHR needs of all people, DKT sought to gain insight to SRH knowledge attitudes and practices of unmarried people in Myanmar.

Our objectives

- Determine current levels of SRHR knowledge and identify gaps
- Identify attitudes and uncover common held beliefs when it comes to sex, sexuality, and contraceptives
- Better understand current behavior and practices of unmarried people around sex, contraceptive access, and use



Demographics:

Who did we survey?

- 53% Female; 47% Male
- 70% Rural; 30% Urban
- Age: 72% 18 to 30; 28% 31 to 45
- Relationship Status: 69% Single; 8% Dating; 13% in a relationship; 10% divorced or widowed
- Education Level: 18% Primary school; 29% middle school; 35% high school; 13% university; 2% no formal education

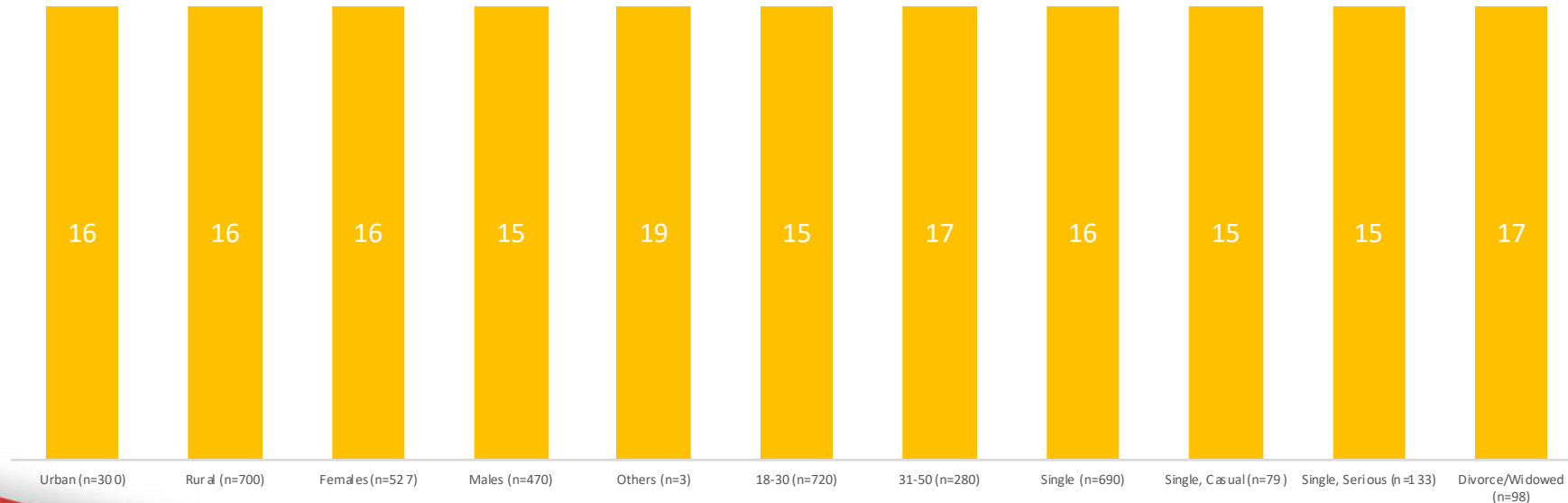
Sexual Knowledge: A Need for Education

When do people first learn about sex?

Average age when people first learned about sex

16 years old

Mean Age (per segment)



Sources of Information

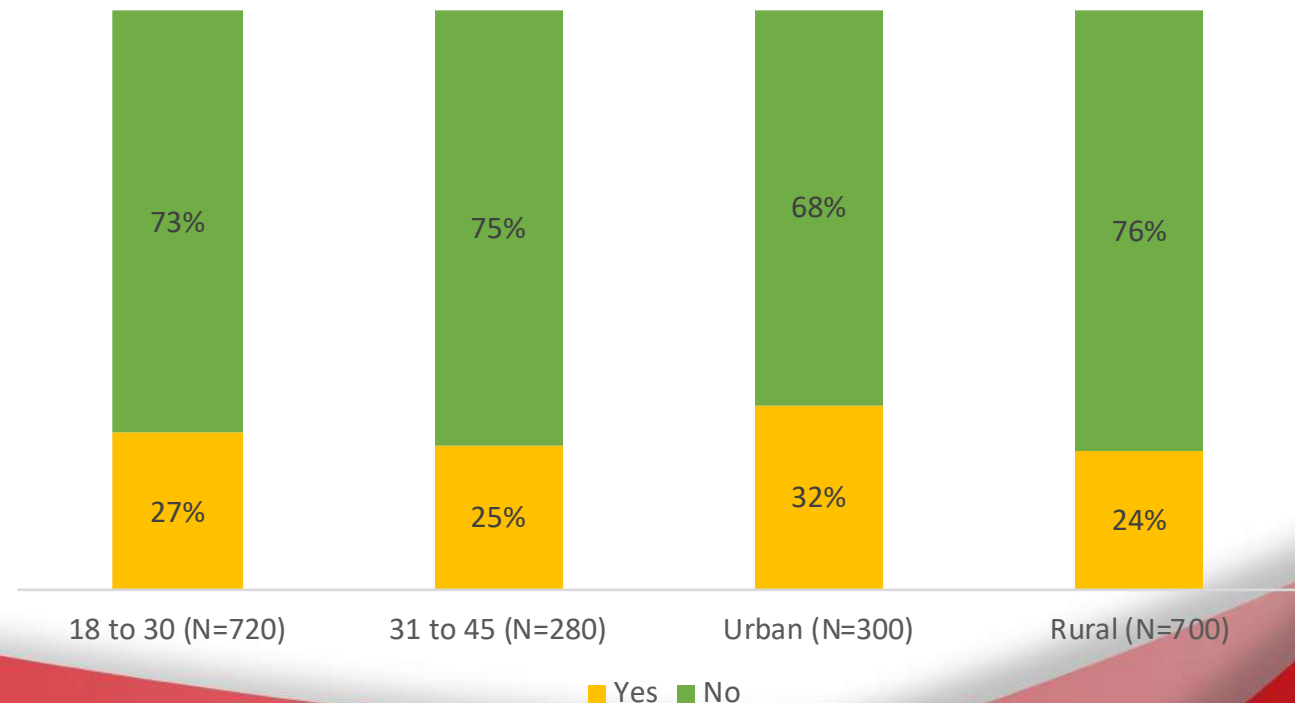
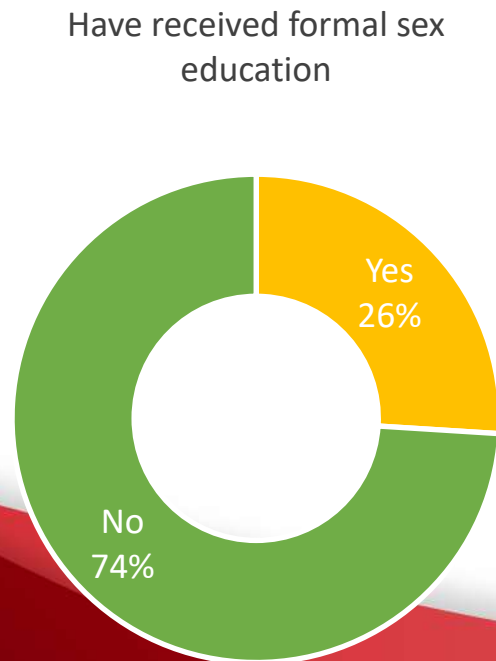
- Like for most people in the world, friends are the most common source of information when it comes to sex. **65%** of respondents regarded them as such.
- Social media has become a more prominent source of information when it comes to sex.
- Only **10%** of respondents listed **school or university** as an information source about sex

Sources of Information about Sex	
Friends	65
Neighbors	32
Relatives	23
Parents	5
TV	29
Social Media	14
University/ School	10
Animal Behavior	9
Newspaper	5
Journal	3

	2017 KAP	2018 KAP
TV	36%	29%
Social Media	5%	14%

Who is receiving formal sex education?

