

SEXUALITY EDUCATION

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ABSTRACT

With the growing crime which so brutal in nature and have the capacity to shake a person both mentally and emotionally like Rape, Gang Rape, Sexual Assault, Unprotected Sexual Intercourse, Child Sexual Abuse, Pornography, Incest, Drug-related Sexual Assault and many more. India is trying best to provide quality education but still our education system is lagging in providing such a basic and vital information regarding sexuality education. In this era shyness should be waived off and vocalising about those things which people don't want to talk and listen should be done efficiency. It's the basic nature of human being that when we stop a person from doing a particular act or avoiding questions regarding that act then our mind constantly triggers to do that same work due to our eagerness towards that thing.

KEYWORDS

Sexuality Education

Young people

Sex Education

Children's

Benefits of Sexuality Education

Remedies

INTRODUCTION

The aim of sexuality education is to provide rightful knowledge to children's, young people because they are the basic pillars to the nation. If we achieve in educating these 2 categories of people rightfully and efficiently then there is no need to much care about crimes especially related to sexual offences. We can create a healthy surrounds by just giving and openly talking about sexuality education. Sexuality education is a broad term and it cannot be summarized in just 2 words.

Sexuality education is the kind of ability in children's and in young people to decide what is morally, physically and emotionally correct towards other human beings. Sexuality education gives information regarding relationships, good touch and bad touch, emotional connection, consent of the other person in doing any sexual act etc. There is a very thin line difference in the process of making of love by doing Sex to committing Rape. People needs to understand the concept of sexuality education and also that every human being is important and most importantly for getting pleasure we are not suppose to give any kind of pain to other. The word CONSENT should be fitted in each and everyone's mind strictly and this the one and the best way to reduce sexual offences.

Woman has always been treated as inferior and as a result woman suffers more sexual offences than man. In fact during 80's and 90's woman were the only victims of sexual offences but now time has changed and now both man and woman are the victims, still the rate of woman are comparatively higher than man. India is that spiritual and humble country throughout the world that woman were treated as goddess, people use to pray that Please God bless me with a girl child as girl child were considered as a token on happiness, source of growth in a family, prosperity, a powerful energy and a lot more. Several names of goddess were also given to girls like Goddess Lakshmi, Goddess Saraswati, Goddess Durga, Goddess, Radha, Goddess Sita etc.

With the dilution of our cultural value, morality and the growth of individualism, the ugly thought of man that a woman is an object and can be treated in any way which a man feels right. A man was allowed to do any act which he likes too but a woman was always restricted by there family and society and from here inferiority came in the mind of man as they started thinking that a woman is inferior than a man and they are suppose to do only household work and not anything else and to do each and every thing what a man do even in better way, this thought started taking place in woman mind. Both the thoughts took place at the same time but to implement the thought of woman took place a little late.

WHAT IS SEXUALITY

Sexuality is an important part of who you are. There is no wrong or right, it is all about you and what is right for you. Sexuality constitutes an important part in both men and women's life as sexuality is all about once body. With the age both girls and boys goes through several changes and also discover various new things such as feelings, desires, attraction, development of sex organs, hormonal changes and many more. Sexuality education is a way to educate people regarding there sexual, identity, sexual intimacy, healthy sex and includes wide range of education such as reproduction, contraceptives, importance of once emotion and feeling etc. There is a difference in looking healthy and in being healthy, proper and healthy working of physical and mental health is a sign of proper sexual functioning. Sexuality is not only a sexual activity but it is an innermost feelings and a deep aspiration of human being which helps in making relationships more powerful, strong and meaningful. Sexual relationship with once partner is the basic foundation of a healthy generation on the other hand unhealthy sexual relationship causes mental stress and conflicts in any relationship especially in marriages. Sexuality is all about love making and during the process a good comfortable communication with your partner is importance as it makes your sexual life more happening and pleasurable. Secondly, getting consent of your partner is also important because all human beings are important so there needs, consent is also equally important.

