

## SEXUAL EDUCATION IN SCHOOLS: NEEDS, CHALLENGES AND STRATEGIES

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### Abstract

Sexual education in schools is a critical necessity to ensure students' reproductive wellbeing and health. The implementation of sexual education faces various challenges, including social and cultural stigma, lack of training for educators, and limited policy support. However, the importance of this topic drives the need for comprehensive strategies, such as inclusive curriculum development, intensive training for teachers, parental involvement, and policy support from the government. These strategies aim to overcome these barriers and increase the effectiveness of sexual education in schools, positively impacting the younger generation.

**Keywords:** Sexual Education, School.

### Introduction

Sexual education in schools is an issue that is receiving increasing attention, especially in the face of the challenges of the ever-changing modern world. In this digital era, children and adolescents have almost unlimited access to information from the internet, including content that is not appropriate for their age. (Sitopu et al., 2024); (Guna et al., 2024). This condition highlights the urgent need for structured and accurate sexual education, which can equip them with the right knowledge about reproductive health, healthy relationships, and respect for self and others.

In today's digital era, access to information is fast and widespread, especially through the internet and social media. Children and adolescents can easily find various types of content, including those related to sexuality that are often inappropriate or even misleading. This condition emphasises the urgency of implementing comprehensive sexual education in schools to provide a correct and scientific understanding of sexuality, interpersonal relationships, and reproductive health. This education can help adolescents make wise and healthy decisions regarding their sexual lives, avoid misinformation, and understand the importance of consent in every relationship. (Ubisi, 2023); (KOCTURK, 2020).

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In addition, the relevance of sexual education also lies in its efforts to reduce the number of cases of reproductive health problems, such as unwanted teenage pregnancy and the spread of sexually transmitted diseases (STDs). Through good sexual education, students can gain knowledge about STD prevention, contraceptive methods, as well as their right to obtain reproductive health services. (Williams, 2023). This is a significant step in realising a generation of young people who are healthy, responsible, and able to respect themselves and others in the context of sexual relationships. Therefore, comprehensive sexual education in schools becomes very relevant and important to face the challenges and dynamics of modern life.

In addition, increasing cases of teenage pregnancy, sexually transmitted diseases, and gender-based violence further emphasise the importance of early sexual education. Data shows that comprehensive sexual education can play a significant role in reducing the risks associated with unsafe sexual activity and strengthening students' understanding of the importance of maintaining their reproductive health. (Rahman & Maulana, 2024).

However, the implementation of sexual education in schools still faces various challenges. Cultural and social factors are often the main barriers, where the topic of sexuality is considered taboo and deemed inappropriate to be discussed in the school environment. In addition, curriculum limitations, lack of adequate resources, and the readiness of educators are also significant barriers to the effective implementation of sexual education. (Adekola & Mavhandu-Mudzusi, 2022)..

In this context, research on "Sexual Education in Schools: Needs, Challenges and Strategies" is highly relevant. This research aims to identify the real needs of sexual education in the school environment, analyse the various challenges it faces, and formulate effective strategies in overcoming these challenges.

## **Research Methods**

The study in this research uses the literature research method. The literature research method, often referred to as a literature review, is a systematic approach to collecting, analysing and evaluating relevant information from existing sources related to a particular topic or phenomenon. (Abdussamad, 2022); (Wekke, 2020).

## **Results and Discussion**

### **Basic Concepts of Sexual Education**

Sexual education is a process designed to provide knowledgeable, acceptable and accurate explanations of the biological, emotional, social, and ethical aspects of human sexuality. It aims to equip individuals with the information they need to make healthy and responsible decisions regarding their sexuality. Effective sexual education programmes cover topics such as body awareness, reproduction, sexual health, healthy relationships, consent, and protection from sexual violence. By focusing on developing positive attitudes and the skills needed to lead safe and meaningful lives, sexual

education supports the overall well-being of individuals and society. (Ncube & Mafa, 2021)..

The purpose of sexual education is to equip individuals, especially adolescents and young people, with the knowledge, skills, and values they need to make informed and responsible decisions regarding their sexual health and interpersonal relationships. Through this education, individuals are expected to understand the physical, emotional, and social aspects of sexuality, so as to avoid associated health risks, such as sexually transmitted infections and unplanned pregnancies. (Dueck, 2022). In addition, sexual education aims to develop awareness and attitudes that support respectful and equal relationships, while providing information on personal rights, consent, and how to report sexual violence or harassment. As such, sexual education contributes to the achievement of better physical and emotional well-being and the establishment of a more just and tolerant society (DePalma, 2020). (DePalma, 2020).