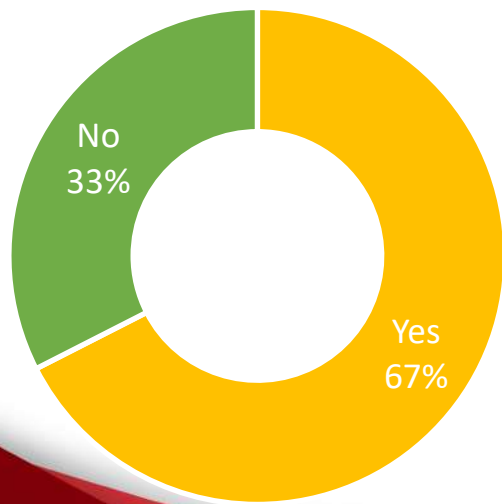
Only **1 in 4** respondents have had some form of formal sex education, and there has been no significant improvement in access to formal education between generations. Urban spaces seem to have slightly greater access.



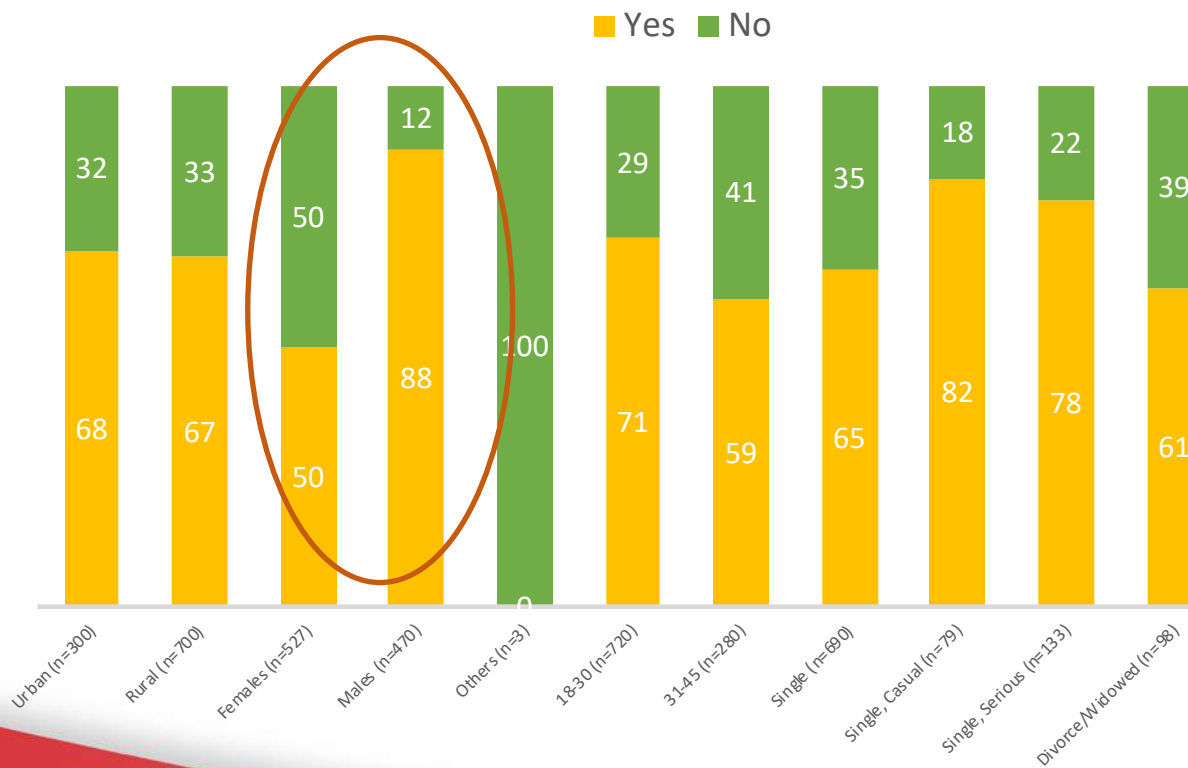
Informal sex education?

Sex is instead learned about informally...through friends, classmates, and neighbors.

Receipt of informal sex education



Receipt of Sex Education via Informal Channels



Informal Sources of Information about Sex

Friends	93
Neighbors	28
Classmates	23
Relatives	19
Officemates	16
Internet	14

What to people know about sexual anatomy?

- When asked about sexual anatomy (i.e. what parts of the body are involved in sex), for females, more body parts are sexualized, while the **clitoris, was only mentioned by 4% of respondents.**
- This may be due to lack of appropriate language or language which is seen as inappropriate or stigmatized.

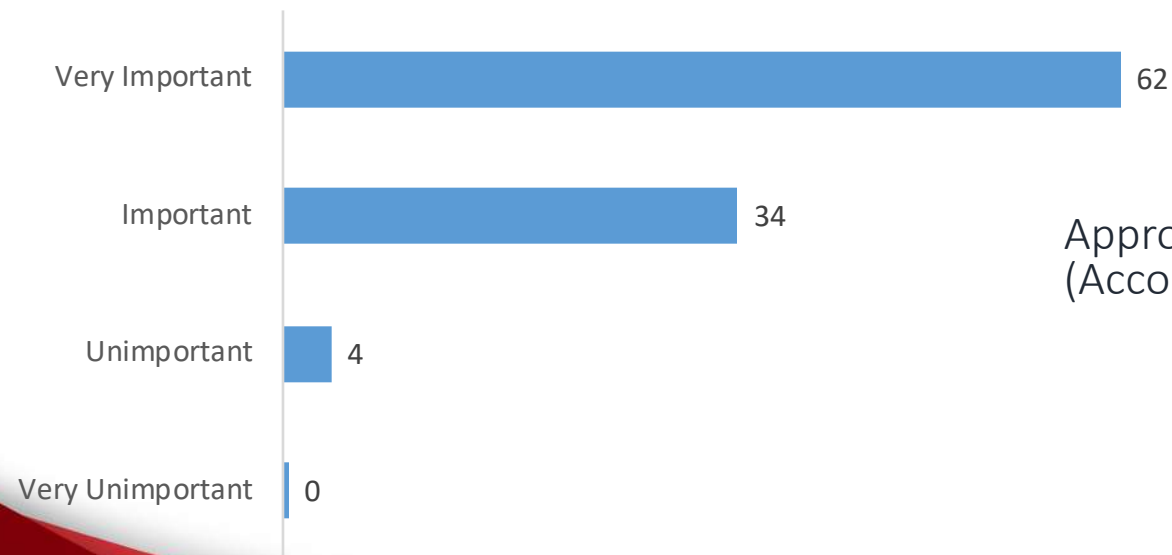
Top Female Sexual Parts Identified	
Breast	73
Vagina	71
Anus	16
Hip	15
Uterus	7
Clitoris	4

Top Male Sexual Parts Identified	
Testis	63
Penis	46
Anus	9
Don't Know	6
Sperm	4

Is sex education valued?

- A vast majority of people think that sex education is important and should be taught in public schools, healthcare centers, and universities.

