Adolescents 360 (A360) is a four-year initiative (2016–2020) to increase adolescent girls’ access to and demand for modern contraception in Ethiopia, Nigeria and Tanzania. A360 is being implemented in three zones in Tanzania, four regions in the Lake Zone (Mwanza, Geita, Kagera and Tabora), three regions in the Central Zone (Arusha, Mbeya and Iringa) and three regions in the Coast Zone (Dar es Salaam, Tanga and Morogoro). As part of the evaluation of A360 in Tanzania, we sought to identify the key sexuality, fertility and family planning characteristics of the target population at baseline prior to A360 implementation in one district of one region (Ilemela, Mwanza). A360 targets both married and unmarried adolescents in Tanzania.

### OVERVIEW

- **93.1%** sexually active
- **32.0%** using modern contraception
- **51.4%** unmet modern contraception needs
- **40.3%** who report…

### KNOWLEDGE

<table>
<thead>
<tr>
<th>Benefit of Contraception</th>
<th>% who agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prevent unintended pregnancies</td>
<td>84.1/87.5</td>
</tr>
<tr>
<td>Complete her education, better job, better life</td>
<td>82.1/84.7</td>
</tr>
<tr>
<td>Help with child spacing</td>
<td>87.1/87</td>
</tr>
<tr>
<td>Reduce sexually transmitted infections</td>
<td>34.3/39.3</td>
</tr>
</tbody>
</table>

### SELF-EFFICACY

- **86.9/86.9** who feel able to start a conversation with their partner
- **84.5/87.2** who feel able to obtain information
- **61.5/61.5** who feel able to use a method if their partner does not want them to
- **87.1/87.1** who feel able to obtain a method
- **84.1/87.1** who feel able to help a method if their partner does not want them to
- **79.6/87.6** who feel able to use a method if their partner does not want them to

### MISCONCEPTIONS

- **54.7%** who believe contraception can make you permanently fat
- **53.4%** who believe contraception can make girls promiscuous
- **54.2%** who believe contraception changes menstrual bleeding which is harmful to health
- **49.8%** who believe contraception can make girls permanently infertile

### ATTITUDES

- **58.3%** who approve of unmarried couples using a modern contraceptive method to avoid or delay pregnancy
- **68.2%** who approve of married couples using a modern contraceptive method to avoid or delay pregnancy

### SERVICES

- **61.1%** who know of a place or person where they feel comfortable getting family planning services and products

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*The study definition of modern contraceptive prevalence rates (mCPR) from the standard Demographic and Health Survey definition. Our denominator reflects the population at risk (of pregnancy) – that is, sexually active women who are not infecund or pregnant. See the report for further information.