

CURiio

A GUIDE TO SEX EDUCATION

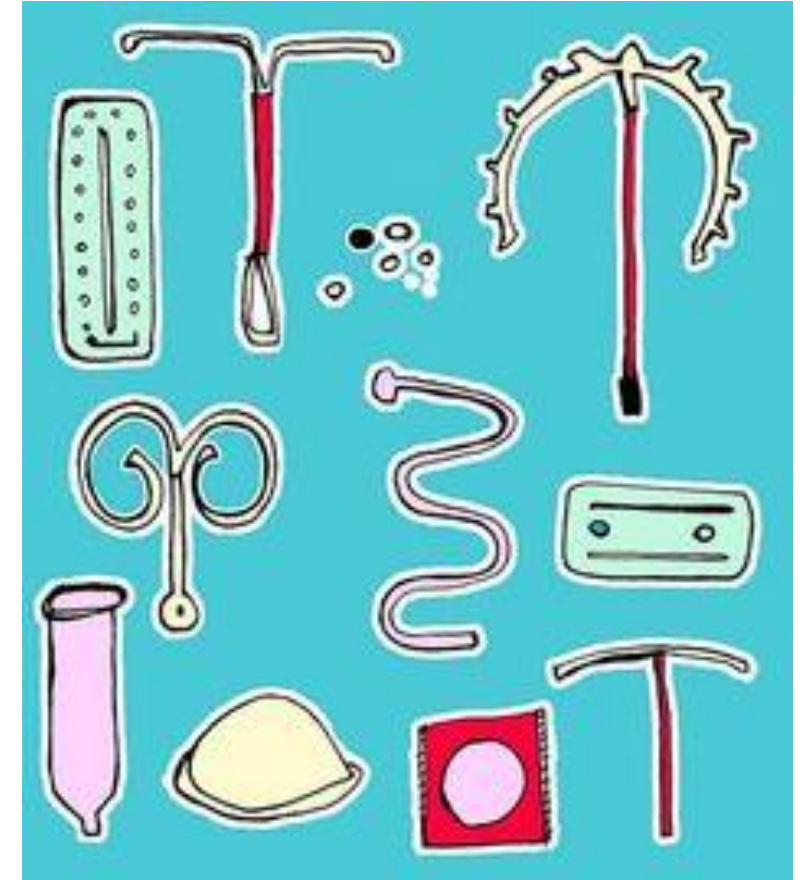


WHAT IS SEX EDUCATION?

Sex education aims to develop and strengthen the ability of children and young people to make conscious, satisfying, healthy and respectful choices regarding relationships, sexuality and emotional and physical health.

“It includes learning about the cognitive, emotional, social, interactive and physical aspects of sexuality. Sexuality education starts early in childhood and progresses through adolescence and adulthood. For children and young people, it aims at supporting and protecting sexual development. It gradually equips and empowers children and young people with information, skills and positive values to understand and enjoy their sexuality, have safe and fulfilling relationships and take responsibility for their own and other people’s sexual health and well-being.”

-WHO, Europe. 2010.



NEED OF SEX EDUCATION?

- Sex education teaches children to establish and accept the role and responsibility of their own gender by acquiring the knowledge about sexuality.
- Understanding the differences and similarities between two genders in terms of body and mind will set up a foundation for the future development in their relationships.
- Early childhood is an important period for development of sexual attitude. Between the ages of 2-6 children become aware of their genital differences and become curious. Answering their questions correctly at this age is very important for the development of sexual attitude.
- Sex education helps in developing knowledge which would help a child to interact with others in a positive, respectful and supportive way.
- It is like immunization. It can help to prevent physical, psychological, marital and social problems related to sexuality.



INDIA AND SEX-EDUCATION

- In recent years, sexual indulgences among teens have increased tremendously with rise in teen pregnancies and AIDS. This has furthered the momentum of sex education in schools along with structured programmes as the base for their effectiveness all over the world including India.
- NCERT has brainstormed the idea of sex education to be added in the curriculum since 1993.
- In 2006-2007 under 'Adolescent Education Programme' with the collaboration of National AIDS Control organization (NACO) and UNICEF, a curriculum was introduced.



- It was withdrawn due to resistance from various Indian states. Some states produced their own curriculum but they became subjects of criticism.
- Interestingly, a survey of teachers in Delhi demonstrate overwhelming support for some kind of sex education to school children, although it was met with opposition on including topics related to pre-marital sex, masturbation or abortions.

