

## **Benefits of Sex Education**

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**Abstract.** Sex education is educating on human sexuality topics, including human sexual anatomy, sexual reproduction, sexual penetration or other sexual behavior, reproductive wellbeing, emotional interactions, reproductive rights and roles, abstinence, and regulation of births. Parents or guardians, organized educational systems, and public awareness initiatives are common outlets for sex education. Sex education is very important. Time and time again it's been confirmed. we all know that students who undergo comprehensive sex education in schools later than students that haven't received sex education are found to own sexual contact first. Sex education doesn't empower teens to own sex, it does the contrary. Any adolescent should hump education implemented into their education. It mustn't be opted-in or opted-out, but it should be obligatory. Why should parents be able to pick their children, a way or another, in or out of a subject they'll need later in life? Female education, very much like algebra, should be obligatory, systematic, medically relevant and taught during the varsity years of pupils. it has been seen to support, not harm, students. it's not just our duty as a nation to teach the following generation to own access to sex education that's not only rigorous but medically specific.

**Keyword-** sex education; religion laws; public awareness; increase knowledge

## **Introduction**

Sex education is a high-quality training and learning on a wide range of sexual and sexual problems, discussing principles and attitudes about these issues, and acquiring the knowledge required to handle relationships and manage one's own sexual wellbeing. Sex education can take place in classrooms, in collaborative learning environments, or online. Several research regarding the sexual behavior of teenagers show that sex education is an alternate to reducing the high levels of teen sexual involvement. Both parents and teachers have the legitimate authority to produce sex education. Parents have the emotional capacity to get down clear guidelines during parental treatment. It is their duty, thus, to supply sex education for his or her children

as they grow old. Within the meantime, an educator may be a respectful model for teens and is additionally acceptable within the school setting to own sex education. Education of sexuality is quite educating children and teenagers about anatomy and also the physiology of human sex and reproduction. This encompasses balanced sexual growth, gender orientation, intimate relationships, love, sexual growth, affection, and body confidence to any or all adolescents, including disabled adolescents, chronic health problems, and other special needs (Breuner, 2016).

Sexual wellbeing awareness updates are received by children and teenagers several times daily from the general public, religious groups, schools, and family peers, parents/caregivers, and families, but the reliability of the results varies. Within the United States of America, sexual education strategies are shown to avoid or decrease the danger of teenage pregnancy HIV and STIs for youngsters and teenagers with and without chronic health problems and disabilities. Children or teenagers with intellectual disabilities, they also have the right to learn this sexual education. Intellectual disabilities such as cerebral palsy, epilepsy, vision impairment, hearing loss and speech and language disabilities. This is because, they are the ones who are exposed to cases such as obscenity, sexual harassment and abuse. with this sexual education, their group is more educated with the information provided at school or at home.

## **Sex Education**

### *Widen the Knowledge*

With the existence of sexual education in schools, adolescents and especially students can increase their knowledge about this. Not only can they learn and understand what sexual education is but students can know what the disadvantages are if one practices an unhealthy lifestyle and random sex. School is a great place to learn and add knowledge about sexual education. Sometimes, students feel embarrassed to ask questions and opinions with their parents. Rahman (2018) in his study revealed that as many as 90% of students are more comfortable asking questions and expressing opinions to their peers and teachers rather than their parents. Parents also need to increase their knowledge of sexual education so that when their children do not feel ashamed to ask because they have received early education at home. This issue can be improved by further expanding sexual education in schools as well as at home. Teachers and parents should be good examples to pass on accurate information to their children. They should also prepare themselves with various knowledge and information.

### *Acknowledged in Sexual and Reproductive Issues*

As eloquently stated by Rahman (2018) sexual education of issues are quite sensitive at where researchers do this research. There, they cannot learn anything related to sexual education and sexuality itself. They believe that if there is sexual education there, they themselves will accept sexual education as a normal phenomenon or more natural. For example, student A experiences color changes during her menstruation and that causes student A to feel scared and embarrassed to ask. Then, one of his friends asked the teacher about the problem and his teacher described it as something normal and the matter became normal and insensitive to them. The issues can be complete by if the teachers are frequently having a open discussion during a class and share a opinion or experiences about random topic like menstrual issues, masturbation and more.