Importance of Sex Education



Appropriate Age for Sex Education
(According to Respondents)

14 years old

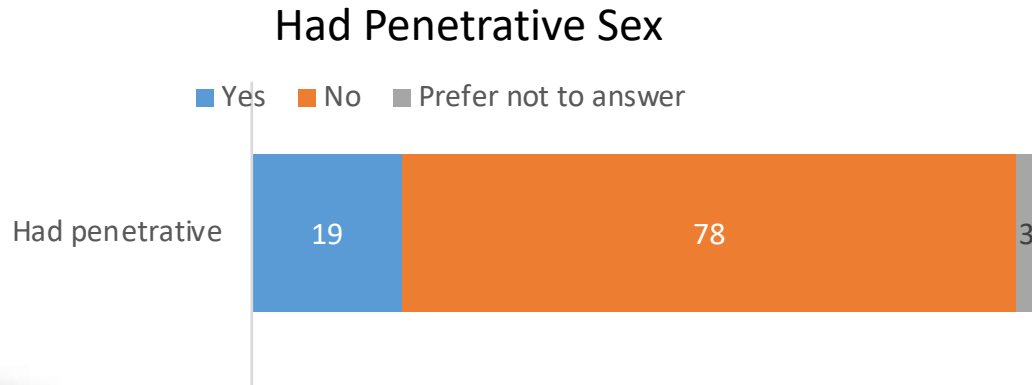
Sex education is necessary, needed, and desired

- **Sex education is valued** in Myanmar and people believe they should have access to formal channels of education
 - Like in many places, friends and social circles provide pertinent information about sex, which amplifies the worth of **peer to peer SRHR education** and **community based campaigns**.
 - Informal channels such as the **internet can be leveraged** to further strengthen information and services available online
 - Conversations on **SRHR language** need to take place to change stigma and discomfort
 - Sex education in and out of the classroom needs be **prioritized** to better enable young people to make informed choices

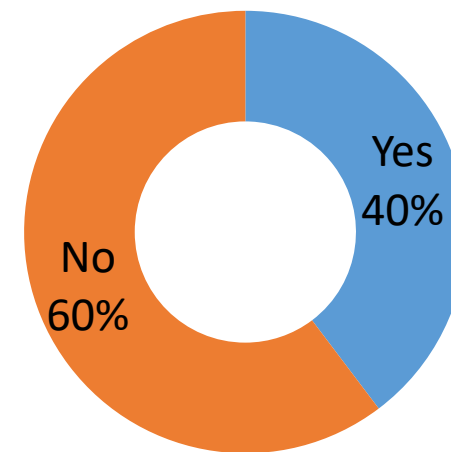
Sexual Attitudes and Practices

Are people having sex before of marriage?

- Out of the **19%** who claim to have had sex themselves, **57%** of have never been married. **6 out of 10** respondents have engaged in some form of sexual activity.



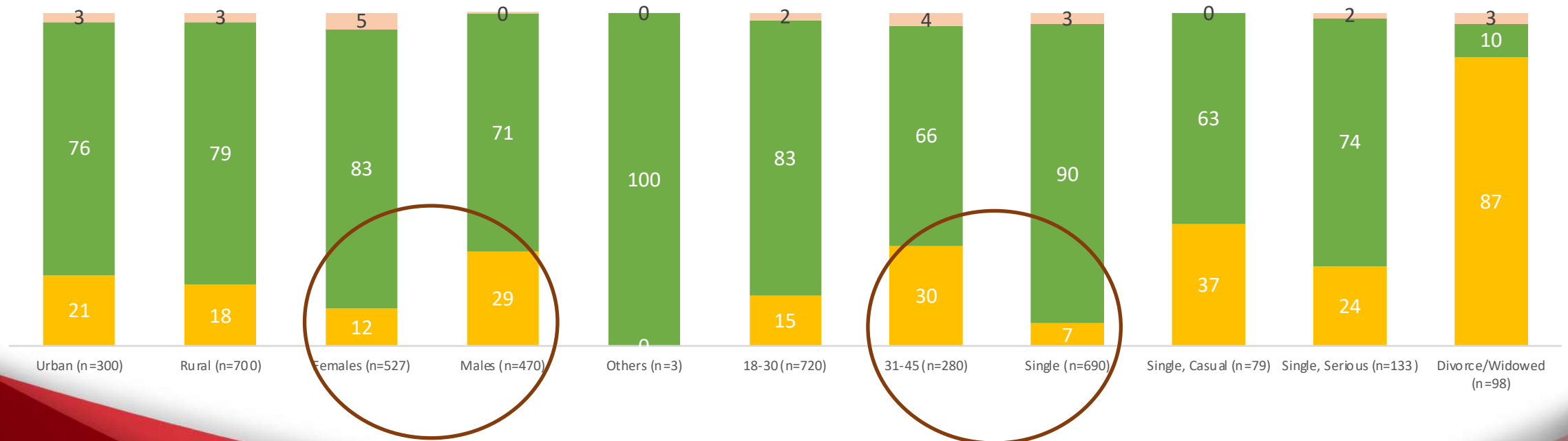
Do you know of someone who has had pre-marital sex?



Pre-marital sex

Had Penetrative Sex

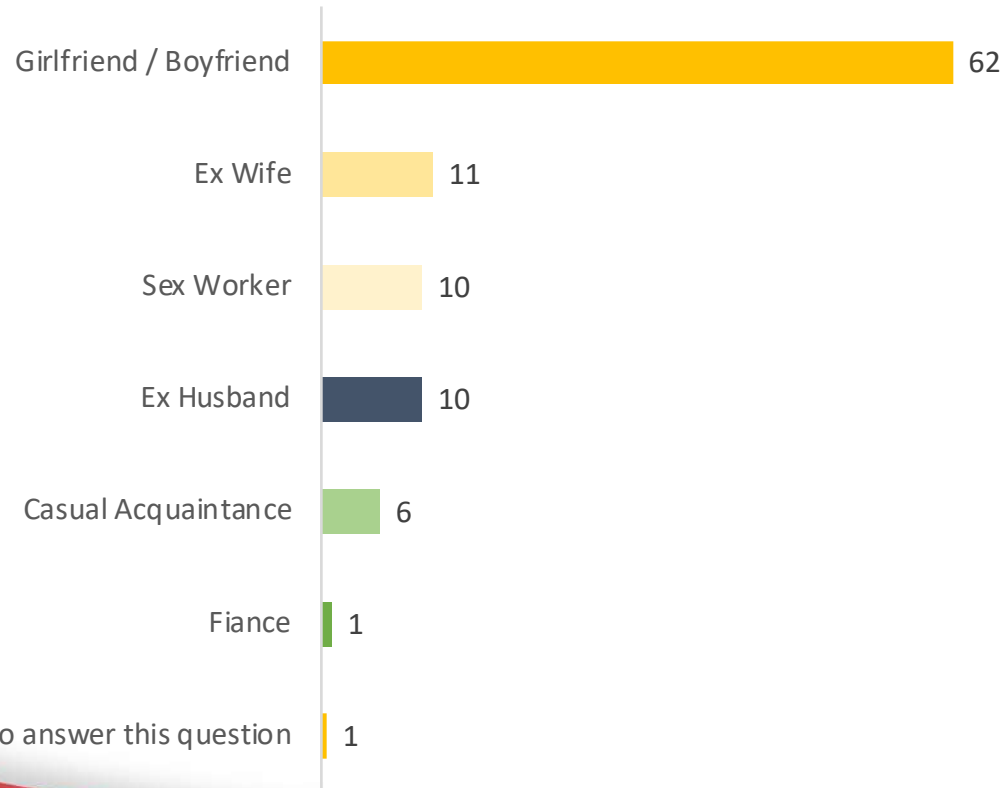
■ Yes
 ■ No
 ■ I prefer not to answer



With whom?

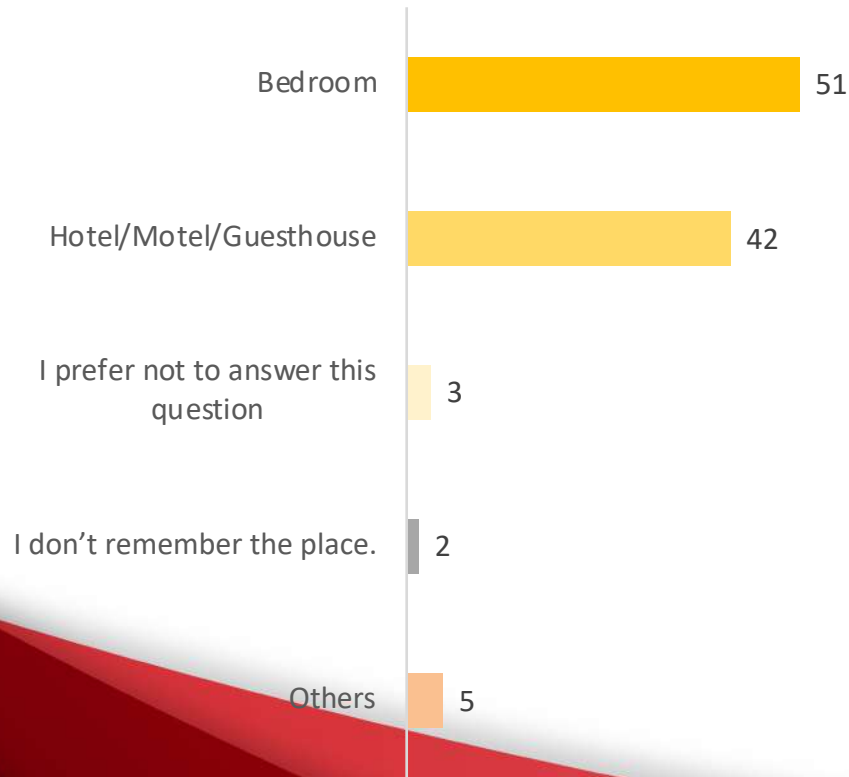
The majority of people who are having or have had sex do so with a partner they are or were invested in.

