



SHORT COMMUNICATION

NEED OF SEX EDUCATION IN SCHOOLS AND UNDERGRADUATE COURSES**Satender Tanwar*, Pradnya Chittawadgi and Shailaja SV**

Department of Post Graduate Studies, Shalya Tantra, Sri Kalabyraveswaryaswamy Ayurvedic Medical College Hospital and Research Center, Vijayanagar, Bangalore, Karnataka, India.

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Abstract: Sex education is instruction on issues relating to human sexuality, including human sexual anatomy, sexual reproduction, sexual activity, reproductive health, emotional relations, reproductive rights and responsibilities, sexual abstinence, and birth control. Sex is basic need of the life as food, water and sleep. Sex keeps the body healthy and happy. But at present the word meaning of sex has been taken into different consideration. People do sex but don't want to talk on that and stigma still persists in the society to speak the sexual things behind the walls and doors. Nowhere in the undergraduate courses has the education of the sexuality been entertained. People might have done couple of sexual intercourses and rarely might have read about hazards of such experimental intercourses in the text book of sexuality and sexual health. Adolescent might have watched thousands of porn movies but might have not learnt a single lesson of sexuality. The more you kept away from the knowledge and distracted from the basic knowledge of sexuality more you will be curious to know the things from the unreliable sources. Which is not only provide incomplete and farce knowledge and encourage the adolescents to do the experimental sex and makes them prone from unwanted pregnancy, acquires STD- Sexually transmitted diseases and psychological trauma from premature parenthood. Present scenario the assaults have been taking place more in the schools of young children's by their respective teachers only. Other issues such as rape which are done by individual who is less than 20 yrs and studied up to the matriculation can be minimized by providing the moral and ethical knowledge to the youngster who are the main perpetrator of that. By providing proper and sound sexual health education to the school children's and inclusion of this in the undergraduate courses will not only help in the reduction of the number of child abuses, assaults and rape but also give the knowledge to them to stay healthy and happy when they are in the committed relationship.

Key words: Adolescent; Health; Education; Sexuality; STD; School; Under Graduation.

INTRODUCTION

Sexual activity is a vital principle of human living that connects the desire, energy and pleasure of the body to a knowledge of human intimacy, for the sake of erotic love, intimate friendship, human mating and procreation. It is basic need of human individual as we need food water and sleep.

Being so much developed in all the fields of science and subjects, but still the topic remain untouched with lots of stigma, prejudice and hesitation just for not keeping the sexuality knowledge as a part of curriculum. At present the most important issue is inclusion of sexuality in the school and under graduation courses.

The more the students who are kept away from these topic increases their curiosity to know the subject and when it is not dealt anywhere in the curriculum people starts seeking information through different unreliable sources.

Need of sexuality at school and undergraduate levels

There will regular talk and seminar on the health issue and maintenance of good and sound

health by maintaining proper hygiene and social clean hygiene. But never talk arranged on the sexuality and sexual health.

The students deprived from such knowledge not only hand over themselves in the hand of life threatening STD such as HIV also premature parenthood, pregnancies and abortions. As per statistics issued by WHO more number of HIV infected are in the adolescent's age group. Even after the presence of such solid and reliable data the government and health authorities are keeping mum and number will keep on increasing.

Adolescents and young people represent a rapidly growing share of people living with HIV worldwide. In 2013 alone, 670,000 young people between the ages of 15 to 24 were newly infected with HIV, of whom 250,000 were adolescents between the ages of 15 and 19. If current trends continue, hundreds of thousands more will become HIV-positive in the coming years.

As part of a global response, the UN General Assembly High-level Meeting on AIDS in 2011 reviewed

Corresponding Author:*Dr. Satender Tanwar,**

Junior Resident,

Department of Post Graduate Studies, Shalya Tantra,

Sri Kalabyraveswaryaswamy Ayurvedic Medical College Hospital and Research Center,

Vijayanagar, Bangalore, Karnataka, India.



progress on reversing the epidemic. A new Political Declaration on HIV/AIDS was drawn up, with the adoption of new commitments and bold new targets. One of them is to reduce sexual transmission of HIV by 50 per cent by 2015. This will not happen unless young people have the knowledge and skills to avoid risk behavior¹.

A comprehensive sex education can help the present generation live a secured life. Sex education cannot be a typical educational practice in school; it should cover all psychological, physiological and social issues that can force a person to think about the urgency for this kind of awareness among school goers. Children reaching the teen phase start showing peculiar behavior that can grow up into bigger problems in future, if not given the right knowledge at the right time. An effective sex education at school along with adequate communication between parents and children at home can bring about a lot of change.

