

REVIEW

Teenage pregnancy: a social problem for science

Embarazo en la adolescencia: problema social de la ciencia

Rosa María Montano-Silva¹  , Yoneisy Abraham-Millán¹  , Ennis Ivonnet-Gutiérrez¹  , Linnét de la Caridad Rodríguez-Suárez¹  , Jennifer de la Caridad Romero-Amaro¹  , Lien Riquet Hernández¹  

¹Facultad de Ciencias Médicas Isla de la Juventud. Isla de la Juventud. Cuba.

Cite as: Montano-Silva RM, Abraham-Millán Y, Gutiérrez EI, Rodríguez-Suárez L de la C, Romero-Amaro J de la C, Hernández LR. Teenage pregnancy: a social problem for science. Health Leadership and Quality of Life. 2025; 4:655. <https://doi.org/10.56294/hl2025655>

Submitted: 07-06-2024

Revised: 17-12-2024

Accepted: 25-05-2025

Published: 26-05-2025

Editor: Neela Satheesh 

Corresponding author: Rosa María Montano-Silva 

ABSTRACT

Teenage pregnancy has been a social, medical, and educational concern for decades. This phenomenon affects not only the teenager who becomes pregnant, but also her family, her community, and society in general. Over the years, teenage pregnancy rates have varied, but in many countries they remain considerably high, making this problem an urgent social issue. A qualitative study was conducted with the aim of analysing teenage pregnancy as a social problem in science, its repercussions, and the solutions proposed to mitigate its incidence. Empirical (documentary analysis) and theoretical (analytical-synthetic, inductive-deductive, historical-logical analysis, systems approach) methods were used to carry out the research. Teenage pregnancy is a complex social problem involving multiple dimensions, from physical and mental health to education and economics. It is imperative to address this phenomenon with an approach that includes comprehensive sex education, social support, and public health policies tailored to the specific needs of adolescent girls. The educational strategy designed must be multidisciplinary, culturally sensitive, inclusive, and focused on strengthening personal and social capacities for the effective prevention of teenage pregnancy. The future of adolescent girls facing unplanned pregnancies depends on collaboration between governments, educators, health professionals, and communities.

Keywords: Pregnancy; Adolescence; Social Problem of Science.

RESUMEN

El embarazo en la adolescencia ha sido un tema de preocupación social, médica y educativa durante décadas. Ese fenómeno no solo afecta a la adolescente que queda embarazada, sino también a su familia, su comunidad y la sociedad en general. A lo largo de los años, las tasas de embarazo adolescente han variado, pero en muchos países siguen siendo considerablemente altas, lo que convierte este problema en un tema de interés social urgente. Se realizó un estudio cualitativo con el objetivo de analizar el embarazo en la adolescencia como un problema social de la ciencia, sus repercusiones, así como las soluciones propuestas para mitigar su incidencia. Para el desarrollo de la investigación se utilizaron métodos empíricos (análisis documental) y teóricos (analítico-sintético, inductivo-deductivo, análisis histórico-lógico, enfoque de sistema). El embarazo en la adolescencia es un problema social complejo que involucra múltiples dimensiones, desde la salud física y mental hasta la educación y la economía. Resulta imperativo abordar este fenómeno con un enfoque que incluya la educación sexual integral, el apoyo social y las políticas de salud pública adaptadas a las necesidades específicas de las adolescentes. La estrategia educativa que se diseñe debe ser multidisciplinaria, culturalmente sensible, inclusiva y centrada en el fortalecimiento de capacidades personales y sociales para la prevención efectiva del embarazo en adolescentes. El futuro de las adolescentes que enfrentan

embarazos no planeados depende de la colaboración entre gobiernos, educadores, profesionales de la salud y comunidades.

Palabras clave: Embarazo; Adolescencia; Problema Social de la Ciencia.

INTRODUCTION

Teen pregnancy has been a social, medical, and educational concern for decades. This issue doesn't just affect the teen who gets pregnant but also her family, community, and society as a whole.

In countries across the world, teen pregnancy is a social crisis that needs urgent attention because of its many implications for health, the economy, and social development.

Teenage pregnancy is a phenomenon that has captured the attention of researchers, educators, and policymakers worldwide. It is an event that affects the young mother and has repercussions for her family, her community, and society. Over the years, teenage pregnancy rates have varied, but in many countries, they remain significantly high, making this problem a matter of urgent social concern.

The present study aims to analyze teenage pregnancy as a social problem in science, its repercussions, and the solutions proposed to mitigate its incidence.

DEVELOPMENT

Teenage pregnancy has existed throughout history, although perceptions and attitudes toward this phenomenon have varied significantly. In many ancient cultures, adolescence was seen as a valid time for marriage and procreation, often associated with strict traditions and gender roles.

However, with the advent of modernity and the advancement of feminist and human rights movements, perspectives on adolescents and their right to education and sexual health have changed. In the 20th century, the focus has shifted toward the prevention of unwanted pregnancy, especially in adolescence, recognizing that this phenomenon presents unique challenges.

Analysis of different perspectives

Sociological perspective

From a sociological point of view, teenage pregnancy can be assessed through the lens of social inequality. Young women who face unplanned pregnancies are often those who come from disadvantaged socioeconomic backgrounds.