Sexuality is of different types and we as a human make others feel uncomfortable and titled them abnormal as they are a little different from us such as -

LESBIAN

A women who is attracted physically and emotionally to other women. Some lesbians are identified as gay women also.

GAY

A man who is attracted physically and emotionally to another man are identified as gay. Basically attracted with same sax people.

BISEXUAL

A person who is physically, mentally and emotional attracted to same gender or the other gender. Bisexual includes transgender, nonbinary, binary individuals.

TRANSGENDER

Person who is assigned as male and female by medical practitioner but now they don't assign the same.

QUEER

It is an umbrella term for anyone who is non-cisgender or heterosexual.

QUESTIONING

Sometimes, when the Q is seen at the end of LGBT, it can also be mean questioning. This term means the person is still questioning there sexual identity.

INTERSEX

People who are born as male and female by birth but they don't feel as what they were born as. Not all intersex folks identity as being LGBTQIA+ community.

ASEXUAL

People who does not experience any sexual attraction or we can say they experience a little to no romantic feeling or has little to no desire to from romantic relationships.

NONBINARY / GENDERQUEER / AGENDER / BIGENDER

People who cannot define themselves as male or female. For there identification they uses several terms which is mentioned above. But still there is no exact term which can define them.

+PLUS

The plus word is used to signify all other gender identities and there sexual orientation that words or any letters has not been defined of cannot yet been descrites or identified by society.

By the help of sexuality education we need to open up the mind of people and feed in there brain that everyone is equal and have same stand in life and society. If someone is different from us it does not mean that we should abundant them. In fact, such people need our support, equal stand and respect in society and not sympathy.

WHY THEY DON'T FEEL SAFE?

With the time and continuos fight and a constant proving of a woman ability to do all works of man, finally woman got there stand but now they don't feel safe in there workplace, nor at there home, nor at temples, nor at market, nor with there husband, nor in hospital, nor in Police Station, nor in school, nor in playground, nor with there close once and the best part neither on Social Media. With this we can analyse that woman are not safe anywhere on this earth. To search for the solution we need to first figure out the problem from it's root. And the root cause is lack of sexual knowledge, people are not at all much vocal about spreading knowledge and as out of curiosity whatever source the youth find here and there they accumulate together and starts applying it in there own life. Husband treat there wife as an instrument of having sex anytime as per there choice, the word consent is not in there dictionary as they have seen in there family from a very old time that women consent is not necessary.

With the era of unlimited internet and smartphones in reasonable rates the content on social networking sites are corrupted and have no logic, reason and basis of it. Youth are the basic target as during this period of age grasping bad habits and learning shortcuts seems really interesting to youngsters as they don't know the harsh truth of life. With several smart technologies like VFX, Augmented Reality, Computer-Generated Imagery (CGI), Green Screen, Adobe Substance Pinter etc. are use to hide the truth and showcase the imaginary things in such a way that it looks so fascinating, cool and real. By this trap most of the people get trapped and as always women are considered as soft target and weak so they mostly becomes the victims of such acts. To tackle such issues government has put ban on several sites and apps but obviously it is not at all much effective. With the expanding science and technology it is not possible to clean such a huge widespread mess the only way to overcome this problem is to give quality education from the very beginning of learning process. It has been observed under National Crime Victimization Survey¹ that the crime is

1 <https://bjs.ojp.gov/>

mostly done by our close or known ones. Our first teacher is our parents and we grow up by looking at them and subconsciously we also adapt their behaviour and way of doing things and way of treating people. So it is important to each and every parent to teach their children regarding good touch and bad touch, how to treat people, how to behave, where to stop and where to go. The second place of learning is their school and teachers should be trained in such a way that without being shamed of anything they should teach children's basic etiquettes such as respecting others, obeying to others, concept of consent, importance of emotion, giving equal treatment to both men and women and so on.

