

## Part- 2

# Need of Sex Education at Home & School

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Why is it a **shame to talk about sex** in a country where **Kamasutra** was written?



WOMAN



MAN



\*Sex education in India has always been viewed as a controversial subject and there have always been two camps; one in support and one against it.

\*It is time for us to understand the need and importance of sex education for our growing children that is as essential as formal education in developing a normal, healthy and aware individual.

\*Indians, sometimes even the well-read urban kind, often tend to attach a whole lot of sensitivity to the topic of sex, regarding it with the most vicious taboo.

\*It is thus a natural consequence that education that teaches their children about sexual well-being is met with the highest resistance possible from parents, teachers and lawmakers

# Why is Sex Education, for adolescents, essential in India?

- The importance of delivery of sex education in a timely fashion to this significant demographic is emphasized by current statistics that show that almost one in every fifth person on the globe is an adolescent.
- They comprise 18% (1.2 billion) of world's population in 2009, with 88% living in developing countries.
- India has the largest adolescent population (243 million with more than 50% of the adolescent population living in urban.

## Speaking to Your Kids about Sex

- Many parents feel that giving sex education is just a one-time discussion which they can get over with quickly by just telling them how the sexual act takes place and how they go through puberty. But it is much more than that.”
- It becomes easier and more efficient when parents treat it as an ongoing process and use everyday moments to discuss the different aspects of sex education.
- For instance, if there is a commercial for female hygiene products coming up on television while your child is watching TV, you can take that opportunity to introduce the topic of puberty and menstruation to her or him.”

## Address sensitive topics with care

- One of the main roles sex education in India plays is to develop sensitivity in today's children and make sure they grow up to be broad-minded individuals with respect for everybody. Therefore, parents should deal with topics like homosexuality and sexual abuse with care.
- Also avoid giving negative responses to your child's doubts because that might reinforce the fact that you aren't suppose to discuss these things or these things are bad.

# Importance of sex education in schools

- The importance of sex education in school is to help children understand the body structures of men and women and acquire the knowledge about birth.
- Many schools nowadays prefer to address sexual abuse and its prevention in classes II and III so that young children have the basic knowledge to identify if they are being sexually exploited and can seek help at the right time.
- Comprehensive sex education courses can be introduced from 7th to 9th grade onwards when most children have entered puberty.
- Understanding the differences and similarities between two genders in terms of body and mind will set up a foundation for the future development

## Programmes and Projects

- The Government of India initiated Adolescent Education Program (AEP) in 2007. The program was banned in majority of the states due to several protests and moral policing, citing that program's content was 'inappropriate'. Even after receiving negative headlines, AEP was rolled out in selective government/private schools without proper implementation. Though the program covers sensitive issues such as body image, violence and abuse, gender and sexuality, STIs, etc.
- Central Board of Secondary Education (CBSE) had issued a circular in 2005 chalking out a programme called the Adolescence Reproductive and Sexual Health Education (ARSH) project. The Central government released it in 2006 and since then several states have implemented the program with slight variations according to their own requirements.



References:

<http://www.careerizma.com/blog/sex-education-india>.

Thank You