Studies have shown that access to comprehensive sex education and contraceptive methods is limited in these communities, contributing to higher rates of teenage pregnancy. According to a report by the World Health Organization (WHO),⁽¹⁾ adolescents with fewer economic resources are more likely to experience unwanted pregnancies.

Medical perspective

From a medical perspective, teenage pregnancy is associated with a number of physical and psychological risks. Teenagers are at greater risk of complications during pregnancy and childbirth.

Medically, they are more prone to complications such as anemia, hypertensive disorders of pregnancy (preeclampsia), infections, hemorrhage during childbirth, preterm birth, low birth weight, and intrauterine growth restriction, which endanger the lives of both the mother and the baby.^(2,3)

In addition, pregnancy can have a negative impact on mental health, increasing the risk of depression and anxiety. Lack of preparation for motherhood and the stress associated with an unplanned pregnancy can affect the psychological well-being of young women.

Psychological perspective

Psychologically, teenage pregnancy can be a traumatic experience, posing a challenge to the emotional and social development of the teenage mother. She often faces a sudden change in her aspirations and identity, which can lead to feelings of isolation. Social pressure and the stigma associated with being a teenage mother can intensify these feelings, creating a double emotional burden.⁽⁴⁾

Cultural perspective

Culture also plays a crucial role in how teenage pregnancy is perceived. In some communities, adolescent pregnancy may be seen as a rite of passage or a source of pride. However, on the other hand, in many contemporary cultures, teenage pregnancy is stigmatized, which can have severe consequences for the young mother and her family.

To illustrate the complexity of teenage pregnancy, examples from different countries can be considered. In the United States, for example, the teenage pregnancy rate has declined significantly in recent decades, mainly thanks to improved sexual health education and access to contraception.

However, racial disparities persist, with African American and Hispanic communities experiencing higher rates of teen pregnancy. Organizations such as Planned Parenthood⁽⁵⁾ have advocated for the importance of sex education and access to health services, showing how these interventions can help reduce teen pregnancy rates.

On the other hand, in many Latin American countries, such as Nicaragua and Honduras, teenage pregnancy rates are alarmingly high. Factors such as lack of access to contraception, forced pregnancies, and cultural norms that encourage early marriage have perpetuated this crisis. In these contexts, public policy interventions that guarantee sex education and access to health services are essential.⁽⁶⁾

Causes of teenage pregnancy worldwide

Teenage pregnancy is the result of a multitude of factors, which can be classified into individual, family, community, and structural categories:^(1,2,3,4,5,6)

- Individual factors: Lack of comprehensive sex education and poor knowledge of contraceptive methods are key factors in teenage pregnancy. According to studies, many teenagers lack the information necessary to make informed decisions about their reproductive health. This is exacerbated by cultural norms that often stigmatize sexuality and hinder open communication about these issues.
- Family factors: Family dynamics also play a crucial role. Teenagers who come from families with poor communication or a dysfunctional family structure are more likely to experience unwanted pregnancies. Inadequate support or the lack of a positive role model can lead to a distorted perception of relationships and sexuality.
- Socioeconomic factors: Poverty and lack of educational opportunities are strongly correlated with high rates of teen pregnancy. Young women who grow up in socially vulnerable conditions lack the resources to access health and education services, which limits their ability to prevent unwanted pregnancies.
- Cultural factors: In some communities, cultural and social pressures glorify early motherhood as an ideal. This is reinforced by traditions and customs that view pregnancy and motherhood as an achievement in a woman's life without taking into account the implications and challenges it presents.

Teenage pregnancy in Cuba

One of the indicators presented in the report by the National Office of Statistics and Information (ONEI) is the Total Fertility Rate (TFR), which stood at 1,41 at the end of 2022, making Cuba the nation with the lowest fertility rate in Latin America and the Caribbean; while the Adolescent Fertility Rate (AFR) was 50,6.⁽⁷⁾ (figure 1) (figure 2).

