

Poster

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Poster 22

[P-22-03] Development of Contraceptive Education Program for Labor Migrants and Students from Vietnam

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As of the end of June 2024, the largest number of foreigners living in Japan were from China, followed by those from Vietnam. Their status of residence is Technical Intern Training or Specified Technical Skill. A characteristic of Vietnamese immigrants is that the male-female ratio is almost equal, and many are in their youth, which is a time when sexual activity becomes more active. After 2019, the Diet began discussing "Issues of unwanted pregnancy and childbirth of labor immigrants and foreign students staying in Japan." Therefore, a preliminary survey for developing "Psychological Education to Protect Sexual and Reproductive Health and Rights of Vietnamese People" was conducted from 2019 to 2020. The survey conducted in two technical intern-sending institutions (national and private) in Vietnam revealed the following. (1) Vietnamese people have a low level of understanding of contraceptive methods, (2) Vietnamese people do not have information on how to obtain modern contraceptives (birth control methods) after arriving in Japan, (3) Vietnamese people have few opportunities to learn how to utilize necessary medical services in Japan, (4) Vietnamese women have difficulty in taking a positive attitude toward contraception, and (5) In the event of unwanted pregnancy, many Vietnamese people choose to have an abortion even in their home country. A video for "Contraceptive Education for Vietnamese Living in Japan" was created in response to these results. In addition, from 2022 to 2024, we conducted psychoeducation programs using the video at five technical internship-sending institutions (national and private) in Vietnam. We also measured changes in knowledge of "sexual and reproductive health and rights" before and after the programs. Based on the results of this study, we will discuss the challenges of culturally sensitive sex education for foreign residents.