Abstract

Background: Adolescents can experience various sexual and reproductive health (SRH) challenges. It is crucial to make sure that adolescents use SRH services and information to protect them from any complications such as early and unwanted pregnancy, sexually transmitted infections, HIV and psycho-sexual problems.

Objectives: The aim of study is to explore the SRH needs and service utilization of adolescents and factors influencing the utilization of SRH services among adolescents in Nepal and to provide recommendations for the optimum improvement and use of existing SRH services

Study Method: This is a descriptive study which is based on a review of the literature according to the "*WHO framework for understanding adolescent help-seeking behavior and use of social supports*" was adapted to in this thesis.

Findings: In Nepal adolescents are concerned about of sexual development and reproductive health. However, current health programs are not completely addressing these issues. Limited knowledge, social and cultural associated with SRH services, health staff competencies to address adolescent SRH, and friendliness of health facility staff influence health seeking and SRH service utilization among adolescent in Nepal.

Conclusion: Despite of all the efforts from the government and non-government sectors utilization of SRH services by adolescents is low in Nepal because of various factors that are often interrelated. There is a need to further improve the adolescent friendliness of services, promote these (free) services, and strengthen the positive legal environment help to increase use of SRH services in Nepal.

Recommendations: Expansion of youth-friendly services, involvement of adolescents in sexual health programs and intervention, activities for demand generation through schools, community, and mass media would be necessary to increase SRH service utilization among adolescents in Nepal.