When the youth will get quality education the crime rate will automatically get reduced, also if they will see anyone indulged in such acts they will definitely stop them. Crimes like pornography, piracy, editing photos, morphing etc. which has a great effect on any person's life and it completely ruins the life of that person as well as his/her family. The time has come that now people have to think before uploading any picture or video on their personal account. Both men and women are equally likely to be victims but the rate of young generation are comparatively higher as per Australian online survey² one in three teenagers aged 16 to 19 and one in four aged 20 to 29 reported at least one form of image victimisation.

WHY IT IS IMPORTANT TO HAVE GOOD QUALITY SEXUALITY EDUCATION AS WELL AS SEX EDUCATION

Sexuality education in India is lacking from centuries as a result of such heinous crimes has taken place around us. The gravity of such crimes are that deep that it can make any normal person shiver and the time has come that finally we need to discuss on this topic.

Now unwanted pregnancy is becoming quite common, not only among married couples but also among young aged people or among teenagers. The fact is that everyone knows that how to have sex but not everyone knows when to have sex, what is the right way to have sex, what are related problems after sex, what are contraceptives, why they are used, what does consent mean etc. Consciously or subconsciously most of the people are unaware of such things. Due to lack of having knowledge of contraceptive devices several sexually transmitted diseases take the lives of many people. Women and girls suffer from severe vaginal issues such as burning sensation, itching, redness, swelling vaginal pain, rashes, watery vaginal discharge etc. and guess what they don't share this with anyone and bears the pain life long and in some cases dies due to lack of medicine and treatment. This problem is not only limited to girls and women but men also suffer from several penile disorders such as priapism, balanitis, epispadias, hypospadias, penile cancer etc. World Health Organisation understands the importance of Sexual and Reproductive Health and has introduced different programs for young people for Sexual and Reproductive Health needs.³ During this type of situation both male and female avoid to tell to anyone neither to friends, family, life partner nor to doctor the simple reason behind it is shyness and lack of knowledge. They think that people will judge them and will find nooks in them only, so they choose to be quiet and suffer it till life.

Recently, UNESCO in 2021 has introduced a successful story that by implementing sex education in India which was started as "Udaan" a school based adolescent sex education program from 2009 and over a million of students got educated about sex and their health till 2019⁴. This story was started from Jharkhand and the objective was to introduce sex education in all public and private sectors. But this program was not able to satisfy the entire nation especially a country like India where

2 <https://aifs.gov.au>

3 WHO recommendations on adolescent sexual and reproductive health and rights. <https://www.who.int/publications/i/item/9/789241514606> (Accessed on 16 October, 2023)

4 UNESCO. The journey towards comprehensive sexuality education Global status report; 2021. United Nations Educational Scientific and Cultural Organization. <https://en.unesco.org/open-access/terms-use-ccbysa-en> (Accessed on 18 October, 2023)

the population of children and adolescents is 444 million⁵. So we can conclude that there is a need for better plans to deal with such population.

MYTHS ABOUT SEXUALITY EDUCATION

Sex education is a hot topic of debate in many parts of the world, especially with regards to the extent of it should be available in schools. Myths and misconceptions surrounding sexual education create confusion and a false understanding of it.

Myth 1: Sexual Education Leads to More Sex.

This myth assumes that providing accurate information about safe sex and contraception will cause children to be more open to having sex. In reality, research has proven consistently that, if there is unawareness regarding sex then there are higher number of chances of committing rape but by receiving comprehensive sexual education it increases the likelihood that individuals will postpone sexual initiation, practice safer sex, and use protection against sexually transmitted disease and unwanted pregnancy. Moreover there has been no such evidences which have proved that by giving sex education the rate of risky sexual behaviour has been increased. Many of the states like Maharashtra, Gujarat, Rajasthan banned sex education in their school as they argue that by providing sex education it will ruin the atmosphere of education and children will become frank regarding sex.⁶

Myth 2: Sexual Education Promotes Early Sexual Activity.

