

EFFECTIVE TEACHING METHODS FOR IMPARTING SEX EDUCATION AMONG ADOLESCENT STUDENTS

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ABSTRACT

Adolescence is the period of changes. Sexual and physical changes reach its maximum in this period. Sexual urges begins at this stage. Adolescents get misconceptions about sexuality from peers, internet and other sources. So in this tender age of developmental change, proper sex education is necessary. Sex education helps to correct their misconceptions regarding sex, sexual behavior and practice among adolescents. It provides adequate knowledge about gender discrimination, reproduction, human sexual anatomy and other aspect of sexuality. Teachers have an important role in imparting sex education. This study discusses the various methods of teaching sex education in the classroom.

Keywords: Sex education, Adolescent students

INTRODUCTION

Education is an organized and useful activity to modify the behavior of the students. Proper education gives good and comfortable life. Internet, social media other resources are powerful and easily available in the present day. Children get both wanted and misleading information's from these sources. In the tender age of adolescence, the children are eager to know about sexuality. Adolescence is the peak period of sexual, physical, and mental development. Adolescents get most of the information from peers, internet and other resources. Sometimes the information's will be wrong or misleading. Hardly they get proper information from parents, friends and teachers. So a proper and scientific knowledge about sexuality is very necessary at this stage of development.

Importance of sex education in schools

Sexuality and sexual desires are a normative developmental process in adolescent period. The growth and functions of all inner and outer organs reaches its maximum. Boys and girls attain their physical maturity in this time. The social norms and cultural scripts expect some moral

patterns from both boys and girls. Thus adolescents suppress their sexual needs and they undergo many physical and emotional conflicts. Also the sexual crimes against women and children are increasing day by day. The gender inequality is the main problem the society faces now. Gender minorities consider as secondary. A proper sex education is the only panacea to eradicate all these social injustice. Sex education should include in the curriculum and it should teach as a subject like Biology, Maths etc.

Dictionary of Sex education (Dr. kailash Tuli and Dr. Indira Tuli, p.398) describes sex education is the educational aspects related to sexuality covering a broad range of areas, like physiological, reproductive, emotional, social and interpersonal.

Sex education is the education related to human sexuality including human sexual anatomy, sexual reproduction, sexual intercourse, sexual health and hygiene, birth control, and other aspects of sexuality.

Various Methods for Imparting sex education

While implementing sex education in class room, a teacher has to face many problems. If the teacher has a positive attitude towards sex education they can impart it very effectively in the class room. For this a teacher has to develop strong and friendly atmosphere between them. Thus a student can express his problems openly without hesitation.

For providing sex education there needed a proper training programmes for teachers. A teacher can adopt many methods to transact sex education effectively. They are

1. Using multimedia packages

The package should include every aspect of sexuality with separate chapters. The chapters present by using multimedia. It is more effective than using conventional methods of teaching.

2. Open discussion

Students are free to ask their doubts. The questions need straight forward answers. Here students get a chance to discuss their doubts openly.

3. Counselling

Teacher gives counseling for students about sexuality. Their problems can share both publically and privately according to their convenience.

The key to effective approach to sex education is the confidence on the part of the teacher. For providing sex education a teacher needed biological, sociological and psychological knowledge

about sexuality. A proper sex education from schools helps to develop a responsible social behavior among children, this enables them to develop a scientific attitude towards sexuality.

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