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Change over time in main source of information about sex (people aged 16–24)

Percentage who have had sexual intercourse with someone of the opposite sex at or before each age, by main source of information about sex

Preferred source of information about sex when growing up (people aged 16–24)

70% of young people said they didn’t know enough when they first felt ready to have some sexual experience. They would have liked to get more information from the following sources:

Men and women who said that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source, even after taking account of age and educational level. For example, around 20% of men with lessons at school as their main source have had sex at/before age 15 (before their 16th birthday), compared with around 36% of men with other main sources.