

**COMPREHENSIVE SEX EDUCATION PROJECT AT VICENTE MALAPITAN
SENIOR HIGH SCHOOL : A PROPOSAL TO PREVENT TEENAGE PREGNANCY**

**A Concept Paper Presented to
The Faculty of Vicente Malapitan Senior High School
San Vicente Camarin, Caloocan City**

**In Partial Fulfillment of the Requirements for
Empowerment Technologies**

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Submitted to:

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Introduction

The provision of sex education for adolescents pays attention to sexuality and birth control. As they mature, young individuals must make crucial choices regarding relationships, sexuality, and sexual activity. Their choices could have a long-term effect on their health and happiness. Young people have the right to lead healthy lives, and it is the responsibility of society to equip them with the knowledge and skills necessary to make healthy decisions by providing them with comprehensive sexual health education. Our sexuality is an important component of who we are, and it deserves respect and decency. A young person's growth depends on receiving consistent, high-quality sexuality education because it equips them with the knowledge they need to make responsible decisions about their bodies and their lives. A young person's human rights are violated if they are denied the opportunity to receive sexuality education for whatever reason.

Human beings are "social animals," as evidenced by their intelligence, perception, and behavior, which are greatly influenced by the society in which they are raised. This assertion is likewise valid when referring to sex and sexuality. Encarta (2009) states that sex can be defined in various ways. It can be defined as "the physical and behavioral difference that identifies various organisms based on how they participate in the reproduction process."

The aim of this study is to identify if the learnings of the student in Vicente Malapitan about sex education are enough to prevent the responsibilities associated with the decisions they make that can cause a lifetime of responsibility. Adewale (2009), claims that the adolescents' curiosity and lack of knowledge, may often lead to premarital sex, which, in effect, will be unwanted pregnancies. The inclusion of sex education as part of the curriculum is really an effective tool that will help the students become aware of the disadvantages of having sex at a very young age.

Purpose

The main goal of this project is to inform children where to obtain and how to use various forms of birth control in the event that they decide not to abstain from sex. As mentioned, a student who only receives instruction in the abstinence method will not be able to defend themselves, as opposed to a student who receives instruction in both methods. For instance, a teenage girl spent her entire life learning abstinence-only. She has now made the decision to have sex but has no idea how to obtain or use any sort of birth control. How will she know how to get help if she ends up pregnant or has an HIV or STI? To consider this condition is scary. What if the girl engages in sexual activity and possibly gambles with the rest of her future because she was never given a thorough introduction to sex education? Additional benefits of comprehensive sex education include preparing children for any situation they may encounter in the future.

Description

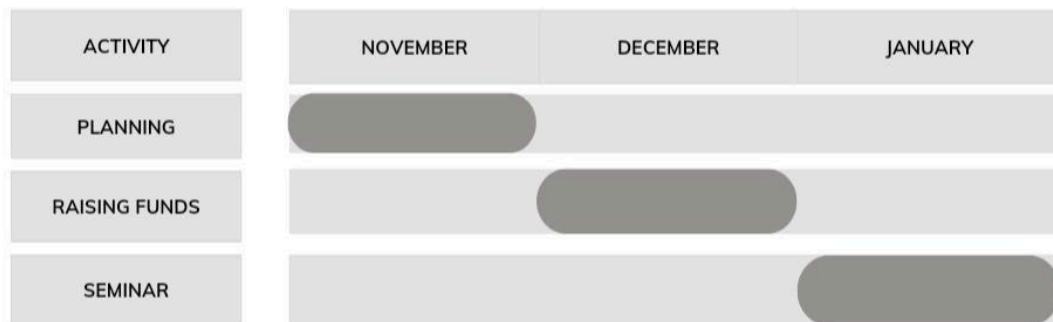
Sexuality education, also known as "sex ed," is a crucial component of learning about issues related to human sexuality. Sex education in schools teaches students about how the body develops and how to make educated decisions. The value of sex education is found in providing students with the skills necessary to protect themselves if they decide to engage in sexual activity. It does not, in any way, promote sexual activity. Sexuality education will vary depending on different factors, such as the overseeing administration and student age.

Studies have demonstrated that comprehensive sexuality education programs reduce the rates of sexual activity, sexual risk behaviors, sexually transmitted infections, and adolescent pregnancy. The sexual education seminar was designed to further cultivate the knowledge of the students at Vicente Malapitan regarding comprehensive sexuality. The project aims to:

- Conduct a seminar for students to promote the importance of sex education.
- Improve the strategies to prevent teenage pregnancy.
- Provide the students with tools that can be used to protect themselves.

This project will be done during recess (8:30 a.m.–9 a.m.). During recess, I will give some flyers to students and announce the project regarding the seminar for sex education.

GANTT CHART OVERALL PLANNED ACTIVITY



Support

Estimated Cost and Financial Plan

ITEMS	COST
Snacks	₱2,500
Flyers	₱300
Miscellaneous	
• Guest Speaker	₱2,000
• Design	₱650
• Fare	₱200
• Token of appreciation	₱850
TOTAL:	₱6,500

NEEDS
Equipment
Projector
Laptop
Speaker
Tables
Chairs

The support system for this project is the public health center, a private company that has a heart for this kind of topic, and some donations from the people who were willing to help support this project.

Contact Information

References

Smith PB, Realini JP, Buzi RS, Martinez M. Students' experiences and perceived benefits of a sex education curriculum: a qualitative analysis. J Sex Marital Ther. 2011;37(4):270-85. [doi: 10.1080/0092623X.2011.582433](https://doi.org/10.1080/0092623X.2011.582433). PMID: 21707329.

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