How the sexuality health education help the students –

- Knowledge of their body parts and reproductive parts.
- Physiological and psychological development of the body parts.
- Knowledge of bad touch VS good touch.
- Hazards of experimental sexual intercourses.
- Consequences of the childhood pregnancy and premature parenthood.
- Acquiring STD – HIV, syphilis, gonorrhoea etc.
- To feel confident and to be more aware and to educate and eradicate the myths and misconception from the society.

Sexuality status in India

- Experts say that the case for sex education in India is quite different from in the West because it is 'legitimate' here for young people to have sex. According to the National Family Health Survey conducted by the International Institute for Population Sciences (IIPS) and Macro International in 2005-06, 12% women aged between 15-19 years are mothers².
- The survey said that one in six Indian women aged 15-19 starts to have children. Dr Sunil Mehra, director of the MAMTA Health Institute for Mother and Child, says, "Youth in India needs sex education more than in any other country since child marriage ensures that you not only have sex at a young age, you also have teenage pregnancy.³"
- Sex education can also help with India's fight against Aids. Government statistics indicate that 40% of new sexually transmitted infections are in the 15-29 age group. More than 31% of all reported Aids cases occur in this age group, which indicates that young Indians are a high-risk demographic⁴.
- But Mehra is one of many who point to the facts. Child marriage means huge numbers of adolescent Indians indulge in "legal" sexual activity. The IIPS says that 47.4% of all women aged 20 to 24 are married by the time they are 18. About 18% are married by the time they are 15.

Mehra says politicians have long promoted regressive policy on the pretext of culture. "It is due to this so-called culture that many young girls are forced into marriage and sex and early pregnancy," he says⁵.

- A four-year study by MAMTA underlines the difference good sex education classes can make. The study was conducted in four schools in Haryana from 2004. Two schools were in urban Rewari; the other two in rural Bawal. Five-hundred students participated. Sex education classes led 78% of the rural schoolgirls and 33% of the urban to declare they would decline sex without a condom. It was a startling rise in condom-awareness. Before the classes, just 5% of the rural schoolgirls and 10% of the urban knew about the need for a condom⁶.
- He further said that sex education stands for protection, presentation extension, improvement and development of the family based on accepted ethical ideas.
- sexuality including: body image, sexual orientation, sexual pleasure, values, decision making, communication, dating, relationships, sexually transmitted infections (STIs) and how to avoid them, and birth control methods.
- Evidence shows that a combination of comprehensive sex education and access to birth control appears to decrease the rates of unintended pregnancies among teenagers.
- In recent times there has been a lot of thinking and discussion in our country on providing 'sex education' for growing children. Though it is difficult to pinpoint when the need for formal sex education courses was first felt, I feel one can safely say that it was concurrent with certain changes in the family and society—to be specific, the breakdown of extended families (joint families, tribes, closely interrelated village communities and such) and the emergence of nuclear families with few or single children, not to speak of single parent families.

Topics should be covered in the sexuality health education

It normally covers all subjects concerning the

- Process of growing up,
- Bodily changes during puberty,
- Emotions involved,
- The biological process of reproduction,
- Abstinence,
- Sexual activity,
- Partnership,
- How to overcome peer pressure,
- Homosexuality,
- Unwanted pregnancies and
- The complications of abortion,
- The dangers of sexual violence,
- Child abuse, and
- Sex-transmitted diseases.
- Most schools offer courses on the correct usage of contraception.
- Ethical issues related to abortions.

Benefits of sexuality health education statistics shows as follows

- A sex survey by the World Health Organization concerning the habits of European teenagers in 2006 revealed that German teenagers care about contraception. The birth rate among 15- to 19-year-olds was very low—only 11.7 per 1000 people, compared to 27.8 births per 1,000 people in the UK, and 39.0 births per 1,000 people in Bulgaria (which incidentally has the highest birth rate in Europe).
- Control on population by avoiding unwanted pregnancies and early parenthood.
- Minimizing sexual assaults.
- Lowers the rate of acquiring STD
- Moral and ethical issues related sexuality.

CONCLUSION

Sexuality is the topic which should not be discussed behind the curtains and walls. Appropriate age specific knowledge of the sex education should be given which is not helpful for the children's and the adolescents to know about the changes which are taking place in their body and mind both physically and psychologically.

In country like India the total population occupied by the children's and adolescents is the highest than the any other age groups and are deprived of the sexuality education even though they are completed graduation and post-graduation in various disciplines in the country.

Recently conversation took with me of a student doing engineering asked about the safe period for intercourse this shows that how youth is unaware of the sexual health and prone themselves for the various experimental sex and prone themselves for the unwanted pregnancies, acquiring of STD and early parenthood as well as psychological trauma.

This shows how more important is the sex education in the country and need for the country youth both before and after the marriage.

Keeping all the issues this sincere effort has been made for implementation of sexual health education in India at various level of standards and classes they need and also various online and offline courses should be started for the people who are more interested to know about the subject and pursue their higher studies in sexuality and become as tutor, lecturer and counselors.

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