Nothing could be further from the truth that means no truth can be hidden for a long time. There is phrase which is commonly used which says, 'It is better to know today, unless it is too late for tomorrow.' In fact, teaching sexual education in school equips teenagers with the knowledge and skills necessary to make informed and responsible choices about their sexual health and helps them to delay sexual initiation, which is linked to a range of physical and mental health benefits. Unwanted pregnancy, unplanned sex causes several mental and physical problems in the body which directly affect once life and act as a barrier in there growth.

Myth 3: Sexual Education Encourages Promiscuity.

Sexual education does not promote promiscuity at all. It enables young people to develop an understanding of relationships and sexuality, and provides them with the tools to make healthy decisions about their sexual health. It also encourages respect for themselves and others, which can help to reduce or prevent the likelihood of promiscuous behaviour. According to a review from India youth faces high risk sexual behaviour due to low use of condom, lack of awareness, having multiple partners, spread of STIs and HIV.⁷

Myth 4: Sexual Education Focuses Too Much on Birth Control.

Sexual education not only focuses on contraception and safe sex, but emphasizes the importance of building strong relationships and making healthy decisions about sex. It also goes beyond teaching the mechanics and biology of sex, and helps young people develop communication strategies, self-respect, and the critical thinking skills they need to make sound decisions about sexuality. The objective of sex education is not to exactly focus on birth control but to aware people making any wrong decision regarding sex. The education is the basic pillar of any country and once people get

5 Kanwal S. Children in India-statistics & facts. <https://statista.com/topics/9677/children-in-india> (Accessed on 18 October, 2023)

6 Kachroo S. Does India need sex education? <https://www.wionews.com/does-india-need-sex-education-501047> (Accessed on 18 October, 2023)

7 Sunitha S, and Gururaj G. Health behaviours & problems among young people in India: Cause for concern and call for action. *Indian J Med Res*, 2014; 140: 185. ncbi.nlm.nih.gov

educated then they can self eligible to make any decision.

Myth 5: Sexual Education Does Not Address Abstinence.

Actually, the majority of sexual education programs discuss the importance of abstinence as well as other healthy choices. The important thing is to provide young people with accurate information so that they can make their own decisions in a stress-free, responsible and safe way. Having sex or not to have sex, making partner or not to have any partner is individuals choice and his/her right but to get right information is his/her fundamental right.

Myth 6: Sexual Education Is Too Controversial for Schools.

Most people support and believe in the importance of sexual education. In 2019, the Center's for Disease Control and Prevention published results from their Youth Risk Behavioural Surveillance System, showing that in the United States over 90% of parents supported sexual education in middle and high schools. And according to YRBSS report of 2021 more than 2 in 10 LGBTQ+ do not go to school as they feel unsafe and uncomfortable around other children's. Students bully such students and sometimes harasses them as well.⁸

According to a survey, globally 1 in 3 child will agree that they were never taught about sex education ever in school and in India approximately 71% of the youth (aged 13-30) reported that neither there teacher nor there parents have ever taught about sexuality nor sex education.⁹

Myth 7: Normalises the word sex among teenagers

In various countries it has been seen that people don't talk about sex and considered it as a dirty word. But countries with more sex education will lower the rate of teen pregnancy and help in improvement of mental and physical health.

Sexual education is vital for reducing risks and it helps increase the odds for better health and safety among young people. It's important to be informed and be aware of the myths and what the truth behind them is, so that we know where to direct our energies in order to provide teenagers with the information and tools they need to make sound decisions about their sexual health.

WHAT KIND OF PROBLEM DOES SOCIETY FACES?

Sex education is a topic that elicits strong opinions and diverse view points across societies worldwide. While the benefits of implementing comprehensive sex education programs are widely acknowledged, society faces numerous challenges in its introduction. Some of the problems encountered when introducing sex education, including cultural and religious beliefs, parental concerns, political obstacles, and the potential for a negative impact on young individuals. It is crucial to recognize and address these challenges to ensure the successful implementation and adaptation of comprehensive sex education programs.