Relationship with Recent Intercourse

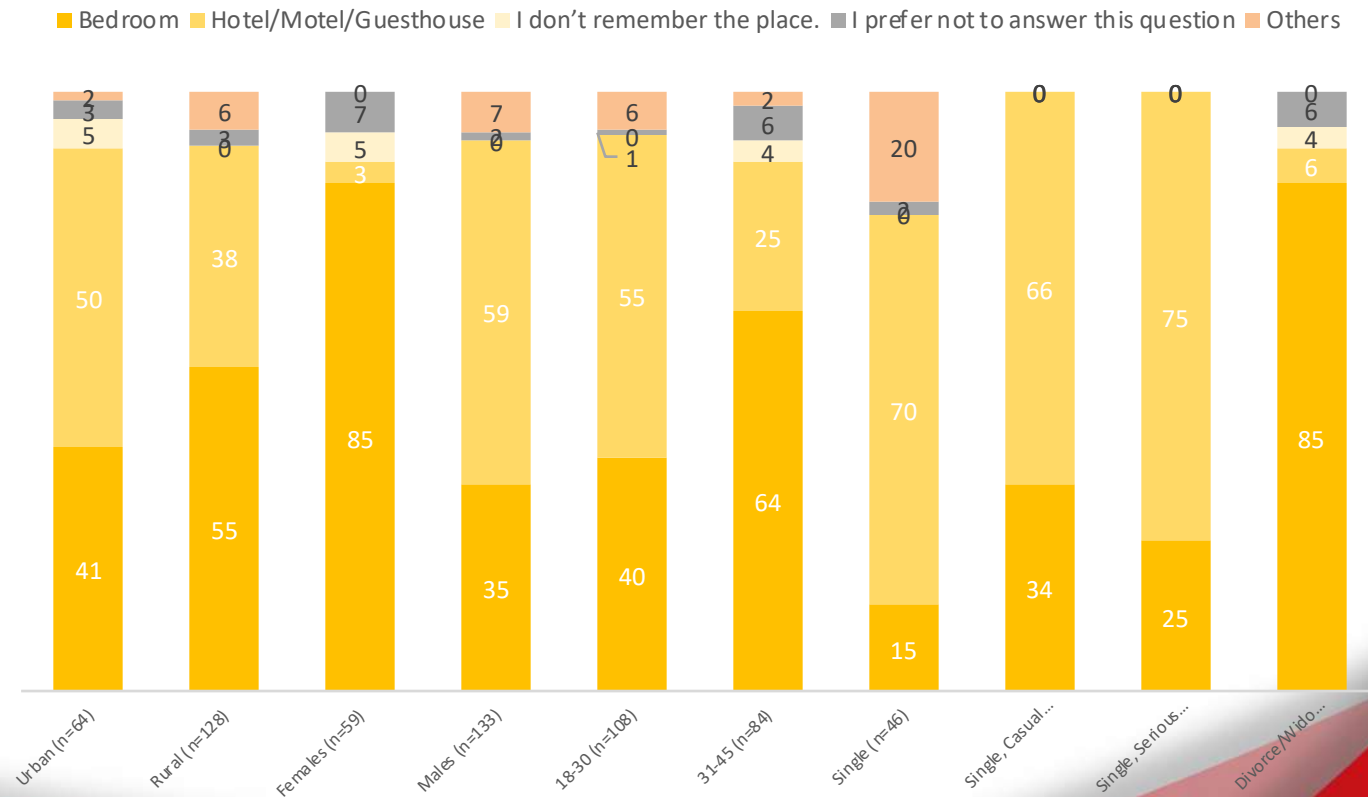


Where are people having sex?

Venue of Recent Intercourse

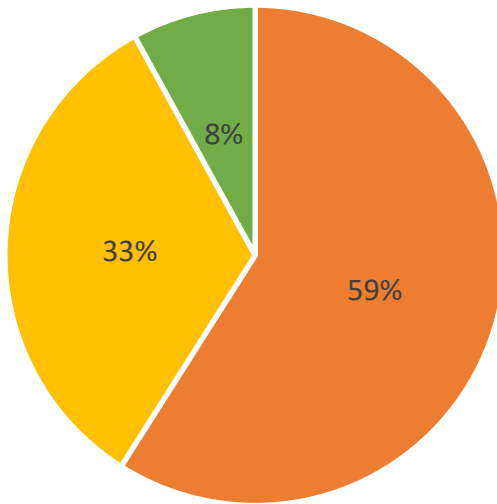


Venue of Recent Intercourse
(per segment)



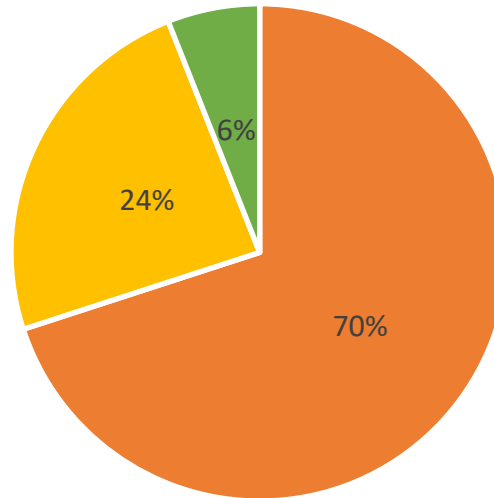
Attitudes about pre-marital sex

A boy will not respect a girl who agrees to have sex with him



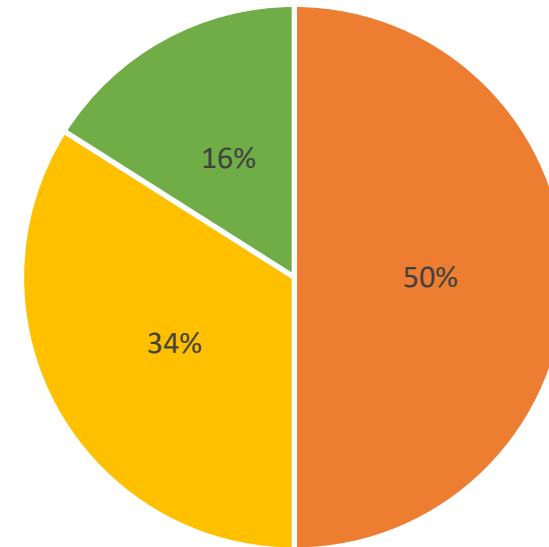
Agree Disagree Neither

I believe it's all right for unmarried boys and girls to have sex with each other provided they reliable methods



Agree Disagree Neither

I believe sometimes a boy has to force a girl to have sex, if he loves her.