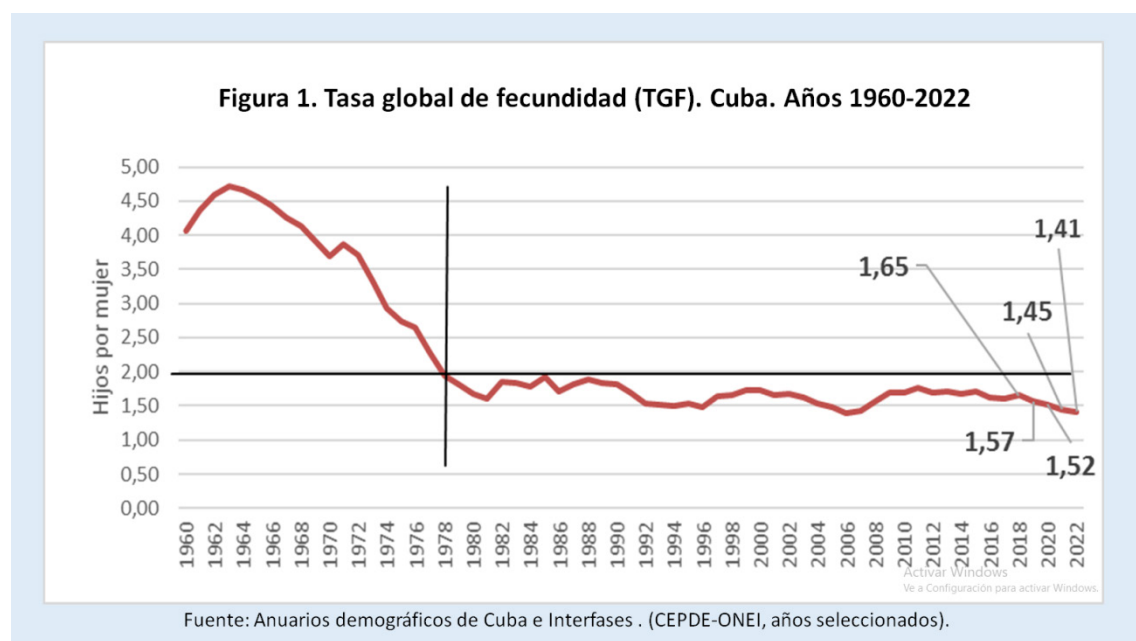


Figure 1. Total fertility rate (TFR). Cuba. Years 1960-2022

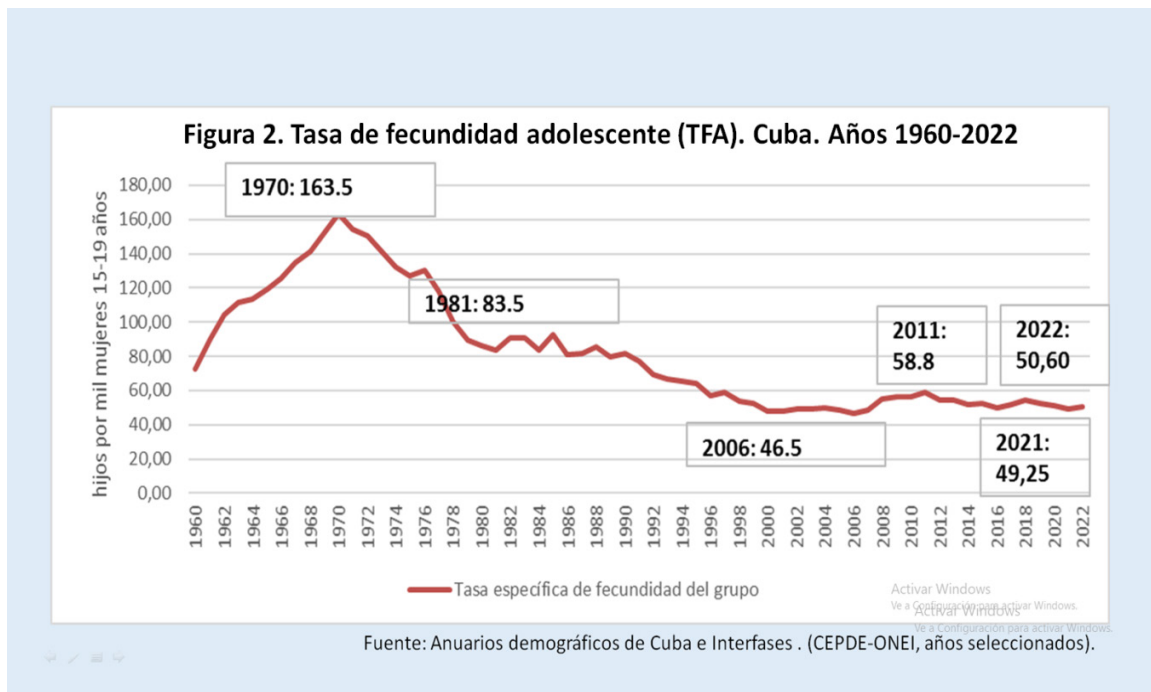


Figure 2. Total fertility rate (TFR). Cuba. Years 1960-2022

Although the TFR has declined over the years, it varies between territories, showing worrying patterns and rising above the national average. According to the authors, the main disruption in Cuban fertility is reflected in the low TFR and higher-than-expected and desired TFR (figure 3).

