

How to Achieve True Childhood Sexuality Education?

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DOI: <https://doi.org/10.15354/si.22.re039>

Funding: No funding source declared.

COI: The author declares no competing interest.

Adolescent students are frequently perplexed and distressed when confronted with changes in their own physiology and psychology. This requires parents and schools to provide timely guidance and education to assist them in overcoming their growing pains, enhancing students' self-awareness, self-regulation, and self-protection, and assisting children in developing self-management skills during adolescence. Sexuality education in real time has incalculable practical implications for guiding children's own gender identity and formation of traditional sexual orientation.

Keywords: Childhood, Adolescence, Sexuality Education, Sex Health, Gender Identity

Science Insights, 2022 March 31; Vol. 40, No. 4, pp.481-483.

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ADOLESCENCE is a critical stage of life development. The signs of entering puberty generally begin with the first menarche in females and the first nocturnal emission in males, and puberty occurs 1-2 years earlier in females than in males (1). Sexual physical maturity, sexual psychological development, and sexual consciousness awakening are the primary characteristics of adolescence (2). Sex education is a life-long process, but the content, depth, and methods vary according to the stage of life. Adolescent sex education is a deliberate and planned education for adolescents on the comprehensive content of sexual physiology, sexual psychology, sexual morality, the sexual legal system, sexual protection, sexual aesthetics, and sexual orientation (3).

To Family

Although adolescent education should incorporate sexual psychology, sexual morality, and sexual safety as a fulcrum and breakthrough, it should not solely rely on the education of physiological knowledge by school teachers. Sexual psychology and sexual safety education, for example, are more tailored and

private education, and it is advised that parents participate in them since families are well-suited to personalized and lifelong education (4). As a result, parents can focus on their child's development status, stated doubts, access to internet material, and varied patterns, etc., based on the teacher's explanation of sexual physiology, sexual ethics, and sexual health, using techniques that children accept.

Normal Communication

Because the parent-child relationship is so close and natural, it is more suitable to discuss privacy concerns. If you choose to "borrow the scene," that is, when you are both doing the same housework or watching TV, voice your views and beliefs and inspire your child to do the same. Even if the conversation ends, neither party feels ashamed since they have work to do or the subject has changed. Children are more apt to share their thoughts, discuss their feelings, and ask questions in this relatively calm environment (5). Additionally, it is easier for parents to comprehend their children when they refrain from engaging in uncivilized and disrespectful behaviors such as peering into

diaries or checking cell phones.

Written Communication

There may be difficult questions about sexual education, in which case you can communicate via written form. For instance, when parents notice their son developing nocturnal emissions and are perplexed, they can use a simple message that reads, “Son, congrats on your maturation! Mom and Dad also want to inform you that as the boy’s pubic hair begins to develop, some white mucus will be expelled from the urethra during sleep. This is referred to as ‘semen’. Due to the abrupt discharge, it will adhere to the underwear and will be slightly firm after drying. Due to the dreaming that occurs during this time period, it is sometimes referred to as a ‘wet dream’. Wet dreams are not a sign of disease; on the contrary, they indicate that your physical development is normal; thus, do not be timid or afraid.”

Provide Books

Select acceptable sexual health education books for your youngster to read. If children do not receive sexual knowledge through regular routes, they will invariably acquire some partial and not necessarily correct sexual knowledge via abnormal channels, resulting in abnormal sexual development and even changes in sexual orientation. Obviously, the preceding is impossible to accomplish when a single teacher is teaching many male and female students concurrently. Of course, some parents are unable to do so for a variety of practical reasons, but when a child requires immediate assistance, behavioral counseling, or even emergency measures, school teachers, psychiatric counselors, and school doctors are critical.

To School

As students’ sexual physiology matures, a number of changes in their sexual psychology occur naturally. Its development and modifications take place primarily through three stages: separation, closeness, and connection (6). Because modern families have fewer children and parents are relatively busy, it is critical for school education to teach students how to properly interact with the opposite sex and to cultivate their ability to interact with the opposite sex throughout the various stages of sexual and psychological development during adolescence mentioned above. Schools make it simple to provide spaces and conditions for students’ after-school collective activities, and they make it simple to organize a variety of cultural and sports activities to

facilitate exchanges between students of opposite sex during collective activities.

Whether in large or small groups, kids may not be as scared or shy as they are when confronted with a single individual alone, and it is easier to express themselves fully, which helps to build self-confidence and foster a sense of normalcy (7). Additionally, students will have more opportunities to understand different opposite sexes through group activities, which will allow them to absorb the benefits of different opposite sexes, which will aid in their own character development and personality shaping, avoid prematurely falling into “one-on-one” communication, and reduce puppy love (8).

Due to the limited scope of communication available to students who are in puppy love, it is difficult for them to enjoy the benefits of collective communication. They are frequently limited in their thinking, emotionally unstable, and prone to extremes. When the other person “breaks up” with them, it is common for them to feel alienated, helpless, pessimistic, and disillusioned, and to experience psychological trauma. Children and adolescents who socialize in groups are frequently joyful, hopeful, receptive, and compassionate. As can be observed, the impact of these two modes of communication on students is rather different. Various types of collaborative activities built on the school’s platform, whether short-term combinations or long-term activities, provide excellent opportunities for students to disconnect from one another, and the joy of working with the opposite sex becomes a beautiful movement during adolescence (9).

Adolescent sex education is a kind of education for a healthy personality, caring for life, and behavioral choice. Its purpose is to make students healthy and happy. Schools and parents should try hard to find any method that meets this purpose and helps to achieve this purpose. The close cooperation between school and family is very important in adolescent sex education.

Conclusions

Sexual education in adolescence is a form of education that promotes a healthy personality, concern for life, and behavioral choice. Its mission is to ensure that adolescent children are healthy and happy. Schools and parents should make every effort to develop a way that accomplishes this goal and assists in doing it. Close collaboration between the school and the family is critical to their sexuality education. ■

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Received: January 10, 2022 | Revised: January 27, 2022 | Accepted: February 03, 2022
