

THE SUBJECT AS IMPORTANT TO TEACH SEX EDUCATION

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Sex Edu...., “Shhh.. don’t speak it out loud.”

It is not weird in India to stop someone from speaking when uttering words like sex, periods, etc. in public because it is considered taboo. It is one of the most unpleasant conversations an Indian parent will likely have with their adolescent children. But proper sex education is a very much needed and concerning issue in India and requires attention. Sex education is one of the most hotly debated topics in the modern world. It is the explanation, teaching, and learning about topics related to sex and sexuality, and it helps in fostering and maintaining one’s own as well as their partners' proper sexual health.

Sex in contemporary India was mostly portrayed as something that holds the notion of being extremely negative or very wrong. That hindered the progress of society and, in a broader sense, the country. The main idea of this also keeps changing from time to time. Like in the early 90's, it was mostly gravitated towards family, marriage etc. But now it is mostly focusing on providing adequate and de règle information and educating teenagers who are going through there adolescent period about sexually transmitted diseases and unwanted pregnancies.

India currently possesses the highest demography in the world, which makes sex education a highly pre-eminent conception to be added to the school curricula of adolescent children. A formal training is indispensable in the present scenario as students belonging to this particular age group, i.e., teenagers, are very curious to know about their surroundings and the changes taking place around them and have an innate desire to understand about these things, and if proper guidance is not given to them, they start depending upon online sources or the internet, where at a click a sea of distorted and falsified information is available, which indulges them into some immodest habits such as getting addicted to explicit content like pornography. Therefore, making the students comfortable with their teachers would always be preferable than to incline towards unreliable internet sources. If the knowledge is imparted by experienced professionals, then students will feel secure about their own body as well as learn about the differences in the other gender's bodies. It develops emotional stability and body consciousness, which helps them behave in an appropriate manner in the society without getting distracted by emotional ups and downs.

Another significant factor in sex education is that it makes teenagers aware about sexual abuse, assault, child abuse, sexually transmitted diseases [AIDS, HIV], sexual violence, etc. Studies show that many children in India between the ages of 13 and 19 have undergone some form of sexual abuse. India's National Population Policy ingeminates the need to educate this vulnerable young population to reduce the risks of unprotected intercourse. About 34% of youth in the world are affected by HIV. Extensive Sex Education would also likely reduce sexual violence among youths.

In a nutshell, the dissemination of sex education would directly result in the development of the country. Hence, the government should take effective measures like setting awareness camps, providing workshops, and conducting drives regularly. This step would be pivotal in laying a strong foundation stone for a greater future for the country. It would help India get its old richness and intellect, the country where a great text like Kama Sutra was written so beautifully to describe and inform people about sex when the whole world was unaware of any such thought India lighted the path of ideas, such as gender equality, sex education, and many other magnificent views on various different subjects and spread its knowledge across the whole world.