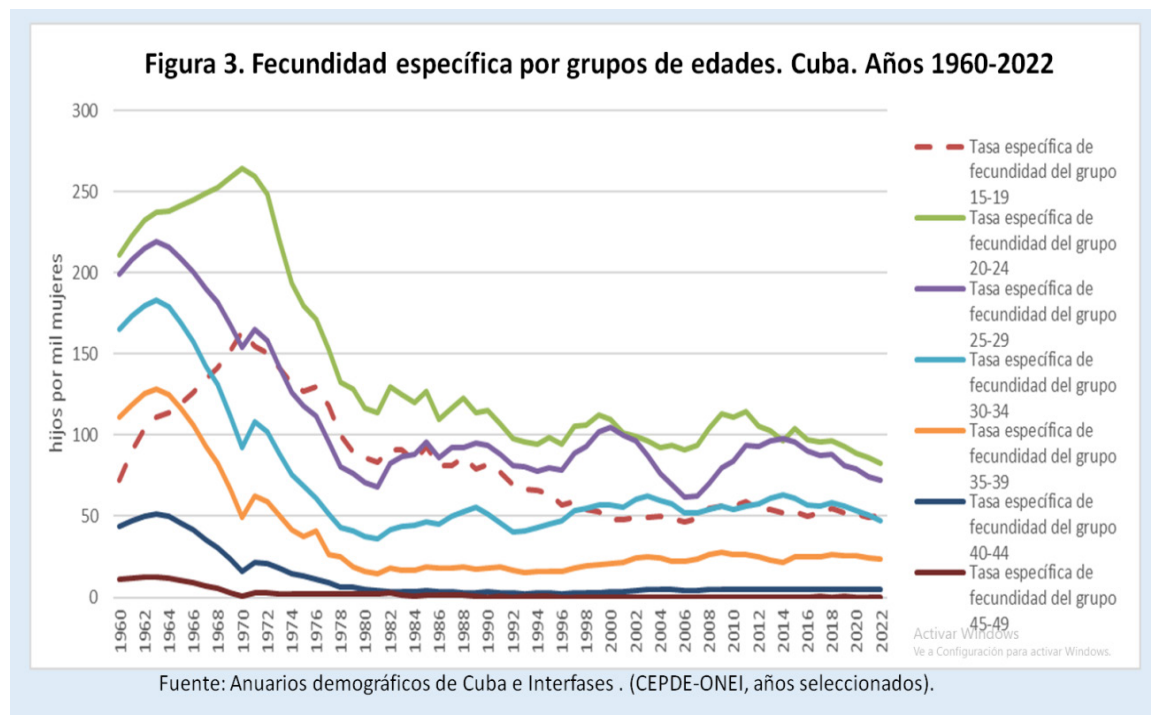


Figure 3. Specific fertility by age group. Cuba. Years 1960-2022

Teenage pregnancy in Cuba is a growing and worrying problem. In 2023, the weight of the adolescent group in total fertility was approximately 19,7 %, showing an increase over the previous year, which was 17,9 % (8,9). At the end of 2023, 18 % of these pregnancies were among girls under 14, with increased births among girls aged 12 to 14 in recent years.^(10,11) (figure 4).

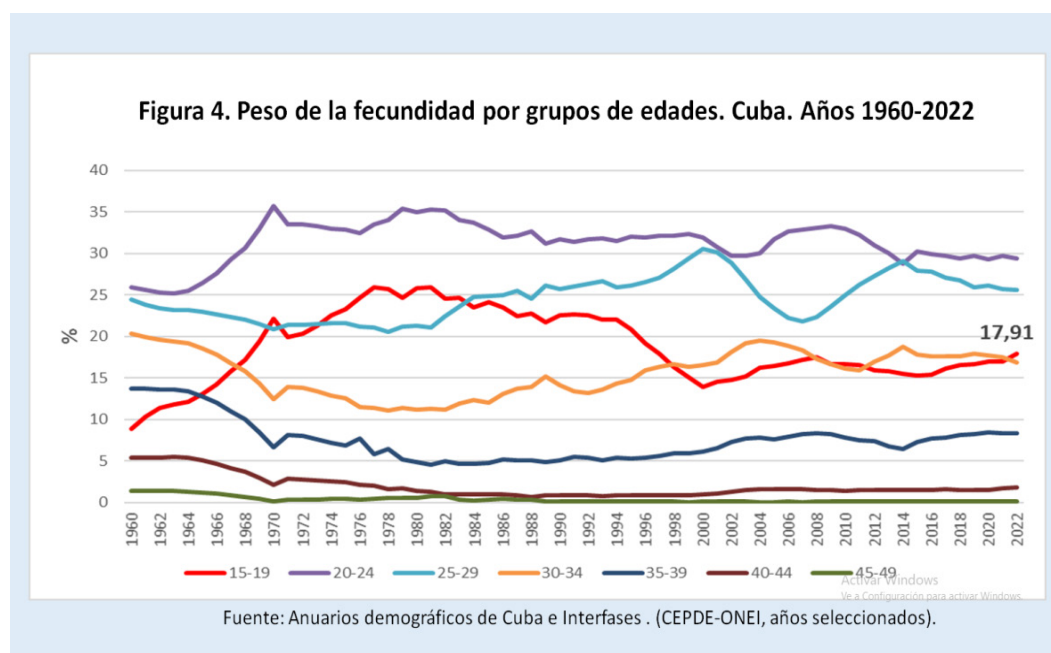


Figure 4. Fertility weight by age group. Cuba. Years 1960-2022

The reasons behind this higher incidence in the eastern region include multiple sociocultural and economic factors. These include:^(14,15,16,17,18)

- Early onset of sexual relations and first unions.
- Inadequate use of or limited access to contraceptive methods, either due to lack of education or availability.
- Cultural and social factors that favor early motherhood.
- Differences in urban-rural dynamics, although in some eastern provinces, adolescent fertility is higher in urban areas.
- Economic and educational conditions that limit opportunities for adolescents, increasing their vulnerability to early pregnancy.

The provinces with the highest incidence are in the eastern region, such as Las Tunas, Holguín, Granma, and Camagüey, although there is also an increase in urban areas in other provinces.⁽¹²⁾ (figure 5) (figure 6).

Fecundidad adolescente según regiones. Cuba 1990-2014, 2020.