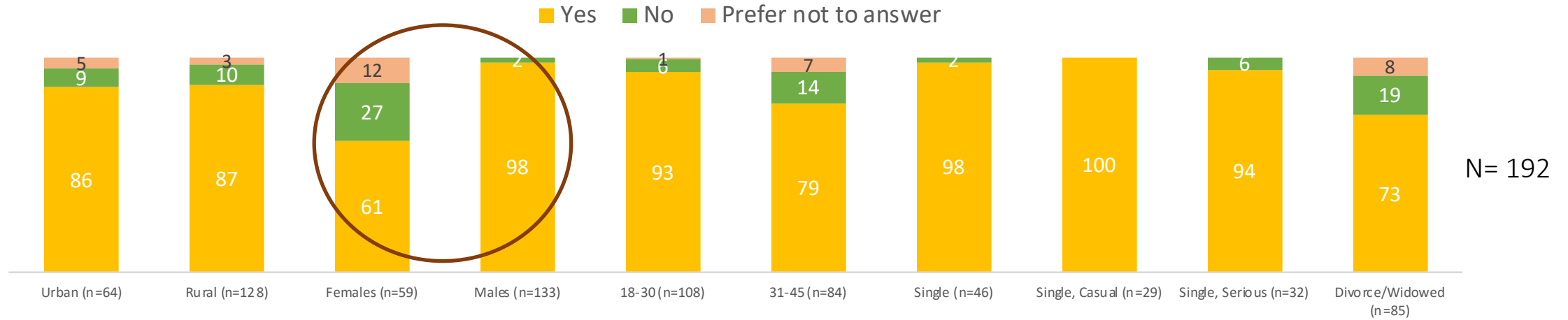
Agree Disagree Neither

Attitudes about pre-marital sex

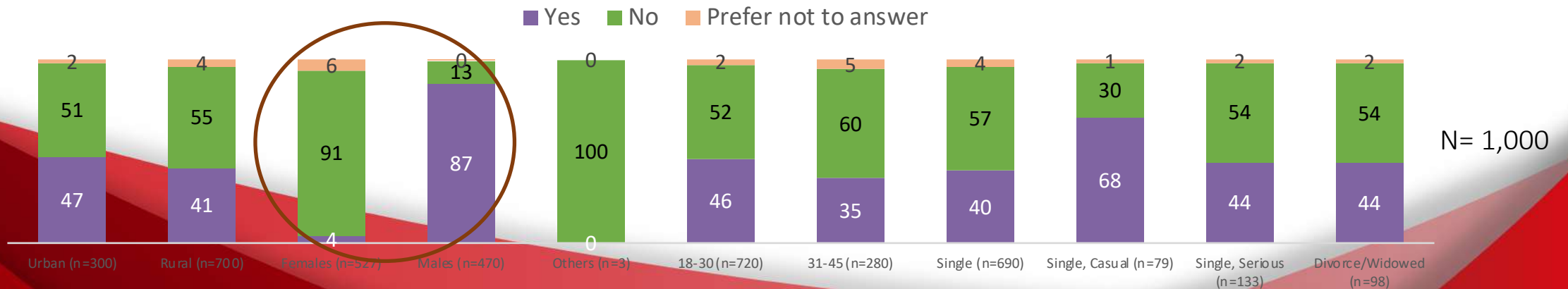
- ▶ **97%** believe that girls should remain **virgins** until marriage but only **76%** believe the same is true for boys.
- ▶ **89%** believe girls will come to **regret** having premarital sex, while only **34%** believe the same to be true for boys
- ▶ **81%** of respondents believe that it is **not** ok to have sex before marriage, even if they love each other.

Sexual Pleasure

Experienced Orgasms

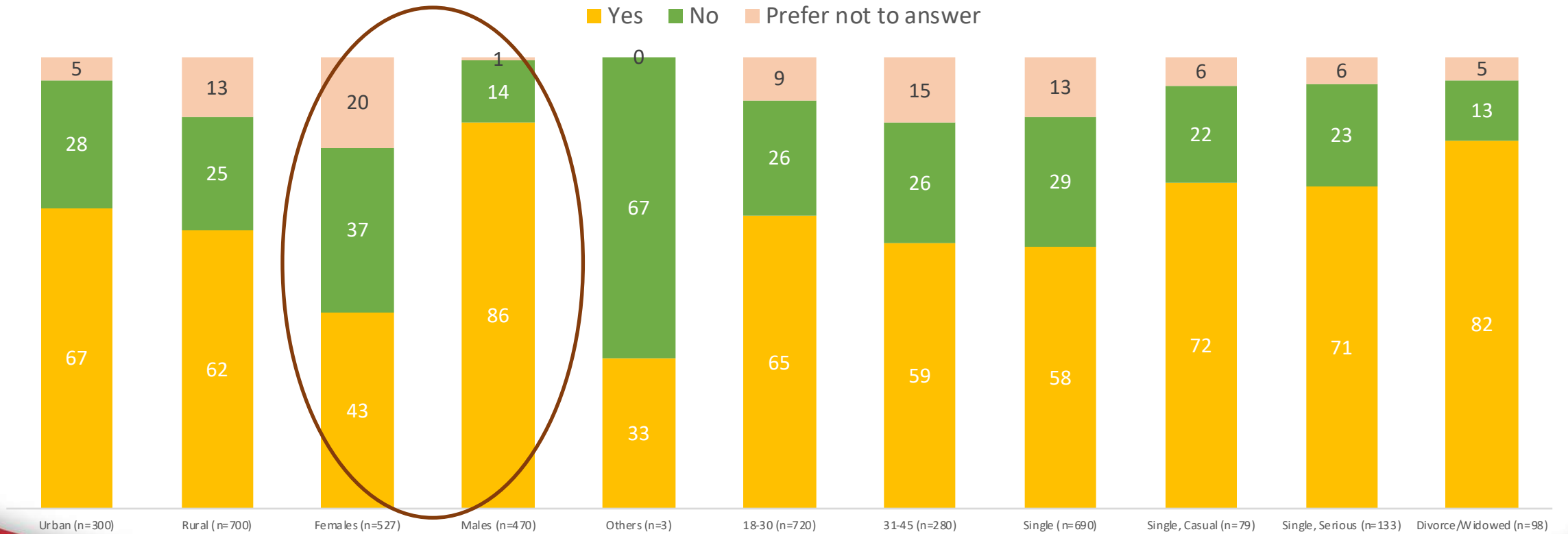


Masturbation



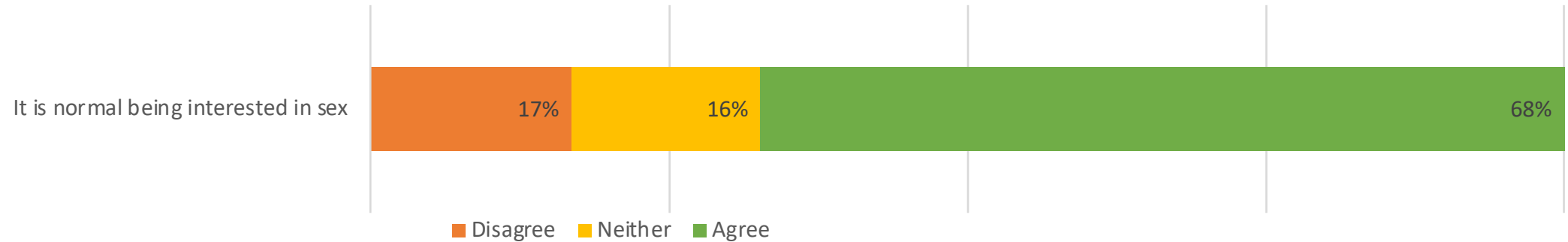
Sexual Pleasure

Should sex be pleasurable for both partners?

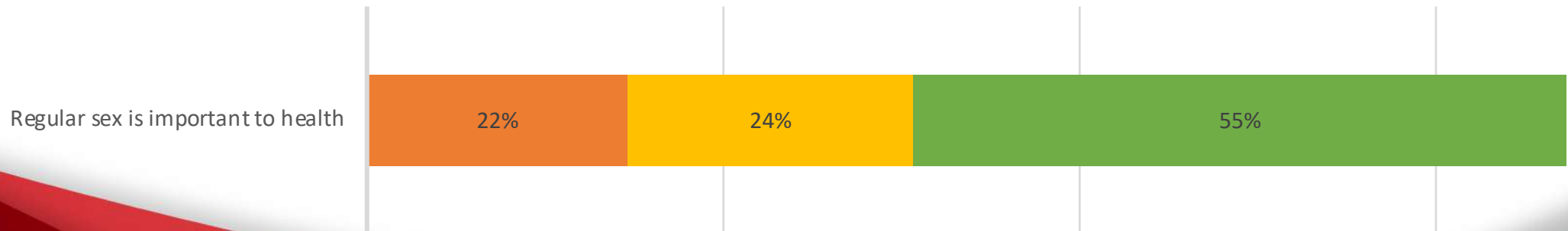


But, is sex important to people?