Cultural and Religious Beliefs

One of the most significant challenges faced in introducing sex education is navigating cultural and religious beliefs that may differ significantly across societies. Some individuals and groups may perceive sex education as contradicting their cultural or religious values, leading to resistance or opposition. Such beliefs may view sexuality as a taboo topic or consider it solely within the

⁸ Conducted by Centers of Disease Control and Prevention
<https://www.cdc.gov> (accessed on 18 October, 2023)

⁹ Pandey MK, Mishra P, Jain A Rao TSS.

Sexuality education in India: perception and experience in Indian Youth.

confines of marriage. Therefore, addressing these concerns is essential to facilitate a constructive dialogue between various stakeholders and foster understanding while highlighting the importance of comprehensive sex education.

Parental Concerns

Another vital challenge lies in addressing parental concerns regarding the content and delivery of sex education. Parents hold varying perspectives when it comes to discussing intimate matters with their children, and some may feel uncomfortable or ill-equipped to engage in such conversations. Additionally, parents may worry that exposure to sex education at an early age may encourage promiscuity or expose children to explicit content. Educators need to establish open channels of communication with parents to understand their concerns and tailor sex education programs accordingly. Transparency and cooperation between parents and educators can help address these concerns and ensure that sex education aligns with parental values and preferences.

Political Obstacles

Political obstacles also pose a significant challenge to the introduction of comprehensive sex education in society. Given the sensitive and controversial nature of the topic, policymakers often face pressure from conservative or religious groups, leading to resistance or limited funding for sex education programs. Additionally, partisan politics and differing ideologies may hinder the development of inclusive and evidence-based curricula. Overcoming these political obstacles requires comprehensive advocacy efforts, involving experts, educators, parents, and community leaders to emphasize the relevance of sex education in promoting healthy relationships, gender equality, and the prevention of sexually transmitted infections (STIs) and teenage pregnancies.

Negative Impact on Young Individuals

Critics argue that comprehensive sex education may have unintended negative consequences for young individuals. Some fear that introducing explicit information about sexuality may prematurely expose children to adult experiences, potentially leading to confusion, anxiety, or unhealthy behaviours. To address these concerns, curriculum developers must ensure that sex education is age-appropriate and tailored to the developmental needs of each stage. By emphasizing the importance of consent, healthy relationships, and personal boundaries, comprehensive sex education can empower young individuals with the knowledge and skills necessary to make informed decisions about their bodies and relationships.

Educator Qualifications and Training

Introducing comprehensive sex education in society also requires addressing the qualifications and training of educators. Teachers may feel unprepared or lack confidence to teach sex education due to inadequate training, stigma, or personal discomfort with the subject matter. To overcome this challenge, it is crucial to provide educators with quality training and resources that enable them to deliver sex education effectively. Incorporating professional development opportunities, ongoing support, and open forums for discussion can ensure that educators are equipped with accurate information, teaching methodologies, and the confidence to address the diverse needs of students.

While society recognizes the manifold benefits of comprehensive sex education and sexuality education, numerous challenges must be addressed during its introduction. Overcoming cultural and religious beliefs, addressing parental concerns, navigating political obstacles, mitigating potential negative impacts on young individuals, and improving educator qualifications and training are all crucial steps towards successful implementation. By recognizing and addressing these challenges, society can ensure that comprehensive sex education programs are evidence-based, inclusive, and responsive to the diverse needs of individuals, promoting healthy relationships, informed choices, and a stronger society overall.

REMEDIES TO OVERCOME THESE PROBLEMS

We all have heard that modern problems need modern solutions.

Sexuality education plays a critical role in promoting the well-being and health of young individuals. However, introducing comprehensive sex education programs in society can pose significant challenges, ranging from cultural beliefs and parental concerns to political obstacles. To ensure that young individuals receive accurate and age-appropriate information on sexuality, it is essential to identify and address these obstacles proactively.