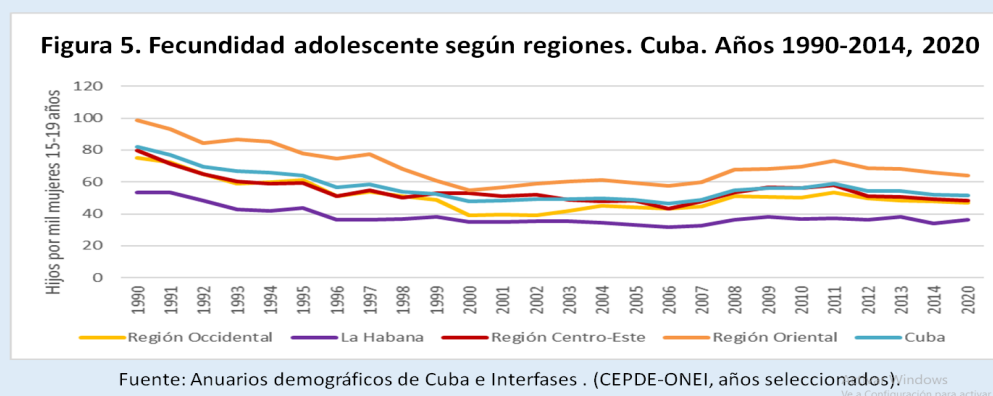


Figure 5. Adolescent fertility by region. Cuba. Years 1990-2022,2020

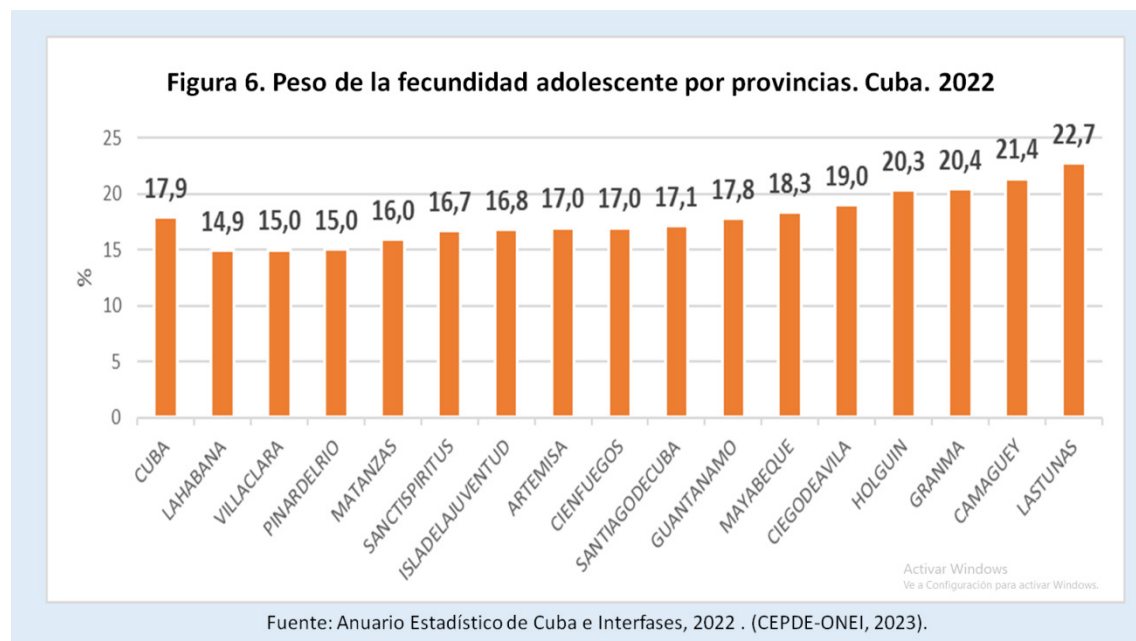


Figure 6. Adolescent fertility by provinces. Cuba. 2022

In contrast, western provinces such as Havana, Villa Clara, Pinar del Río, and Matanzas have lower teenage pregnancy rates.⁽¹⁴⁾ At the end of 2023, the Special Municipality of Isla de la Juventud had an adolescent fertility rate of 16,8 %, which is alarming for the territory, as it is above the national average. (figure 6)

It should be noted that 75 % of girls who have their first child before the age of 15 have their second before the age of 20, which exacerbates the risks.⁽¹³⁾

The Cuban government has recognized the problem and proposed comprehensive measures to reverse this trend, involving different sectors and scientific disciplines and emphasizing prevention, education, and health care.^(12,19)

Teenage pregnancy in Cuba as a social problem in science

Teenage pregnancy is a multifactorial social and scientific problem that affects biological, psychological, economic, and cultural levels. It is considered a social problem because it has negative consequences such as school dropout, financial dependence, family conflicts, illegal abortions, forced unions, and health problems for the mother and child.^(19,20,21)

From a scientific perspective, not only the biomedical aspect is analyzed, but also the social, cultural, and economic variables that influence this phenomenon, such as poverty, lack of sex education, early onset of sexual relations, and family dysfunction.^(19,21,22) Adolescence, defined by the WHO as between the ages of 10 and 19, is a stage of physical maturity but emotional immaturity, making responsible decisions difficult.⁽¹⁹⁾

Teen pregnancy perpetuates cycles of poverty and inequality, limits young women's life opportunities, and affects their physical and mental health, as well as negatively impacting society and health systems.^(19,20,23) Therefore, sex education and social intervention are essential to prevent it and mitigate its effects.^(19,21)