- Sex is seen as important and natural. **68%** say it is normal to be interested in sex.



- Sex is also somewhat seen as important to health



Gender inequality

is imbedded in attitudes about sex

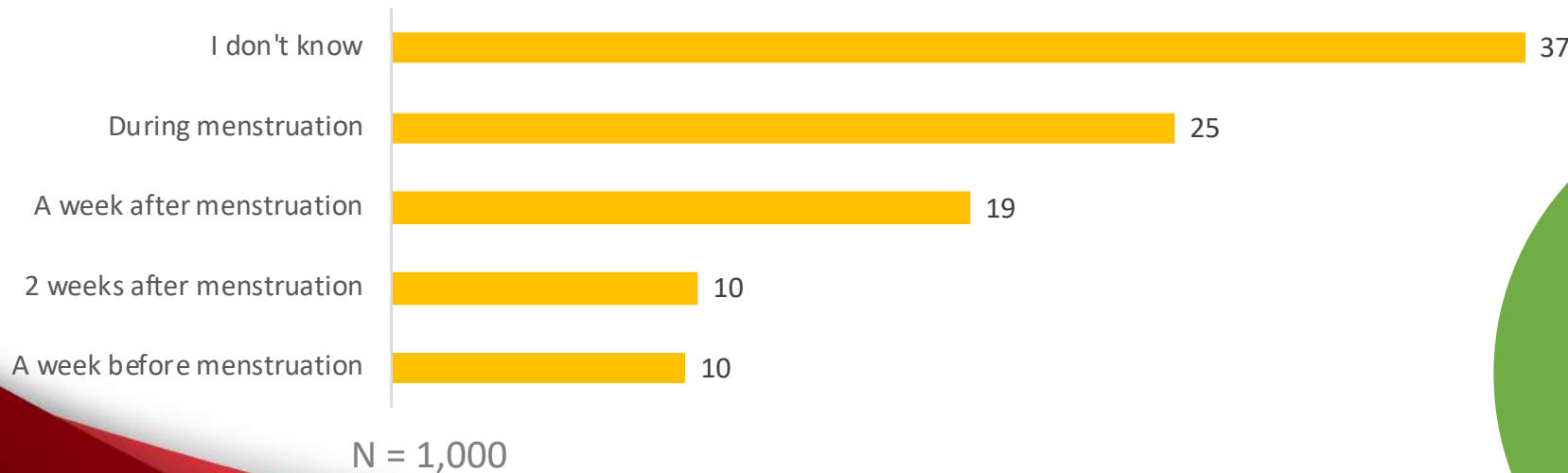
- According to answers, women who engage in pre-marital sex are more stigmatized
- Perceived consequences for sexual activity is highly gendered and people attach more feelings of shame and guilt to unmarried women who are or have been sexually active.
- Power dynamics when it comes to sex skew in the favor of men.
- Gendered thinking around sex can have impact public health negatively: women who have pre-marital sex may be less willing to seek health services due to stigma
- Talking about gender equality should be a priority is sex education

Health and Contraception

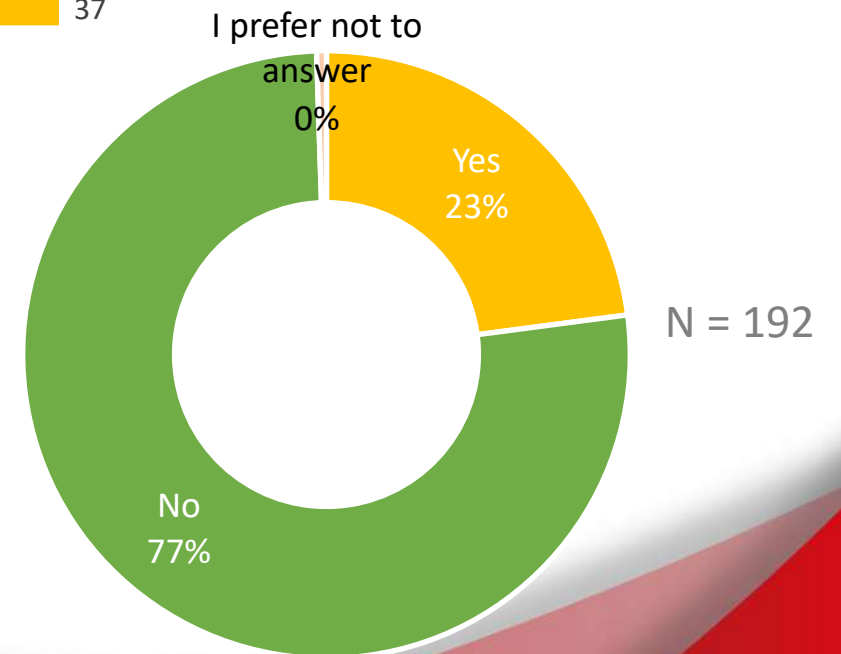
Are people aware of when pregnancy is possible?

Most people are either unaware or incorrectly assumed when it is most likely to get pregnant. But some are using “fertility awareness” when having sex

When during the menstrual cycle is pregnancy most likely?



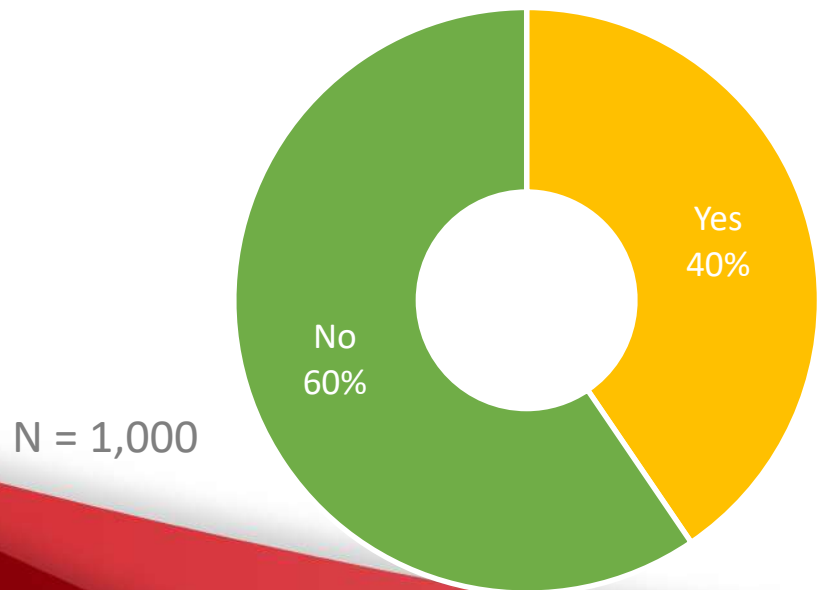
Choosing To Have Sex During Low Chances of Pregnancy



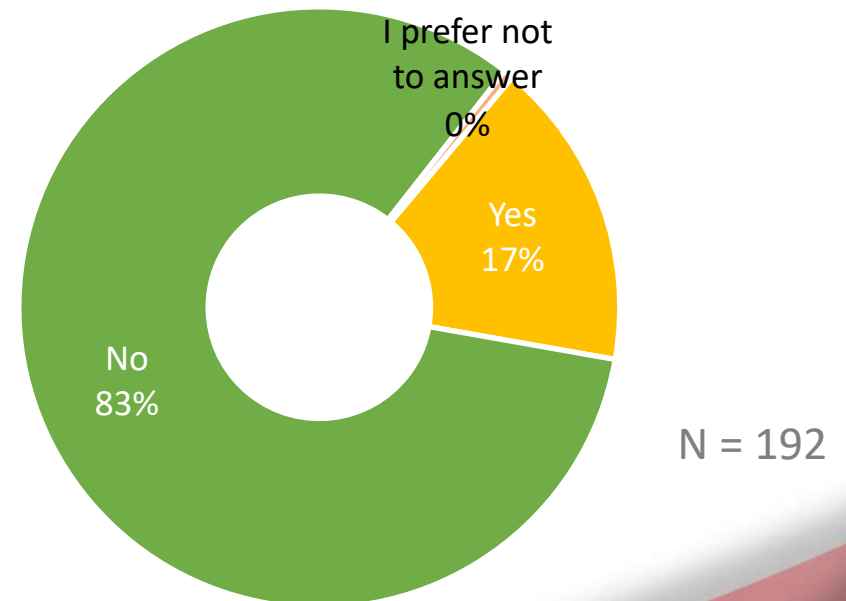
Unplanned pregnancy

Not only do a significant amount of respondents know of someone who has had to marry before 18 due to an unplanned pregnancy, but 1 out of 5 respondents who have had sex have had an unplanned pregnancy.

