

# The Benefits and Drawbacks of Sex Education in Schools Development

Sarita\*, Komal\*, Bimla\*

\*(Department of Education, Baba Masthnath University, Rohtak, Haryana  
Email: dr.gdg1985@gmail.com)

\*\*\*\*\*

## Abstract:

Sex education is also known as sexuality education. This is a process of giving knowledge and forming attitudes and beliefs about sex, sexual identity, relationships and intimacy. In this article, we review major impact of sex education in school and ways it benefits the society. Though sex education taught in one school is not the same as that taught in other, it is pertinent to consider it as a recreational course rather than a serious subject in school. It is a broad term that describes education on human anatomy, sexual reproduction, sexual intercourse, reproductive health, emotional relations, reproductive rights and responsibilities and other aspects of human sexual behaviour.

*Keywords* — Sex education, human anatomy, recreational course.

\*\*\*\*\*

## I. INTRODUCTION

As many segments of the society argue its appropriateness, sex education in schools remains a contentious subject. In principle, sex education seeks to help children and adolescents develop a positive attitude about their sexuality while also providing them with knowledge and skills to help them maintain their sexual health. According to Hillier and Mitchell, the conflict develops when communities debate who should teach pupils about sex and how this learning should take place [1]. Opponents worry that because of the exposure, comprehensive sex education may push students to become sexually active. On the other side, proponents of sex education believe that having accurate information about sex, contraception, and STIs can help to postpone sexual initiation and reduce STIs. With these opposing viewpoints on sex education in mind, this study will examine the benefits and drawbacks of sex education in schools. The article will show conclusively that the benefits of sex education outweigh the disadvantages.

## II. SEX EDUCATION’S BENEFITS

A The spread of HIV and other sexually transmitted diseases among young people is mostly due to low rates of contraceptive use and a lack of information about safe sex practises. School-based sex education has been demonstrated to have a positive impact on teens' comprehension of STI prevention measures and condom usage abilities, according to Juping [2].

Hillier and Mitchell reaffirm this finding, claiming that concentrating sex education as a proactive response to the HIV pandemic in Australia has resulted in significant success in avoiding HIV transmission [3]. Young people who get sex education are less likely to develop HIV because they have the necessary information and skills to protect themselves. Hillier and Mitchell reaffirm this finding, claiming that concentrating sex education as a proactive response to the HIV pandemic in Australia has resulted in significant success in avoiding HIV transmission [2]. Young people who get sex education are less likely to

develop HIV because they have the necessary information and skills to protect themselves.

While there was no significant reduction in the prevalence of STIs in either group, the study found that comprehensive sex education was strongly associated with fewer pregnancies. This is because sex education equips young people with the knowledge and skills they need to use contraception safely. Sex education is designed to provide factual knowledge without establishing moral beliefs or making moral judgements. Teenagers in Thailand desired knowledge about sex that was straightforward, non-judgmental, and non-prescriptive, according to a research by Vuttanont et al. on their sex education requirements [3].

Traditional sources of knowledge, such as the family or a religious institution, are unlikely to provide such information. As a result, sex education provides children with vital and unbiased information that may be utilised to make difficult sex decisions in the real world. For young individuals who come from cultures or households where sex is not freely discussed, sex education is critical. Despite the fact that the family is the major means of socialisation for children and has a considerable impact on teenagers, Juping says that sex is a topic too shameful to discuss at home in many cultures [4].

Due to a variety of issues, including parents' inadequate sexual knowledge, conflicting sexual beliefs, a lack of communication skills and parents not getting sex education from their parents, many parents are less inclined to address sex-related matters in depth. Youth are banned to discuss about sex in such a society, and their main source of sexual information is their peers or television. School-based sex education is a critical source of sexual health and relationship knowledge for these young people, and it will equip them to make good decisions in the future [5]. Children and teenagers are inquisitive about sex and want to learn more about it. School-based sex education is critical for bridging the knowledge gap between diverse groups of young people on sex issues [6]. Without this route, the young will turn to other, maybe less beneficial sources of knowledge. Sex education, according to Vuttanont et al., is a beneficial tool for

resisting media and peer pressures that might otherwise alter the youth's perspective on the subject of sex. Teenagers who learn about sexual activity from their peers are more likely to have liberal sexual attitudes. Those who learned the same information from their parents and instructors, on the other hand, are less likely to participate in sexual behaviours [5].