The essential components of sexual education cover a comprehensive range of aspects to ensure proper understanding and development of attitudes regarding sexuality. Firstly, knowledge of the anatomy and physiology of the body, including the reproductive system, is crucial. Second, information on sexual and reproductive health, including contraception, prevention of sexually transmitted infections, and knowledge about pregnancy. Third, it is important to understand healthy interpersonal relationships, including the concept of consent, effective communication, and power dynamics in relationships. Fourth, education on sexual identity and sexual orientation to respect diversity and support equality. Finally, the enhancement of life skills such as wise decision-making, critical thinking, and emotional management are also integral parts of comprehensive sexual education. All these components work synergistically to prepare individuals to manage their sexuality in a safe, responsible, and respectful manner. (True, 2020).

As such, comprehensive sexual education is essential to provide individuals with the knowledge, skills, and values necessary to make wise and responsible decisions regarding sexuality and interpersonal relationships. By covering biological aspects, sexual health, healthy relationships, sexual identity and orientation, and life skills, sexual education helps create individuals who are able to manage their sexuality in a safe, respectful, and inclusive manner. Ultimately, it contributes to better physical and emotional well-being and the formation of a more just and tolerant society.

### **The Importance of Sexual Education in Schools**

Comprehensive sexual education has a significant positive impact on students in terms of health, emotional, and social aspects. Firstly, in terms of health, sexual education equips students with proper knowledge about anatomy, contraception, and prevention of sexually transmitted infections. With a good understanding, students can make wiser decisions regarding sexual activity, reducing the risk of unwanted

pregnancy and sexually transmitted diseases. In addition, students also get information about reproductive health that is important to prepare them for adult life with correct and scientific information. (Shyni & Solomon, 2020).

From an emotional and social perspective, sexual education helps students develop healthy and respectful interpersonal relationships. They learn about the importance of consent, effective communication, and power dynamics in relationships, which are crucial in avoiding situations of violence or abuse. It also supports acceptance and understanding of the diversity of sexual identities and orientations, so students grow up with an attitude that is inclusive and open to differences. As a result, students are more emotionally prepared to navigate their relationships and are better able to contribute to shaping a safe and supportive social environment. (Roso et al., 2023)..

Sexual education has a close relationship with reproductive health, as these two fields complement and support each other to achieve overall well-being. Comprehensive sexual education provides basic knowledge of the anatomy and physiology of the reproductive system, which is essential for understanding the body's biological functions and processes. This information includes how the reproductive system works, the menstrual cycle, pregnancy, and childbirth. With this understanding, individuals are better able to recognise signs of reproductive health disorders and seek timely medical assistance, which plays a major role in the prevention and treatment of reproductive health conditions. (Nguyen et al., 2024)..

In addition, sexual education also includes information on safe and effective practices to maintain reproductive health, such as the use of contraceptives to prevent unplanned pregnancies and sexually transmitted infections (STIs). Through sexual education, individuals are also equipped with knowledge about the importance of regular check-ups, such as Pap smears and STI tests, which are essential for early detection of reproductive health problems. (Lee et al., 2022). Thus, sexual education not only provides knowledge but also forms positive attitudes and skills in maintaining and improving reproductive health, which ultimately contributes to a better quality of life and a decrease in the incidence of reproductive health problems in society.

Furthermore, it should be noted that thorough sexual education also plays an important role in promoting mental and emotional well-being related to reproductive health. This education helps to reduce the stigma and shame that often surrounds the topic of sexual and reproductive health. By providing a space for open and honest discussion, students gain confidence in managing their own reproductive health and in seeking help when needed. This supportive and non-judgemental approach is critical to reducing barriers in access to reproductive health services, which is essential for long-term wellbeing. (Callaghan & Anderson, 2022).

In conclusion, sexual education has a strong and important relationship with reproductive health. Through the provision of accurate and practical information, sexual education helps individuals understand and take better care of their

reproductive system. Students not only learn about anatomy and biological functions, but also about ways to prevent and manage reproductive health issues through safe practices and regular check-ups. In addition, this education also plays a role in improving mental and emotional well-being by reducing stigma and promoting an open and supportive attitude towards reproductive health. Thus, comprehensive sexual education is integral to creating a healthy and knowledgeable society.

