



Sex education: A need of an hour for education of adolescents at school and college level in India

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Abstract

Adolescent boys and girls try to adapt to physical changes. Sexuality is an integral part of our lives, and it accompanies us throughout our lives. From the day you are born your sexuality starts to change. Parents, relatives, friends, teachers, society are all involved. Heredity and hormones also play an important role in shaping sexuality. We all want to behave in a mixed society where the lines between sexuality and nature are hard to tell. So along with one's own sexuality, one should also understand the sexuality of the heterosexual person. In order for a man and a woman to live a successful life the values of equality individual freedom, respect for each other and loyalty can be harmonized. This requires sexuality education. Hence, the important aspects from the point view of sexuality education are presented in this article.

Keywords: sex education, adolescent

Introduction

According to the World Health Organization 10 to 19 years of age is called 'adolescence'. Everyone has an independent method of growth and development. Nature has a role to play in bringing about change in the body. But it is the right of young people to understand this change than sexuality education is needed to create awareness of the responsibilities come with rights.

Sexuality education is a delicate as well as explosive subject. It should be taught in a classical language in a comprehensible manner. We must learn to respect the values of life, to make the right decisions at the right time. In our country the incidence of genital warts, AIDS, premarital mother hood, extramarital affairs, sexual harassment, cruelty, rape, lust, one sided love killings is on the rise. One such problem that causes all the problems – population growth. It is necessary to create awareness of all these questions because we do not have concrete answers to solve these questions. I think this proportion will be reduced if the misunderstanding is removed. Sexuality education should be done to create this awareness.

An open discussion of sex is still considered a taboo subject, such incident have been taken up by the state government and the central government on a temporary basis and there have been repeated discussions on sex education but nothing has happened. Some ministers have even argued that the education is against Indian culture and that the issue of sex education in schools have been limited to discussion. However, as sex

education can be great help in educating the students about the body, it is definitely needed to curb today's situation, said the psychiatrists.

Parents have the primary responsibility to teach sexuality education. Sexuality is the need of the hour just like food, clothing, shelter, love, protection it is the duty of parents to give honest answers to the questions they ask. One thing to keep in mind is that children's need are more than parents can understand. Parents misunderstand that sexuality education is 'sex education'. Curiosity, arousal and overuse of social media are all contributing to the lack of information about sex and there is a great need for sexuality education at school age to reduce it.

Our country has a long tradition of teaching sex in the fifth century BC, the 'swetketu' established a marriage. In the 4th century, vatsyayana wrote the excellent text 'Kamasutra' for sexuality education. Many have written books on sexuality education before and after him. The British came to this country in the 17th century and brought 'obscurity' with them. In the past, there was a lot of discussion in Indian society about sexuality from the temple to the scriptures. However, due to the British coming one and a half hundred years ago, it was forbidden to talk about 'victorian morality' or sexuality. Since people are reluctant to talk about sexuality, it was necessary to write on the subject in a simple and understandable, way, now the importance of sex education is known all over the world, research has been done on this subject everywhere. It is

believed that sex education is necessary to live a good life.

Sex education is the teaching of values, attitudes and behaviour with a social connotation. It is a common misconception that sex education is male – female. There is no such thing as obscenity in sex education. The teaching of the existence of life on earth is not obscene. Moreover, ‘pornography is a quality of the brain its not a quality of objects.’ – pro. R. D. Karve.

Our culture says that work is in all animals and it is a masculinity (duty n responsibility). “If a simple man’s knowledge of diet was as little as his knowledge of sexuality, he would have starved to death.” - Dr. David Reuben

Sexual arousal is dormant in childhood, it begins to bloom in adolescence, it blooms in adolescence and fades in old age. This period of time is important because of the greatest curiosity about sexuality in adolescence. Sexuality education is not just a matter of the person or one department but is a matter for everyone to deal with intimately as it affects the younger generation in particular. Today’s child is going to be tomorrow’s parents so the education department will have to do a great job of correcting his vision and living a healthy life.

We believe that education a tool for social change. There should be cultural upliftment of the society. Adolescent education should be taught at the school level so that the health of the society is maintained as tomorrow’s India is happening from today’s school class. Attention must be paid to the holistic development of adolescents. The church tries to get information from its peers in a situation where physical, emotional and mental changes are taking place in the growing children and the newly formed sexual feelings and their children are confused due to misunderstanding of their meanings. Curiosity satisfies your doubts. Much of this information is distorted, unscientific and exaggerated. This leads to many problems so it is important to give sexuality education at this age.

Why sexuality education should be given?

1. To gain information, understanding and values related to gender identify relationships, intimacy and reproductive biology.
2. To understand the emotional side of sexuality.
3. To provide the information needed to take care of and improve sexual health.
4. To help them make the right decisions.
5. To prepare them for marriage and responsible parenting.
6. To learn to enjoy and control sexual behavior and to learn responsibility in reproductive behaviours.
7. To be free from shame, guilt and misunderstanding about sex.
8. To be free from sexual dysfunction and sexually transmitted diseases.
9. SS create awareness on sexual aggression, virgin motherhood, genital herpes, HIV, infection, population explosion and vaidugiri.
10. Sexism, child marriage, dowry, exploitation of woman, prostitution etc. To create awareness of sexual social issues.
11. Young people who are sexually active are in dire need of enlightenment. Research shows that sexuality education has the potential to improve a person’s sexual health and consequently the health of society and the country.