Do you know of someone who has married under 18 Due To Unplanned Pregnancy?



Have you experienced an unplanned pregnancy?



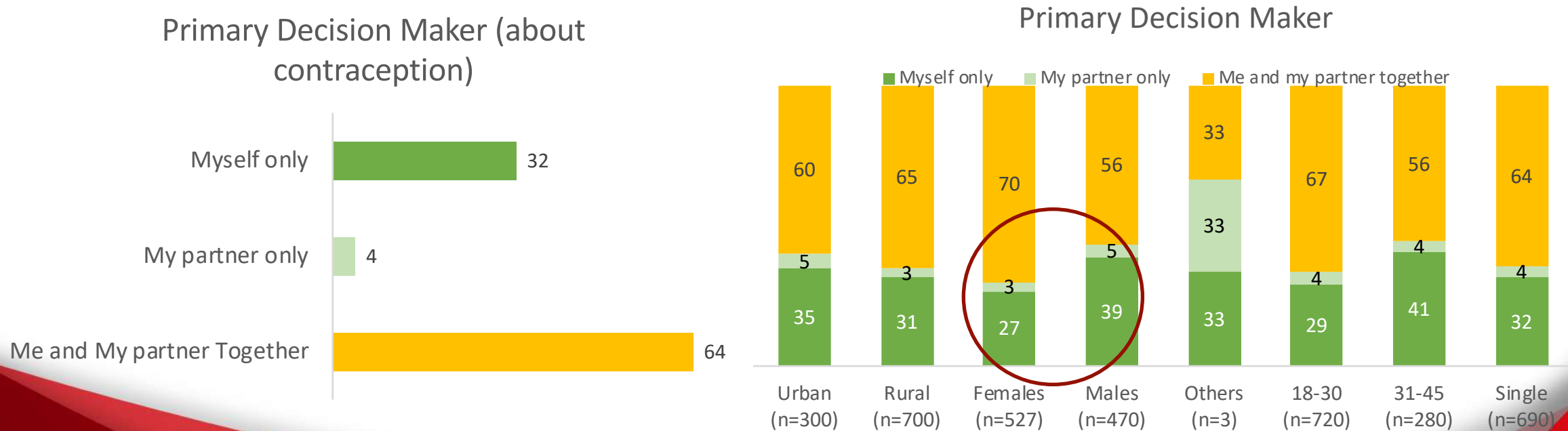
Contraceptive awareness

Contrary to buying behavior, few people admit to awareness of emergency contraception, perhaps due to stigma or shame. Besides OCPs and condoms, awareness of other methods is relatively low.

Birth Control Method Awareness	Total
Oral Contraceptives	67
Condoms	45
Injectable (3 months)	39
Injectable (Unspecified)	31
Implant	25
IUD	12
ECP	11

Contraceptive responsibility

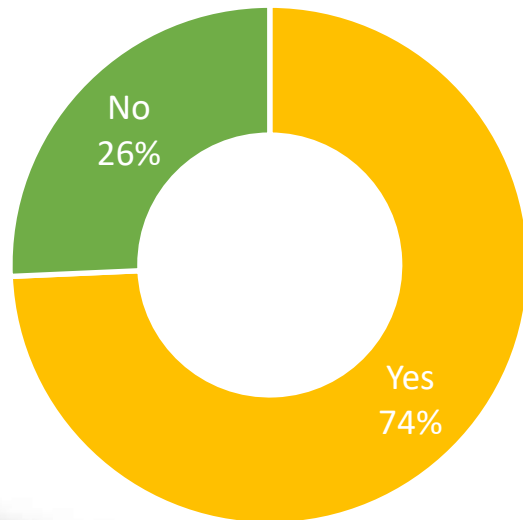
The survey found **60%** of respondents believe that it is mainly a woman's responsibility to use contraception regularly if she is having sex. However the majority of respondents claim they would involve their partner in their contraceptive decision.



Access to contraception

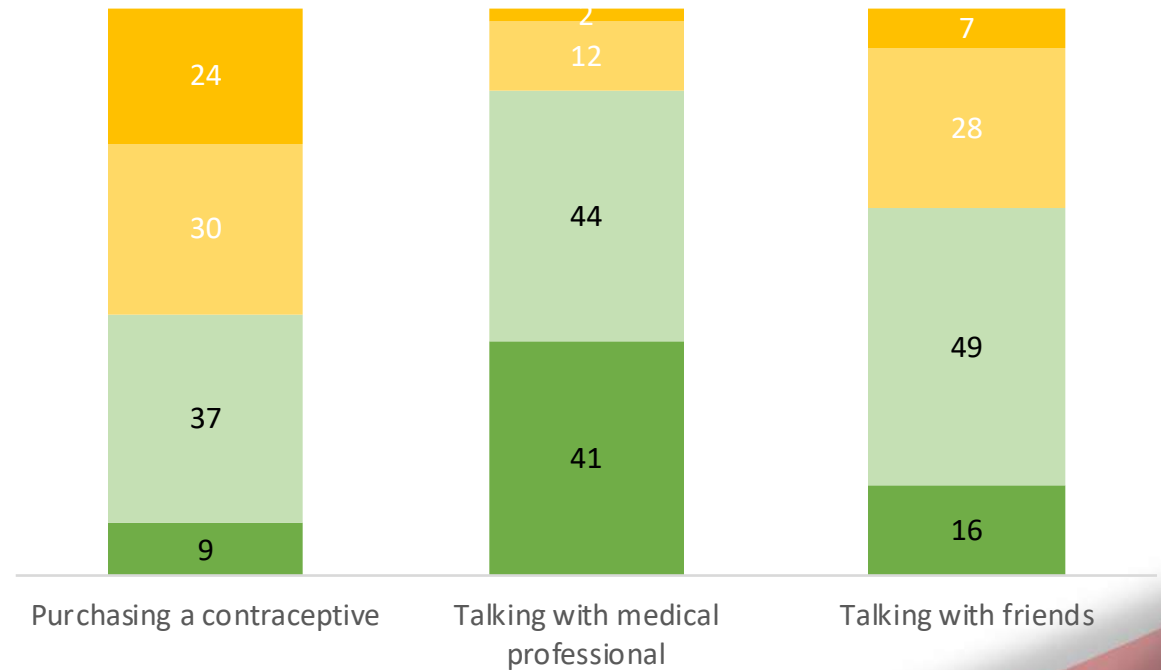
Only **46%** of people feel any comfort to purchase birth control, however most people feel comfortable speaking with a medical professional about birth control.

Awareness on Where to Purchase
OCP/ECP



Comfortability in...

