Abstract
This article is based on a research study resulting both from the perceived need among young adults to learn about integral sexuality and from the limited existence of educational programs aimed at this population. The main objective of this paper is to highlight the relevance of the role of nursing professionals in sexual education. An experiential qualitative approach was used during the study, in which knowledge was created together with the young adults who took part in it. Data gathering techniques included focus groups, group participant and non-participant observations and questionnaires. The most significant problems detected with regards to the understanding of integral sexuality were the perception of sexuality as a taboo topic, the traditional view of sexual education based primarily on anatomic and physiologic aspects, the influence of a patriarchal culture and jewishchristian religions, the lack of viable theoretical data and opportunities for dissemination, and the influence of social pressure with its distorted language, all of which were reflected in the knowledge, attitudes, and practices of the population studied.

Keywords
Integral sexuality, young adults, gender, educational program, nursing.