The purpose of sexuality education for adolescent

- Helping boys and girls to realize that every organ in the body is used, that every stage of growth takes place purposefully.
- Understanding the action of reproduction.

Informing about changes in body and mind.

- Before having sex with another person, you need to have a sense of honesty, respect and well-being about that person, to get married. Teach them to be proud of their sexuality and respect the sexuality of the heterosexual person. Responsible sexual behavior. Develop a positive attitude and values about sexuality.

Today’s adolescent boys and girls should be made responsible citizens, should have emotional socio-sexual behaviour and should have the necessary knowledge, attitude and skill to be healthy youth of tomorrow. The aim is to prevent adolescent and promote health. The word ‘sexual’

Is still considered taboo today. Therefore, sexuality education is given various names like adolescent health education, family health education, population education. Although there are differences between the three, they still involve sexuality education. Sex education begins at birth. It’s just that parents don’t think its sex education. It is important for every child born to be loved by his parents, to take his sins, to take him close. It is also a part of sexuality education.

When children grow up to ask questions, in order to get the right answers to the questions, they have to understand that sex is suitable for education and answer their questions. What matter is how the parents answer the questions? Children future attitude and work opinions depend on the cause, if the answer are honest and clear, the children’s attitude can be improved.

Why should adolescent by given priority in Sexuality education?

- Sexuality education needs to be given to all throughout life. But your resource are limited. Reasons why teenagers given priority.
- Lust is intense in adolescence.
- This age is very risky.
- Due to the physical and mental changes that take place in them, they are very eager to get information.
- Their only source of information is from friends, pornographic books, blue-films.
- At this age boys and girls are more likely astray, so they are more likely to go astray.
- Sexuality education should be holistic. Sexuality education is to be given in stages like mathematics. Messages that have seen said once need to be repeated. Decide what to teach according to age.

Teaching sexuality education in school.

- The information provided should be scientific in nature.
- Should not be approximate or uniform.
- There should be an exchange of thoughts.
- Since the subject is delicate as well as explosive, the method and language of the program should be socially accepted.
- Boy and girls should be of the same age and of the same cultured background.

- Audio- visual medium should be used during the lecture.
- If the program runs year- round, it should be 45 minutes to an hour each time.
- If there is a facility to conduct a workshop, a half day / pre- day workshop should be organized 3 to 4 times a year.
- Initially the program should be short.
- A lecture for parents should be taken before the event.
- Explain the purpose and consequences of what and how we are going to tell the children.

Recommendations

- Sexuality education should be started before coming of age.
- This education should be optional.
- The permission of the parents and the headmaster should be sought with the cooperation of the teachers.
- This education should be included in the subject / extracurricular.
- Education should be evaluated, reinvested.
- Reschedule the event frequently.
- Teach from a social point of view.
- Questions should be answered honestly and contain scientific truth.
- Name the scientific from of the senses in the body.
- Don't be confused of your child asks about sex/ any other questions. If you don't think its appropriate to answer the question / find if difficult to answer, say "you don't need it anymore" But he should not answer, he should not breath, he should not be silenced.
- Sexuality is a shameful, concealed and hateful act between two people.
- If there is a problem with the sexual behavior of children, counsellors should not hesitate to seek the help of counsellors. The faster this help is obtained, the faster the problem is likely to escape. Child Guidance Centres, Psychologists Counsellors, Sex Therapist, Families- Services- Institutions etc. Are willing to help.

What will be achieved through Sexuality Education?

- Treating heterosexual properly and with respect.
- Properly displaying love or intimacy.
- Creating meaningful relationships.
- Behave according to your values.
- To be responsible for one's own behavior.
- Having the ability to make the right decisions.
- Effective communication tools with friends and family.
- Having a sense of satisfaction about one's own sexuality.
- Lack of guilt, shame and fear of Sexuality.
- Not engaging in sexual behavior that may be harmful to oneself or others
- Honestly, equality and responsibility in sexual relations.
- Avoiding sexual harassment or rape.
- Avoiding unwanted pregnancies.
- Prevent genital herpes, HIV, infection itself or others.
- Use contraceptives when needed.
- Taking care from the beginning of pregnancy.
- Physical examination and other health promotion measures

plan.

- Absence of sexual orientation / excess.
- Work – lack of inability.
- No premarital or extramarital affair.
- Having a happy marriage and responsible parenting.
- Stay away from sex therapists.
- To accommodate, understand and treat people with different sexual values and lifestyles.
- To be able to judge right from wrong about the sexual messages received from cultural, religious and social media and their effect on our thoughts, feelings values and behaviour.
- Understand the laws on sexual matter and act appropriately.
- Awareness about Hundabali, lust one sided love affairs, miscarriage, sexism, virgin, motherhood, child marriage, exploitation of women, sexual aggression, rape, prostitution population explosion.....all these social stigmas.

Sexuality education is like a signal that it warns of sexual health. Sexuality education is like medicine sexual problems caused by misunderstanding are cured by sexuality education. Sexuality education is like a vaccine, it is used to prevent physical, mental, marital and social problems related to sex.

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