Engage with Parents and Community Leaders

One of the most crucial remedies for overcoming sexuality education problems is to cultivate a positive and supportive environment with parents and community leaders. By establishing open channels of communication and highlighting the value of comprehensive sex education, educators can address parental concerns and misconceptions. Transparency and cooperation between parents and educators can create a shared understanding of the benefits of sex education in promoting healthy relationships, preventing sexually transmitted infections (STIs), and teenage pregnancies. Additionally, it is vital to leverage community leaders to advocate for sex education, build consensus, and reduce stigma around sexuality education. A single way communication always leads to discomfort and misinformation but a two-way communication with anyone, whether it's your parent, teacher, siblings, or anyone else, is always full of knowledge. Talking about sex and sexuality comes with a lot of issues such as culture, beliefs, education, and many more. In India, this type of topic is not generally allowed to be talked openly and it is supposed to be an adult talk, hence making it a taboo, so it is neither discussed in school nor at home.¹⁰

Tailor Curriculum Content and Delivery

Another remedy to overcome sexuality education problems is to tailor the curriculum's content and delivery to the developmental needs and diverse backgrounds of students. Age-appropriate sex education programs should begin with foundational concepts, such as body anatomy, consent, healthy relationships, and sexual orientation. As students progress, topics such as contraception, STIs, and pregnancy prevention can be added. The curriculum should also address the needs of diverse learners, including students with disabilities and LGBTQ+ students.

Before giving sex education, the knowledge of sexuality must be given to students as it will help them to understand in a much better way. The delivery of sex education is also critical. It must be provided in a safe, supportive, and non-judgmental environment that promotes active participation and facilitates open discussion. Educators should use evidence-based teaching methodologies, such as role-playing, small group discussions, and multimedia resources that are engaging and informative.

Increase Educator Qualifications and Training

The qualification and training of educators are also vital to ensure the successful implementation of comprehensive sex education programs. Teachers should receive professional development opportunities that provide accurate information, teaching methodologies, and the confidence to address the diverse needs of students. The training will also equip educators with the skills necessary to facilitate open discussions, challenge questions, and create a safe learning environment. It would be beneficial to seek feedback from students and educators to evaluate the programs and continuously improve the effectiveness of the curriculum.

Involve Experts and Researchers

¹⁰ Sex education: Still a taboo in India, <https://timesofindia.indiatimes.com/readersblog/bloggernishapasari/sex-education-still-a-taboo-in-india-5207> (Accessed on 19 October, 2023)

Experts and researchers play a vital role in promoting accurate information and best practices in sexuality education. They can provide valuable insights into the latest scientific research, emerging trends, and effective teaching models. Involving experts and researchers in the development and implementation of sexuality education programs can help ensure that the information provided is accurate, evidence-based, and up-to-date.

Leverage Technology and Multimedia Resources

Technology and multimedia resources offer opportunities to engage students and deliver sexuality education content in a format that is both engaging and informative. Interactive online modules, mobile applications, and virtual reality experiences can provide enhanced learning experiences that are accessible to students at their own pace and location. These resources can offer assessments and feedback to evaluate student learning and allow educators to track progress and identify areas of improvement.

Promote Comprehensive Sex Education Policies

Promoting comprehensive sex education policies at the local, state, and national levels is also critical to overcoming sex education obstacles and ensuring young individuals receive accurate and age-appropriate information. Policy makers should prioritize a comprehensive approach to sexuality education that takes into account the diverse needs of students and promotes healthy relationships, informed choices, and respect for others. Taking steps such as providing funding for teacher training, establishing mandatory sex education requirements, and partnering with research and advocacy groups can help support and expand the reach of comprehensive sex education programs.

Sexuality education is an essential component of promoting young individuals' health, well-being, and success in society. However, implementing comprehensive sexuality education programs can pose significant challenges. Remedies such as engaging with parents and community leaders, tailoring curriculum content and delivery, increasing educator qualifications and training, involving experts and researchers, leveraging technology and multimedia resources, and promoting comprehensive sex education policies can help overcome these obstacles. By investing proactively in these remedies, society can promote healthy relationships, informed choices, and a stronger future for young individuals.