### **Challenges and Barriers to Sexual Education in Schools**

Sexual education in schools still faces many significant challenges and barriers. One of the biggest challenges is the stigma and taboo surrounding this topic in many communities. Many parents, teachers and the general public still consider sexual education as something that should not be discussed in a school setting. This stigma often leads to resistance from various parties, be it parents who are worried that their children will get "age-inappropriate" information or teachers who feel uncomfortable talking about this topic in class. (Shi et al., 2023).

In addition, the lack of a comprehensive and structured curriculum is also a major obstacle in the implementation of sexual education in schools. In many schools, sexual education materials are often only covered briefly and not in depth in other subjects such as biology or physical education. This results in students not getting a complete and correct understanding of reproductive health, safe sexual relations, and other important issues such as consent and sexual violence. This inadequate curriculum increases the risk of children getting false or misleading information from other less reliable sources. (Jarde-Ratner & Marshall, 2021)..

Equally important, the lack of training and skills provided to teachers to teach sexual education is also a major barrier. Many teachers feel insufficiently prepared or knowledgeable to deliver this material properly. They may also feel uncomfortable for fear of violating cultural or religious norms in the local environment. Without adequate training, teachers tend to avoid this topic or deliver it in an ineffective way, so students do not benefit from sexual education as much as they should. (Pratt-Chapman, 2020).

Finally, limited support from the government and educational institutions also adds to the list of barriers to sexual education in schools. Support in the form of clear policies, funding and resources are important factors to ensure that sexual education can be implemented properly. Without such support, it is difficult for schools to develop and maintain a comprehensive and sustainable sexual education programme. Therefore, there is a need for collaboration between the government, schools, teachers and parents to overcome these challenges and ensure that children get the sexual education they need.

### **Sexual Education Strategies in Schools**

Sexual education in schools needs to be implemented with a comprehensive strategy in order to have a significant positive impact on students. First of all, the

development of a structured and thorough curriculum is a fundamental step (Khosla & Brown, 2024). This curriculum should cover various aspects of sexual education, including basic knowledge of anatomy and physiology, reproductive health, safe sexual behaviour, and issues such as consent and sexual violence. This curriculum should be designed with the involvement of various stakeholders, including health professionals, educators, parents, and, most importantly, the students themselves, to ensure the relevance and balance of the information. (Holt, 2021).

Secondly, intensive and continuous training for teachers is needed. Teachers should be equipped with adequate knowledge and skills to deliver sexual education materials in a sensitive, informative and non-discriminatory manner. This training could include various interactive teaching methods and effective communication skills. By preparing teachers well, they will be better able to overcome stigma and taboos that may arise when teaching this topic and be able to provide better support to their students. (Mansir et al., 2023)..

In addition to curriculum aspects and teacher training, parental involvement is also a key strategy in sexual education in schools. Creating a space for dialogue between school and home can help reduce resistance and increase parents' understanding of the importance of sexual education. Schools can organise seminars or workshops for parents to discuss the importance of sexual education and how they can support their children at home. In this way, parents can become active partners in this education process and help create a more open and supportive learning environment. (Sulaiman et al., 2021).

Finally, government support and clear policies are important pillars in a school sexual education strategy. The government needs to develop and implement policies that support schools in integrating sexual education into their curriculum. This could include providing funding, resources and clear operational guidelines. With strong support from the government, schools will be better able to overcome challenges and barriers and ensure that every student receives comprehensive and quality sexual education.

## **Conclusion**

Sexual education in schools is an urgent need that cannot be ignored. In this era of globalisation and information, access to correct information and good reproductive health is a fundamental right of every student. Comprehensive sexual education helps students understand their own bodies, make informed decisions, and protect themselves from health risks such as sexually transmitted infections and unwanted pregnancies. The importance of sexual education in schools lies in its ability to empower young people with the knowledge and skills necessary for healthy and responsible living.

However, the implementation of sexual education in schools faces significant challenges. These challenges include social and cultural resistance, lack of training for

educators, and limited policy support from the government. Stigma and taboos around sexual topics are often the main barriers that hinder the effective implementation of sexual education. In addition, many teachers feel unprepared or uncomfortable teaching the material, resulting in inconsistent and ineffective information delivery.

To overcome these challenges, a comprehensive and structured strategy needs to be implemented. Inclusive and relevant curriculum development, intensive training for teachers, active involvement of parents, and strong policy support from the government are key to the success of sexual education in schools. With these strategies, it is hoped that sexual education will not only be more widely accepted by society, but also be able to have a long-term positive impact on the health and well-being of young people.

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