Major problems India is reeling with-

GENERAL	SPECIFIC
<ul style="list-style-type: none">▪ Adolescent Marriage▪ Adolescent Child Bearing▪ Child Sex Abuse▪ Shying From Debates About Sexuality▪ Uncensored Influence Of Cyber Technology	<ul style="list-style-type: none">▪ High chance of unprotected sexual activities▪ Unwanted pregnancies▪ Occurrence of STD's▪ Unsafe abortion practices▪ Non-consensual sex▪ Reproductive issues

- With 1/3 of Indian population in age group 10-24 years , the unmet need for sex education is as high as 50%.

OVERVIEW OF OTHER COUNTRIES

UNITED KINGDOM

In a recently passed legislation, all secondary schools must provide sex and relationships education as part of the basic curriculum of sex education.

From September 2020 it will be mandatory to provide

-
- Relationships education at primary schools
- Relationships and sex education at secondary schools

The department of education has published a guide on Parental engagement on relationships education since parental involvement is important but it does not amount to a veto over the school's curriculum.



The Curriculum includes-

Primary School

- About importance, characteristics, varieties of families and people who care
- About caring friendships and its importance; how to recognize who to trust
- About respectful relationships
 - the importance of respecting others
 - self-respect
 - Bullying
 - Consent with and from friends, adults, peers
- About online relationships and safety
- About being safe-
 - appropriate boundaries
 - concept of privacy
 - how to respond to adult strangers

Secondary School

- About families and different types of committed, stable relationships, marriage and related things



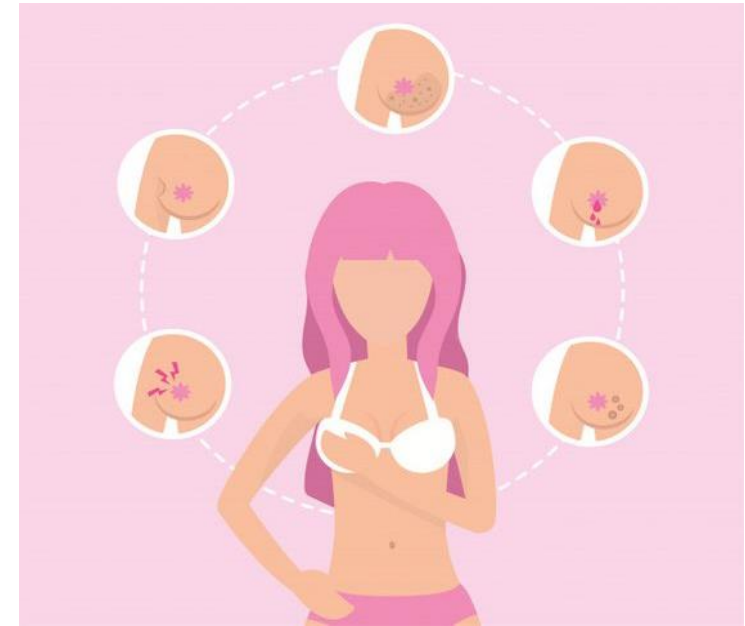
- About online and media –
 - Risks and impact of viewing harmful content
 - sharing of personal things like images and videos without permission
- About respectful relationships
 - the characteristics of healthy friendships on and offline
 - damaging effect of stereotypes, bullying, criminal behavior within relationship
 - sexual harassment and violence
 - legal rights and responsibilities regarding equality.
- About being safe
 - Concepts and laws of sexual consent, exploitation, abuse coercion, harassment etc.
 - FMG and its effect
 - Recognition of consent.
- Facts about reproductive health
 - Intimate and sexual relationships
 - Managing sexual pressure and peer pressure
 - Contraception & STIs. And facts about pregnancy (medical and legal)
 - Use of alcohol and drugs leading to poor sexual behavior



NETHERLANDS

- Netherlands is one of the world's most gender-equal countries.
- Sex education in the Netherlands starts from 4 years old with the onset of primary education. The main purpose is to *prevent forced sexual intercourse and homosexual hatred*, etc.
- In the Netherlands, the sense of "privacy" does not apply to small children. Since young children are curious about their own bodies, guides and booklets are distributed in general hospitals. Parents and teachers have an open dialogue about such inquisitiveness.
 - This shows when children begin to love around the same age, they will show willingness to support decision making, idea of consent and respect.
 - Leading to adults not prohibiting sexual activity as adequate encouragement and education has been provided to children in their early years.

