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**Psychological Well-being, Alcohol Abuse and Sexual Behaviour  
among African Adolescent Males in South Africa**

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**ABSTRACT** A disproportionate number of African adolescent males have little knowledge about sex. They make uninformed choices and develop poor moral standards, which account for alcohol and unsafe sex. Literature reveals that if drug-friendly environments and societal factors such as cultural beliefs (gender inequality) are not properly addressed by parents, South Africa could be robbed of a future generation due to HIV/AIDS. By employing systematic review as a form of methodology to explore these phenomena, secondary books, dissertations and internet journals, were studied. The aim of this paper is to suggest preventative and effective approaches to equip adolescent males with assertiveness skills against risk-taking behaviour. Literature findings highlight that uninvolved parents and dysfunctional families contribute towards teenage fatherhood and subsequent imprisonment, poverty and impaired psychological well-being. In conclusion, it is recommended that psycho-educational programmes be implemented and adults are involved in encouraging youth for sexual behaviour change.