

Survey

Need of Sex Education to Empower Teenage Girls

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ABSTRACT

This article aims to break the barrier and talk about the importance that sex education hold in today's world. Sex education or sexuality education is a field of health education where adolescents understand about the reproductive structures of men and women, menopause and birth. They are made to learn and appreciate the difference in developmental changes of the two genders and interpersonal relationships.

Keywords: *Teenage girls, sex education.*

India is fast becoming one of the world's superpowers, the progress in technology; politics and economy fill us with pride, India only one country in the world where people of different cast, color, religion and race live harmoniously there are different cultures are found in India. But there is one similarity in whole cultures which is male dominated family system is found in every culture. Therefore as a result man is superior, master of family on the other hand women are subordinate, women has imposed social customs and tradition. The condition of women who belong to villages she is only limited for to make a food and to give birth to children's. Man takes women a means of sexual gratification like things. Man consumes women for sex.

India is second largest country in the world where large quantity of the children's is found these children's are feature of citizen country. It is necessary to all round develop of the children's for bright feature of country. The state of adolescents is age of instability in this age. If in this age teen agers have not got proper guidance, they may be adopt illegal and immoral style of living in adolescent period there is physically and mentally development specially development of sex organ occur in this period. But unfortunately there is no facility to provide guidance as well as proper and scientific information related with sex, sexual activity in the period of terrible restlessness and instability.

The gender ratio of the census of 2011 there are 1000 boys with 940 girls. In our Indian society boys can communicate his sexual feeling, problem with others but it is prohibited for girls to speak about sexual feeling and sexual desire in this condition girls are deprived sexual

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educations in this condition most underage girls become prey of lusty man hence in this research paper I have focused to empower girls, it is urgent need to provide sexual education to them.

What is sex Education?

To know what is scientific meaning of sex education? We have to see various definitions define by experts.

Definition

Sex education is instruction on issues relating to human sexuality, including emotional relations and responsibilities, human sexual anatomy, sexual activity, sexual reproduction, age of consent, reproductive health, reproductive rights, safe sex, birth control and sexual abstinence.

Burt defined sex education as the study of the characteristics of beings: a male and female. Such characteristics make up the person's sexuality. Sexuality is an important aspect of the life of a human being and almost all people, including children, want to know about it. Sex education includes all the educational measures which - regardless of the particular method used - may center on sex. He further said that sex education stands for protection, presentation extension, improvement and development of the family based on accepted ethical ideas.

Kearney (2008) also defined sex education as "involving a comprehensive course of action by the school, calculated to bring about the socially desirable attitudes, practices and personal conduct on the part of children and adults, that will best protect the individual as a human and the family as a social institution." Thus, sex education may also be described as "sexuality education", which means that it encompasses education about all aspects of sexuality, including information about family planning, reproduction (fertilization, conception and development of the embryo and fetus, through to childbirth), plus information about all aspects of one's 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.

The Objectives and Importance of Sex Education.

1. The objectives of sex education are to help teen girls understand the body structures of men and women and acquire the knowledge about birth
2. Teach teen girls to establish and accept the role and responsibility of their own gender by acquiring the knowledge of sex. 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 acquaintance with friends and lovers and their interpersonal relationship

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3. Sex education is a kind of holistic education. It teaches an individual about self-acceptance and the attitude and skills of interpersonal relationship. It also helps an individual to cultivate a sense of responsibility towards others as well as oneself.

Why Sex Education Is Important?

1. Sex is a natural part of life, and it happens with or without sex education. Sex is a fundamental part of being human.
2. Its important teens get all the information they can, and then make a decision about their own values. Don't let religion or family values be a reason to let students be taken out of sexual health education. Don't let your morals obstruct your kid's learning.
3. Sex education is important. Sex education does not encourage teenagers to have sex, it does quite the opposite.
4. Sex education should be mandatory, comprehensive, medically accurate, and taught throughout student's school years, just like other subject. It's been shown to help students, not hurt. Not only is having access to sex education that is not only comprehensive but medically accurate a human right; it's our fundamental duty as a society to educate the next generation. But unfortunately, we have to say currently our government and our education system are failing.

How can sex education help teenage girls?

There are several benefits that teen girls would get from sex education, such as:

1. It can help teen girls understand that attraction to the opposite sex is a biological phenomenon.
2. It can do away with the taboo and stigma surrounding sex.
3. It can educate teen girls on health issues related to sex and lower the rates of teenage pregnancy.
4. It can prevent gender and sex related injuries and violence.
5. It can enhance the psychological, sexual and reproductive health of teen girls.

Education Skills and Methods.

1. Choose the right time, ask questions and provide answers.
2. Establish their confidence and holistic development.
3. Use proper materials and keep up with time.
4. Understand your girl child and understand yourself
5. Equality and mutual respect.
6. Be kind and patient.
7. Be honest and objective.
8. Do as you preach.
9. Make use of education materials.
10. Broaden their social circle and seek support.

CONCLUSION

If a school offers sex education, it does not mean that they are approving teen sex; they are just trying to better educate and take a proactive approach to this sensitive topic for our high school students. A proper sex education class can inform students about the risks and in return would lower the number of teens that have STDs and the pregnancy rate. If teens are being taught about safe sex, and different diseases they can end up with, they are not going to feel immune, just knowledgeable. These teen girls need to be educated, not so they can go out and have sex, but so they can be safe and protect their future.

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