- In the study of 2017, comprehensive sex education on biological matters and sexual diversity, etc., was added.
- It was found that-
 - Tendency for children to speak ill of children decreased
 - Less LGBTQ and women were bullied at school.
- The most famous sex education curriculum in the Netherlands is what is called "Kriebels in je buik".
- It covers children between 4 and 6 years old wherein
 - They talk about the differences between male and female bodies
 - Learn about reproductive and their sexual preferences and limits.



UNITED STATES OF AMERICA

Sex education in United States is taught in two main forms

- Comprehensive sex education (abstinence-based, abstinence-plus or sexual risk reduction sex education)

This approach covers abstinence as a choice option, but also covers content related to human sexuality, age of consents and the availability of contraceptives.

- Abstinence only sex education (abstinence-centered, abstinence-only-until-marriage)

This approach emphasizes abstinence from sexual activity prior to marriage.

Sex education program that only promotes abstinence are very prominent in American public school, but comprehensive sex education is known to be more effective.

Most adolescents in the United States receive some form of sex education at school at least once between grades 6 and 12; many schools begin addressing some topics as early as grades 4 or 5 though all topics are rarely covered.



Sex Education programming varies widely across the country. Every state has some guidance on how and when sex education should be taught, decisions are often left up to individual school districts.

There have been troubling declines in formal instruction about sex education in recent years, particularly for young women and young people in rural areas.

Instruction at school is often lacking or insufficient, community partners and non-profit organizations like *Planned Parenthood* and *Advocates for Youth* are themselves offering comprehensive sex education.

JAPAN

- In 2003, it was criticized that teaching genital terms at primary schools and teaching about sexual intercourse and contraceptive methods at junior high schools were "overdue guidance" and "extreme contents."
- Some people push back against sex education because they fear it might encourage students to engage in sexual activity. This is understandable, though it's arguably misguided.
- An online survey aimed at Japanese teenagers showed that 40% of them were dissatisfied with the sexual education curriculum. And the existing problem is that it lacks real information.
- Japanese sex education is not very inclusive on things like gender equality and relationships. These are all topics that UNESCO's International Technical Guidance on Sexuality Education covers.

Evolution of sex education

- In Japanese society, discussion on sexuality has long been considered taboo. After the Second World War, sexuality education in Japan began as "purity education."
- From 1960 until the early 1970s, physical aspects such as genital organs, function, secondary sexual characteristics, and gender differences were emphasized.
- In the late 1970s, comprehensive education as a human being, including *physiological*, *psychological*, and *social aspects*, began to be adopted.
- In the 1990s, sex education in Japan was among the most advanced in Asia, in part because of the AIDS scare. It was possible then to teach junior high school students about sexual urges and sexual behavior, sexual intercourse and birth control, and sexually transmitted diseases.



AUSTRALIA

- In Australia, sex education sits in the national curriculum under health and physical education.
- Sexuality education aims to prepare students for a sexually healthy adulthood.
- Ensuring the education is comprehensive it includes a focus on:

Family & Relationships	Gender
Puberty and Healthy Development	The Reproductive Cycle & Fertility Protection
Safer Sex and STI Prevention	Same-Sex Attraction
Abstinence	Pregnancy Prevention

- The education is covered across a range of domains e.g. H&PE, English, Interpersonal Development, Science.
- Ensuring materials are readily available, e.g. library, classrooms, appropriate websites and ensuring all learning is respectful of diversity.



OUR INITIATIVE:

OBJECTIVES:

1. To Create Awareness Of Need Of Sex Education In Society
2. To Provide Sex Education To Children.
3. Bridge The Gap Between Parents & Children
4. Blurting Taboos And Myths
5. Awareness About Reproductive Health
6. Sensitizing People About Other Sexuality.



OUR PLAN

What is CURII0?

CURII0 is an initiative which focuses on providing sexuality education to children aged 10 years and above. Along with providing sexuality education, we aim to bridge the gap between children and parents. Through this platform, parents would be able to communicate with their child in better and effective manner free from any hesitation and awkwardness.

We will keep parents well informed about the content being delivered to their children. For parents, we will be having blogs and other informative articles emphasizing on the need of sexuality education which would enable them in communicating with their child and have healthy discussions regarding the same.

Our plan is to create awareness about sexuality education in the society which would help in creating a society which is open to discussions on these matters without shame and embarrassment.



TOPICS TO COVER

1. PUBERTY AND ADOLESCENCE

A child goes through immense changes during this period and it is important to have knowledge about them to avoid confusions. Male and female bodies change anatomically and physiologically, all of which would be included in our content.