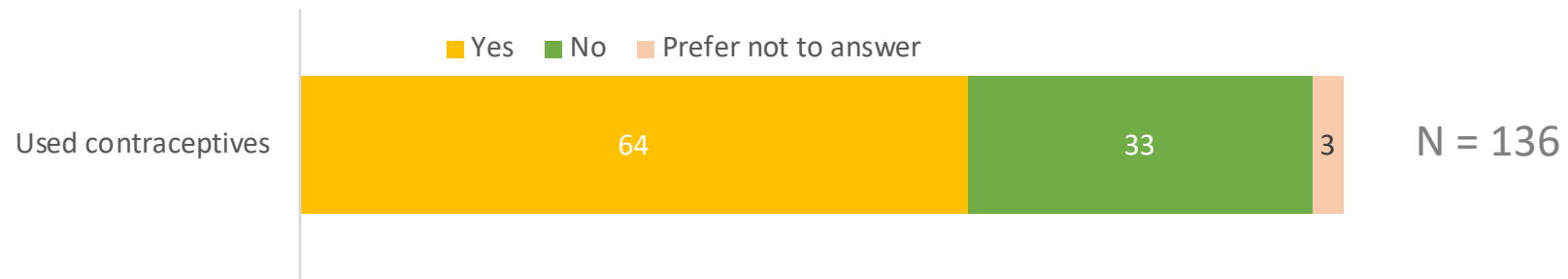
■ Very Comfortable
 ■ Comfortable
 ■ Uncomfortable
 ■ Very Uncomfortable



Contraceptive use

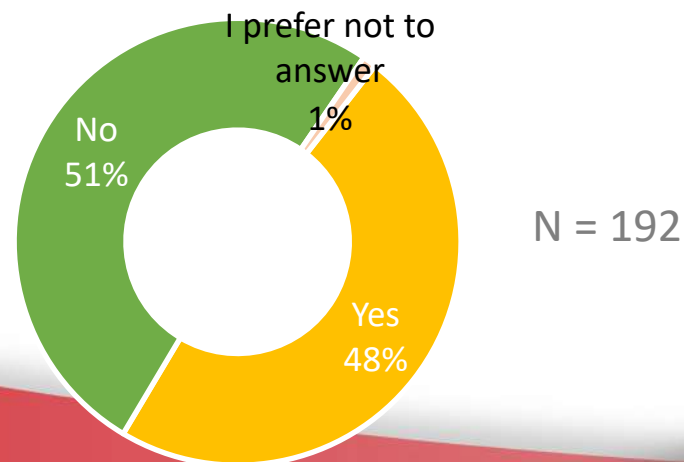
Of those who have engaged in recent penetrative sex, only **6 out of 10** used contraception. Use was slightly higher among women and younger age bracket.

Usage of Contraceptives on Recent Sexual Activities



However, during their first sex activity, only 48 % of respondents used contraception.

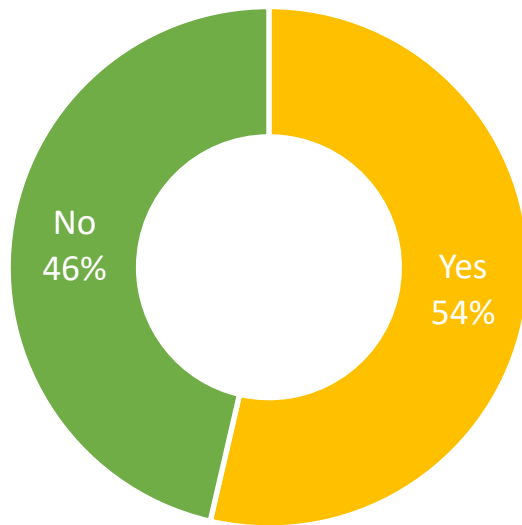
Contraceptive use during the 1st sexual activity



Contraceptive use: the know-how

Among male respondents, just above half claim to know how to put a condom on.

Knowledge on Wearing of Condoms



N = 470
(among Males)

Sources of Information on Wearing a Condom [N=252]

	TOTAL N=1,000	URBAN n=300	RURAL n=700
Friends	63	58	66
TV	33	39	31
Social Media	29	39	24
Health Seminar	8	8	8
Journal	8	10	7
Magazines	8	7	8
Neighbors	8	12	5
Direct Website	6	11	3
University / School	5	4	5
Condom Packing	5	4	5
Relatives	4	7	2
Health Pamphlet	3	5	2
Romantic Partner	3	5	2

Contraceptive Use: the know-how

Infertility is a major concern for taking hormonal birth control, particularly among men.

Concerns	Total
Infertility	60
Menstrual Irregularity	58
Weight Gain	51
Mood Swings / Changes in Mood	50
Process of Purchasing or Acquiring Contraceptives	29
Disapproval of Partner / Family	29
Cost of using contraceptives	21
I'm not worried anything.	8

Abortion

The majority of respondents feel that safe legal abortion should be accessible

Abortion

Yes No

Believes in Access to Medical Abortion

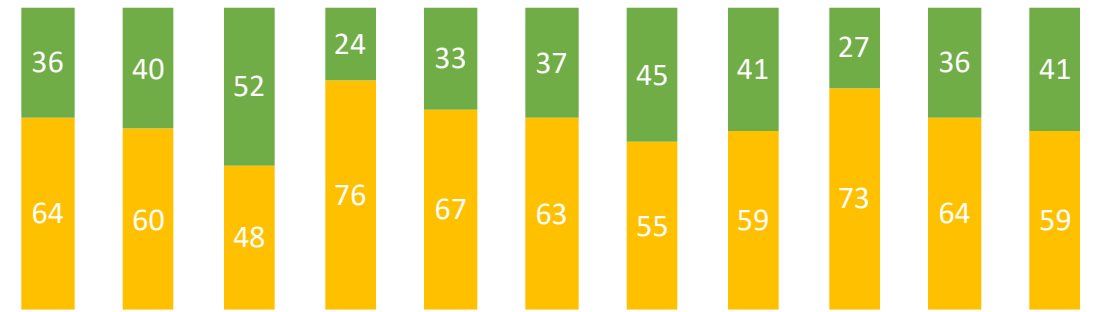


Know of Someone Who Is Interested In/Has Had Abortion



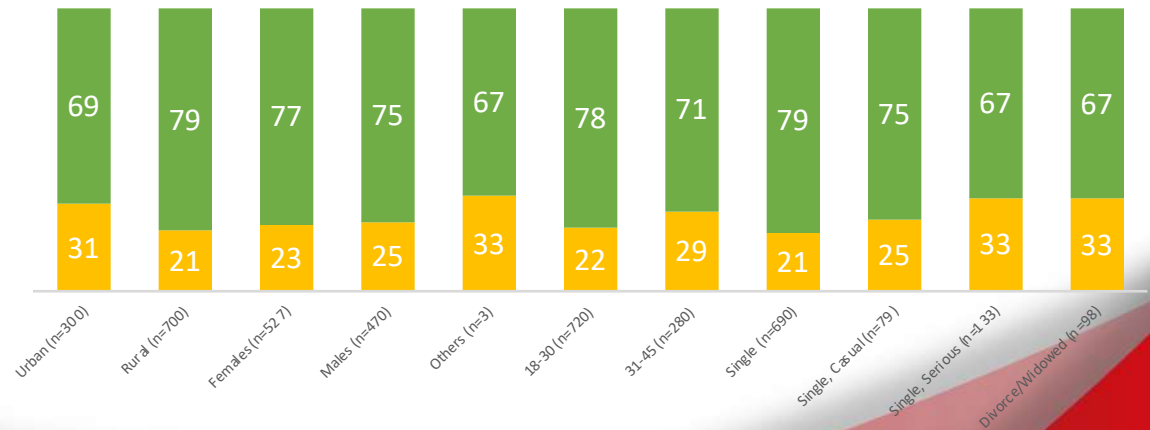
Yes No

Believes in Access to Medical Abortion



Yes No

Know of Someone Who Is Interested In/Has Had Abortion



Contraceptive access and knowledge should begin before marriage

- Though most unmarried people are not engaging in sex, being aware of their contraceptive choices can lead to better decision making in the future.
- While methods that are easy to access (OCPs and condoms) are more widely known about, knowledge about longer term methods is low.
- Contraception is not only about family planning—contraception allows people to have safer, and often times more enjoyable sex.
- Informed choice is key and necessary and access to information should begin before people get married.

Thank You!