### **III. SEX EDUCATION'S DRAWBACKS**

One of the biggest drawbacks of sex education is that the content provided sometimes contradicts the students' moral or religious views. As it stands, sex education takes place in a secular setting, with little regard for the moral or religious backgrounds of the teachers. The reasoning behind this is that the role of sex education is not to instruct children not to have sex but rather to provide comprehensive and inclusive education on sex.

Individuals' lives are influenced by religion, and research shows that religious devotion and engagement in religious activities leads to sexual abstinence [5]. As a result, religion might be perceived as having a favourable influence on young people's sexual views and initiation. Sex education, thus, undermines the influence of religious and moral values in guiding young people in matters of sex. Sex education causes teenagers who were previously uninterested or uninformed of the subject to gain extensive understanding of the subject. As a result, some conservative parents think that their children do not need to comprehend sex until they are in a committed adult relationship [6]. These parents believe that sex education will degrade a student's moral character and lead them to indulge in sex. Vuttanont et al. endorse this hypothesis, stating that sex education programmes provide pupils with knowledge that may lead to sexual notions and experimentation in some individuals [5]. Opponents of sex education make a persuasive case that providing too much or the incorrect kind of instruction is harmful.

### **IV. RESULTS & DISCUSSION**

As can be seen, both for and against sex education, there are several good arguments. The majority of

resistance to sex education, on the other hand, is based on the notion that once young people are made aware of sexual possibilities, they would engage in sexual behaviours without constraint. Hillier and Mitchell point out that despite several study findings contradicting this paternalistic notion, it has persisted. According to Kirby's research, sex education has a major impact on sexual behaviour and result. As a result of the sex education they get, the students are not at risk of experimenting with sex [3]. Despite the downsides of sex education discussed above, it empowers young people and assists them in making healthier sex decisions.

## V. CONCLUSIONS

The purpose of this study was to analyse the benefits and drawbacks of offering sex education to students. It is clear from the conversations addressed here that sex education has benefits and drawbacks for both individual students and society as a whole. However, as this article has shown, the advantages of giving this instruction significantly exceed the disadvantages. This article has demonstrated that the widely held belief that sex education leads to sex is erroneous and should not be used to explain sex education opposition. It can be authoritatively claimed from this study that comprehensive sex education is critical for the kids since it leads to healthier sex choices.

## REFERENCES

- [1] Hillier, Lynne and Mitchell Anne. "It was as useful as a chocolate kettle": sex education in the lives of same-sex- attracted young people in Australia." *Sex Education*, 8 (2), 211–224, 2008.
- [2] Juping, Yu. "Sex education beyond school: implications for practice and research." *Sex Education*, 10(2), 187–199, 2010.
- [3] Kirby, Douglas. "Effective approaches to reducing adolescent unprotected sex, pregnancy, and childbearing." *J Sex Res*, 39 (1), 51–57, 2002.
- [4] Kohler, Paul. Manhart Leonard and Lafferty Edgar. "Abstinence-only and comprehensive sex education and the initiation of sexual

- activity and teen pregnancy." *Journal of Adolescent Health*, 42 (1), 344–51, 2008.
- [5] Selwyn, Neil, and Powell Eryl. Sex and relationships education in schools: the views and experiences of young people. *Health Education Volume 107 Number 2 2007* pp. 219-231.
- [6] Vuttanont, Uraiwan et al. "' Smart boys' and 'sweet girls'—sex education needs in Thai teenagers: a mixed-method study." *Lancet*, 368 (1), 2068-80, 2006.