2. REPRODUCTION

It can be a complicated process to understand, including the anatomy and the physical act itself. With the taboos surrounding this topic, a clear and detailed explanation is required.

3. REPRODUCTIVE HEALTH

Good reproductive health is a state of complete physical, social and mental well being in all matters related to reproductive system. It is important for adolescents to be aware of risks, infections, diseases and methods of protection from the same.

4. GENDER AND SEXUALITY

Adolescence is the period when children usually battle with the question of identity. Knowledge about sexuality and gender sensitivity would help children to understand themselves at the same time to respect others who might be different from them.

5. CONSENT

Inculcating the necessity of consent from a younger age is very important for personality development. Understanding what constitutes consent; why and how to seek it is a requirement for safe upbringing.

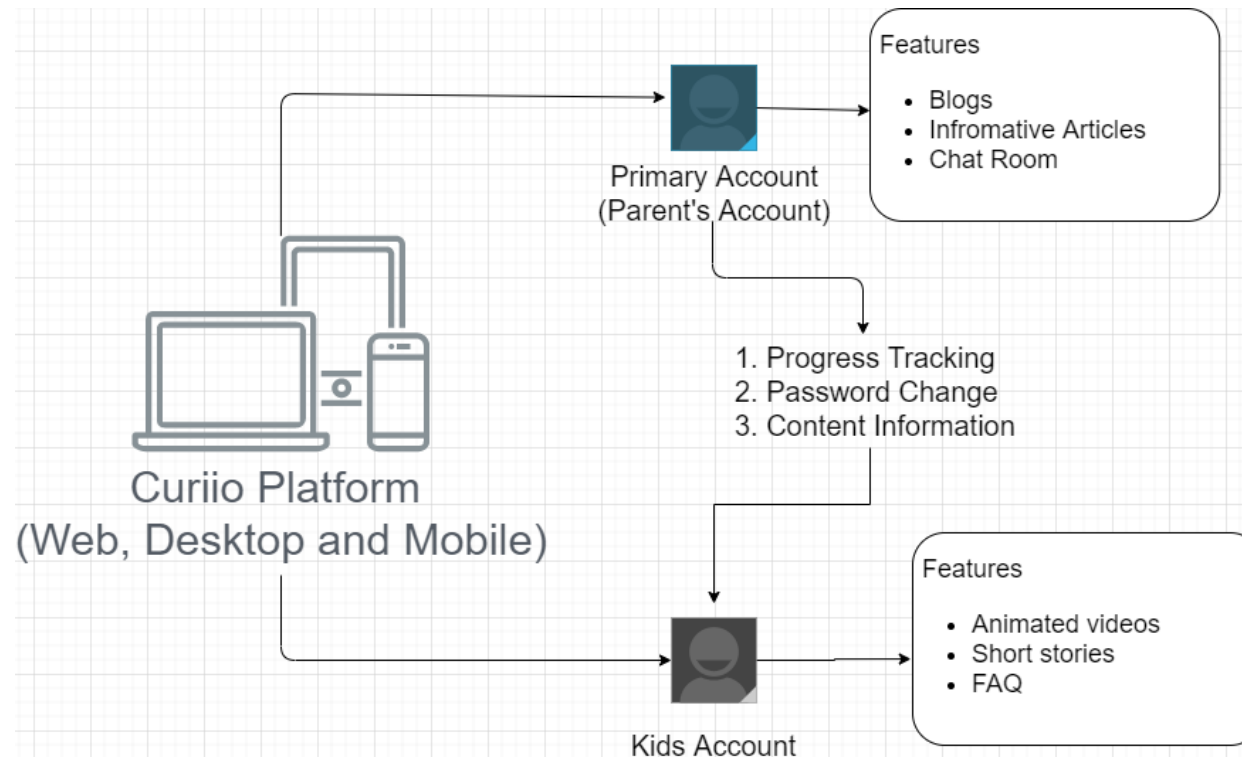
6. GOOD TOUCH AND BAD TOUCH

Making young children understand the concept of 'body space' is important for their well being. Helping them identify a good touch and a bad touch and how to react in such situations is the first step towards their safety.



EXECUTION:

To achieve our aim, we are planning to launch an application that would run on both iOS and android. Along with the mobile application we would be creating a desktop application and a website for maximizing our reach.





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JOIN US!!

We would love to hear from you!

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CURiio'S GUIDE FOR NEW HIRE