

Abstract:

Sexual risk behavior is a phenomenon affecting physical and mental health of an individual. In this paper, the psychological aspects of specific types of sexual risk behavior with attention to its causes as well as its consequences are presented. It is focused on a developmental period of adolescence in the context of the risk behavior syndrome in adolescents. Furthermore, effective approaches to preventive activities are discussed. As for the objectives of programs, the main aim is to influence the attitudes of adolescents. These changes should be reflected in their behavior and can be measured. The paper projects a questionnaire for attitudes towards sexual risk behavior of adolescents entitled Inventory SP-20 that is also used in a research design. In the experiment, changes in attitudes within the preventive programs are measured. The change can be an indicator of effectivity of the programs.

Keywords:

adolescence

problem behavior theory

risk behavior

sexual risk behavior

effective prevention

preventive programs

sexual education

attitudes

attitudinal changes