Early pregnancy among Cuban adolescents negatively impacts their social and educational lives in several ways:

- Educational limitations: most pregnant adolescents are forced to drop out or leave the school system due to physical changes, discrimination, and lack of support in educational institutions. This significantly reduces their level of education and limits their opportunities to access decent jobs.^(24,25)
- Social impact: early motherhood increases vulnerability to gender-based violence and economic insecurity and hinders social mobility, affecting the quality of life and future development of both the young woman and her offspring.^(4,24)
- Isolation and emotional problems: Many adolescents experience feelings of depression, frustration, rejection, and emotional isolation, which affect their psychological and social well-being.⁽⁴⁾
- Reproduction of poverty: School dropout and lack of decent employment perpetuate poverty and social exclusion cycles, hindering their economic independence and personal development.^(24, 25)
- Lack of prevention and support: The absence of comprehensive sex education and effective programs in schools limits the prevention of early pregnancy and the promotion of sexual and reproductive rights.^(17,25)

Teen pregnancy in Cuba represents a serious obstacle to the educational, social, and emotional development of young women, also affecting their families and communities (24,26).

Teen pregnancy has multiple implications for the social, economic, and educational lives of the young women affected. Socially, early pregnancy limits educational and employment opportunities, forcing many young women to drop out of school and become financially dependent on their families, which affects their personal development and future.^(3,27) In addition, they often face family conflicts, violence, and emotional blackmail, which exacerbates their psychosocial situation.⁽²⁸⁾

These risks are exacerbated by factors such as early sexual debut, lack of comprehensive sex education, low-risk perception, and a marked deficit in contraceptive methods, which increases the incidence of unwanted pregnancies.^(12,27) Lack of access to contraceptives forces unsafe sexual practices, also increasing exposure to sexually transmitted infections,⁽²⁷⁾ such as human papillomavirus (HPV), syphilis, and gonorrhea, among other infections that have significantly increased their incidence in the adolescent population in recent years.

In economic terms, teenage pregnancy also has a high cost for society. This includes expenses for prenatal and postnatal medical care and childcare, as well as the inability of adolescents to contribute fully to the economy, which can result in significant losses in potential income and productivity.

Teen pregnancy requires a comprehensive approach that addresses both sexual health education and the empowerment of adolescent girls. Implementing comprehensive educational strategies has proven effective in reducing unplanned pregnancy rates.

Adequate education and access to contraception can help adolescents make informed decisions about their sexual health, reducing the incidence of unwanted pregnancies.

It is essential to create an environment in which all young women have access to the information and resources they need to make informed decisions about their sexual and reproductive health. Only then can we reduce teen pregnancy rates and empower teens to build a brighter future.

Policies and programs to combat teenage pregnancy

Over the years, various strategies have been implemented to address teenage pregnancy. These have been classified into prevention programs, access to health services, and education. Globally, they are structured around four essential elements:^(29,30,31,32)

- Comprehensive sex education: The inclusion of sex education in schools has proven to be one of the most effective strategies for reducing teen pregnancy rates. These programs should be inclusive, covering basic biology and aspects of emotional health, relationships, and decision-making. In addition, promoting practical communication skills allows teens to discuss sensitive issues related to sexuality and consent.
- Access to contraception: Facilitating access to contraception is critical in preventing teen pregnancy. Many governments and non-governmental organizations have worked to ensure that teens have access to reproductive health services and contraception in a confidential and non-judgmental environment.
- Support and intervention programs: Community and non-governmental initiatives support pregnant teens and young mothers. These programs may include counseling, health services, educational support, and resources to help young women re-enter education or the workforce.
- Community and family involvement: To effectively address teen pregnancy, it is crucial to involve families and communities. Raising awareness about the importance of open communication about sexuality and promoting a supportive culture can change perceptions around teen motherhood and reduce stigma.

In the authors' opinion, an educational strategy should be designed to prevent teen pregnancy. It is essential that this strategy be comprehensive, participatory, and adapted to the cultural and social context of teens. It should include the following key elements:

- Updating and raising awareness among adolescents, families, and the community about sexuality and pregnancy prevention, using participatory techniques that promote changes in knowledge and lifestyles.⁽³³⁾
- Training promoters and facilitators (doctors, nurses, educators, families) to implement educational programs that address sexuality comprehensively and respectfully.^(33,34)
- Intercultural and inclusive approaches that recognize cultural and gender diversity and educational needs, respecting adolescents' developmental stages.⁽³⁵⁾
- Comprehensive sexuality education based on rights strengthens life skills, self-esteem, responsible decision-making, and personal empowerment.^(35,36)
- Active participation of the family and community, promoting dialogue, respect, affection, and monitoring in the socialization of adolescents.⁽³⁵⁾

- Use dynamic methodologies and workshops involving adolescents in reflection and learning about sexuality, emotions, and prevention.^(34,36)
- Promoting safe, violence-free environments with access to scientific information free of stereotypes.^(34,37)

In addition, it is recommended to establish comprehensive boundaries that help adolescents develop self-discipline and responsibility, facilitating a balance between their independence and protection.