### *Self-Efficacy*

Self-efficacy refers to an individual's confidence in his or her abilities to perform actions that are required to create particular milestones in results. Self-efficacy represents confidence in the ability to assert authority over one's own inspiration, behavior and social climate. Arezoo (2018) mentioned on his research that most of the participator declared that with sex education manage them from unsafe lifestyle. One of the participants admitted that she would refuse her partner if her partner did not use a condom while she was having sex. Meanwhile, after a year of friendship, her partner wished to have anal sex with her. She rejected the offer and informed her that anal sex can lead into transmitted infections. This information is based on what she learned in school and is very helpful in making decisions. Indirectly, we can see that sexual education can eradicate infectious diseases such as HIV, AIDS and many more infectious diseases.

### *Preventing free-sex*

Siti (2019) in her study revealed that one of benefits of sex education are to preventing free sex among teenagers and adolescents. As we know that free sex is a premarital sex, this way of life will never be accepting, either as a religious norm or as a social norm. In the other side, it has numerous negative consequences, even though there are absolutely no positive effects. It's probably going to raise the human population if teenagers can't use contraceptives efficiently and effectively, or if they don't want to have an abortion after realized they're pregnant. Today's world, not only an adult who did a free sex, but also a teenager. Free sex is a very serious issue of our youth nowadays. In the long run, we can conclude this as one of the benefits of sexual education and should be applied at the school level again to reduce unhealthy symptoms among adolescents and at the same time reduce the rate of infectious diseases.

### *Self-Protection*

Sexual education should be applied at an early stage to explain to adolescents and school students the importance of sexual education. Today, there is a lot in the mass

media about cases of obscenity among children and adolescents. This case is very worrying especially for parents. Sex education in schools is one of the great mediums to protect teenagers and students from unwanted things from happening. For example, sexual harassment and abuse. Siti (2019) indicate that almost 2.3% of parent's point of view about sex education. The key elements of this point are, every each of teenagers or students must get need to get a good and detailed sexual education in school to teach them to be more vigilant and cautious.

#### *Support for People with Intellectual Disabilities*

Intellectual disabilities are the person has some deficiencies in cognitive functioning and ability, including speech, social support and self-skills. These constraints can cause a person to grow and learn more slower or differently than a normal developing child. The provision of sexual education in schools, in specific to this category, will enable them to be more independent to some point, since they have the right knowledge and education at school. Guven (2015) in his study revealed that this type of category which should be focused on because most cases of rape, sex harassment and abuse are among them. This sexual education is vast. Teachers for this type of category should be more focused to teach them about this subject. Among the things that need to be emphasized in teaching this type of category about sexual education is how they develop their social skills, coping with their feeling at her or his partner, self-prevention, safe sex and masturbation and many more. Aim for this point is equality in sexual education. This type of category should not be marginalized should be taught just like normal people. Parents are also the pillar of teachers, so this particular of category must be more important and must be embraced by both parties.

## **CONCLUSION**

The increase in social ills among adolescents and students today is of great concern. Not only social ills, but also infectious diseases are spreading among them. Infectious diseases such as HIV and AIDS are on the rise. With sexual education in school, adolescents and students can learn and deal with these problems such as pregnancy in early adolescence and abortion. Given all the benefits of sex education above, advised that government need to strengthen and improve sexual education in schools. Meanwhile, teachers and parents need to equip themselves with a variety of information and skills to strengthen the efficiency of sexual education. To boost up the effectiveness of sex education, researchers should conduct research on this matter so that this matter can be improved and strengthened in the future. Indirectly, researchers can also identify weaknesses in this subject and can improve in terms of practice and policy. Health sectors such as nurses, doctors, pediatricians and other health professional have to do a collaboration with teachers and parents about this matter. It can help exchange views and find out the right way in the element of sex

educations. the information provided may also be somewhat different in terms of in-depth understanding of health sector.

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