CONCLUSIONS

Teen pregnancy is a complex social issue that involves multiple dimensions, from physical and mental health to education and economics. It is imperative to address this phenomenon with an approach that includes comprehensive sex education, social support, and public health policies tailored to the specific needs of adolescents. The educational strategy designed must be multidisciplinary, culturally sensitive, inclusive, and focused on strengthening personal and social capacities for effective prevention of teenage pregnancy. The future of adolescents facing unplanned pregnancies depends on collaboration between governments, educators, health professionals, and communities.

REFERENCES

1. Organización Mundial de la Salud. Embarazos adolescentes: un análisis global. 2023. Disponible en: <https://www.who.int>
2. Figueroa-Oliva DA, Negrin-Garcia VA, Garcell-Fernández ET. Riesgos y complicaciones asociados al embarazo en la adolescencia. *Rev Ciencias Médicas* 2021; 25(5). Disponible en: http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S1561-31942021000500025
3. González CA. Embarazo en la adolescencia: la amenaza sociosanitaria que no podemos ignorar. 2024. <https://oncubanews.com/tendencias/vida-saludable/embarazo-en-la-adolescencia-la-amenaza-socio-sanitaria-cuba/>
4. Fariñas-Acosta L. Sin tiempo para jugar. 2016. <https://www.granma.cu/todo-salud/2016-01-31/sin-tiempo-para-jugar-31-01-2016-23-01-06>
5. Planned Parenthood. La educación sexual integral como herramienta para la prevención del embarazo adolescente. 2023. <https://www.plannedparenthood.org>
6. UNICEF. Embarazo adolescente en América Latina: desafíos y oportunidades. 2023. <https://www.unicef.org>
7. Dirección de Registros Médicos y Estadísticas de Salud. Anuario Estadístico de Salud 2022. La Habana, 2023. <https://salud.msp.gob.cu/portfolio/anuario-estadistico/>
8. Maturell-Senon C. Cuando la maternidad llega temprano. 2024. <https://www.granma.cu/cuba/2024-06-09/cuando-la-maternidad-llega-temprano-09-06-2024-22-06-57>
9. Aumento alarmante de embarazos adolescentes en Cuba en 2023. <https://alastensas.com/mundo/aumento-alarmante-de-embarazos-adolescentes-en-cuba-en-2023/>
10. El 18 % de los embarazos adolescentes en Cuba corresponde a menores de 14 años. <https://www.swissinfo.ch/spa/el-18-%25-de-los-embarazos-adolescentes-en-cuba-corresponde-a-menores-de-14-a%C3%B1os/84012617>
11. Gobierno de Cuba por contener alza de embarazos en adolescentes. <https://www.prensa-latina.cu/2024/06/03/gobierno-de-cuba-por-contener-alza-de-embarazos-en-adolescentes/>
12. Fariñas-Acosta L. Derechos en riesgo: La “peligrosa” madeja de las uniones tempranas y el embarazo adolescente en Cuba. 2024. <http://www.cubadebate.cu/especiales/2024/07/09/derechos-en-riesgo-la-peligrosa-madeja-de-las-uniones-tempranas-y-el-embarazo-adolescente-en-cuba/>
13. Rodríguez-Javiqué D, Molina-Cintra MC. Fecundidad adolescente en Cuba: algunas reflexiones sobre su

comportamiento por provincias y zonas de residencia. *Revista Novedades en Población* 2016; 12(23): 78-96. http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S1817-40782016000100008

14. Fondo de Población de Naciones Unidas. Embarazo adolescente: Mirada con lupa al oriente. 2017. <https://cuba.unfpa.org/es/news/embarazo-adolescente-mirada-con-lupa-al-oriente>

15. Fariñas-Acosta L, Carmona-Tamayo E. Día Mundial de la Población: 10 claves sobre el embarazo adolescente como desafío social en Cuba. 2023. <http://www.cubadebate.cu/especiales/2023/07/11/dia-mundial-de-la-poblacion-10-claves-sobre-el-embarazo-adolescente-como-desafio-social-en-cuba/>

16. Ministerio de Educación. Cuando la maternidad llega temprano. 2024. <https://www.mined.gob.cu/cuando-la-maternidad-llega-temprano/>

17. Hevia-Bernal D, Perea-Hevia L. Embarazo y adolescencia. *Rev Cubana Pediatr* 2020; 92(4). Disponible en: http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0034-75312020000400002

18. Labacena-Romero Y. Proponen medidas para revertir alta incidencia del embarazo en edades adolescentes. *Cubadebate* 2024. <http://www.cubadebate.cu/noticias/2024/06/04/proponen-medidas-para-revertir-alta-incidencia-del-embarazo-en-edades-adolescentes/>

19. Álvarez-Escobar B, Mirabal-Requena JC, Valdés-Alvarez V. Embarazo en la adolescencia como problema social y de la ciencia a nivel primario de salud. *Rev Cubana Med Gen Integr* 2022; 38(2). http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0864-21252022000200001

20. Embarazo adolescente: causas, consecuencias y prevención. 2024. <https://ayudaenaccion.org/blog/mujer/embarazo-adolescencia/>

21. Contreras-Rodríguez S, Martín-Cortes D. El Embarazo en la Adolescencia. ¿Un problema social en Santa Clara, Villa Clara, Cuba? *Rev. Contribuciones a las Ciencias Sociales* 2011. <https://www.eumed.net/rev/cccss/12/crmc.htm>

22. García-Hernández GE. Un enfoque social sobre el embarazo en la adolescencia. *IZTAPALAPA* 1999; 47: 235-248. <https://revistaiztapalapa.izt.uam.mx/index.php/izt/article/view/591>

23. Mora-Cancino AM, Hernández-Valencia M. Embarazo en la adolescencia: cómo ocurre en la sociedad actual. *Perinatología y Reproducción Humana* 2015; 29(2): 76-82. <https://www.elsevier.es/es-revista-perinatologia-reproduccion-humana-144-articulo-embarazo-adolescencia-como-ocurre-sociedad-S0187533715000175>

24. Albet Y. El embarazo adolescente en Cuba: cifras, riesgos y responsabilidades. *La Joven Cuba* 2023. <https://jovencuba.com/embarazo-adolescente-cifras/>

25. Vera-Caiche MA, Hernández-Bazan DC. Embarazo adolescente y deserción escolar en el sector Jaime Roldós. *Maestro y Sociedad* 2023. p. 231-236. <https://maestroysociedad.uo.edu.cu/index.php/MyS/article/download/6058/6110/20146>

26. Chacón-O'Farril D, Cortes-Alfaro A, Álvarez-García AG, Sotomayor-Gómez Y. Embarazo en la adolescencia, su repercusión familiar y en la sociedad. *Rev Cubana Obstet Ginecol* 2015; 41(1): 50-58. http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0138-600X2015000100006

27. Fernández E. Embarazo adolescente en Cuba: una crisis pendiente de soluciones efectivas. *El Toque* 2025. <https://eltoque.com/es/embarazo-adolescente-en-cuba-una-crisis-pendiente-de-soluciones-efectivas>

28. Vera N. “Para las adolescentes embarazadas, el apoyo social es clave”. *Invasor* 2024. <http://www.invasor.cu/es/especiales/para-las-adolescentes-embarazadas-el-apoyo-social-es-clave>

29. UNESCO. International Technical Guidance on Sexuality Education: An Evidence-Informed Approach. 2018.

30. United Nations Population Fund. Motherhood in Childhood: Facing the Challenge of Adolescent Pregnancy. 2021.

31. Kearney MS, Levine PB. Investigating Recently Proposed Explanations for the Decline in Teen Births in the United States. 2015.
32. Guttmacher Institute. Teen Pregnancy and Abortion: A Global View. 2018.
33. Quintero-Paredes PP, Castillo-Rocubert N, Roba-Lazo BC, Padrón-González O, Hernández-Hierrezuelo ME. Estrategia de intervención educativa para prevenir el embarazo en la adolescencia. Rev Ciencias Médicas 2012; 16(1): 132-145. http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S1561-31942012000100015
34. Melchor-Orta G, Palacios-Calderón R. Estrategia de Intervención educativa para disminuir el embarazo en las adolescentes del Municipio Jaruco. Rev. Ciencia Universitaria 2021; 18(2). <https://revistas.unah.edu.cu/index.php/cu/article/view/1384>
35. Salomé-Parreño M, Vinueza G, Terán C, Chamorro G, Paz-Enríquez D, Sobrino-Andrade C, et. al. Guía Metodológica para la Prevención del embarazo adolescente. MINED. Quito: Don Bosco; 2022. ISBN: 978-9942-22-476-7. <https://educacion.gob.ec/wp-content/uploads/downloads/2022/11/Guia-prevencion-embarazo-adolescente.pdf>
36. MINSAL El Salvador. Educación integral de la sexualidad. Estrategia metodológica para adolescentes 15 a 19 años. 2019. <http://psimae.es/wp-content/uploads/2021/10/Educacion-integral-sexualidad-adolescentes.pdf>
37. MINSAP Ecuador. Proyecto de Prevención del Embarazo en Niñas y Adolescentes. <https://www.salud.gob.ec/proyecto-de-prevencion-del-embarazo-en-ninas-y-adolescentes-2/>

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

FUNDING

The authors received funding for the results presented in this article from the research project “Por una sonrisa saludable” (For a healthy smile), code PT241IJ400-024, which is part of the “Calidad de Vida” (Quality of Life) Territorial Program of the Special Municipality of Isla de la Juventud.

AUTHOR CONTRIBUTIONS

Conceptualization: Rosa María Montano-Silva, Yoneisy Abraham-Millán, Ennis Ivonnet-Gutiérrez, Linnét de la Caridad Rodríguez-Suárez, Jennifer de la Caridad Romero-Amaro, Lien Riquet Hernández.

Research: Rosa María Montano-Silva, Yoneisy Abraham-Millán, Ennis Ivonnet-Gutiérrez, Linnét de la Caridad Rodríguez-Suárez, Jennifer de la Caridad Romero-Amaro, Lien Riquet Hernández.

Data curation: Linnét de la Caridad Rodríguez-Suárez, Jennifer de la Caridad Romero-Amaro, Lien Riquet Hernández.

Formal analysis: Rosa María Montano-Silva, Yoneisy Abraham-Millán, Ennis Ivonnet-Gutiérrez.

Writing - original draft: Rosa María Montano-Silva, Yoneisy Abraham-Millán.

Writing - review and editing: Yoneisy Abraham-Millán.