

# Taking sex education to the classroom

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In a study conducted on human sexuality and adolescence for school children in a private school in Bangalore, the following results were found: 65.76 per cent of class 10/12 students had learnt about sex from friends, 51 per cent of them had learnt about it from movies, 53 per cent from text books and only 12 per cent from parents. Misconceptions about puberty, childlessness and HIV were common and 68 per cent of class 12 students wanted classes in human sexuality.

That's when propagandists Sreeraga, Srinivas and Madhu, individuals who had done the study, knew that their solution to start Right Positive Health Trust was justified. They think for Part of Life (www.pofl.org).

"We did the need for such a course because parents in India find it difficult to address their children's sexuality and natural curiosity regarding reproduction."

They have been joined by a clinical psychologist, Shree Srinivasan, the trust led by

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city's top schools, making their priority. To date they have worked with 1200 adolescents during their analyses on human sexuality and adolescent health.

So what does their programme focus on?

- Life skills training, including education in human sexuality for the 10/12.
- Parent and teachers training sessions.
- Proactive health programmes for organisations.

The objectives of the adolescent health programme are twofold:

- To increase knowledge of reproduction, sexuality and adolescent emotional changes among youth, parents and teachers.
- To correct misinformation regarding HIV/AIDS and the concept of self-love.
- To understand reproduction and sexual rights and responsibilities of sexes, heterosexuality.
- To understand the process of child sexual abuse in India, methods of prevention, early detection and rehabilitative of victims of child sexual abuse.
- To disseminate methods of conflict resolution and communication skills among students, parents and teachers.

The course deals with issues like body image, sexual differences, gender perma-



nent, relationships between child and family, peer pressure, coping with lower cast girls, such as feelings of food, equity and their team.

The adolescent training module is done in the settings which focuses upon the following:

- Growth, anatomy and physical changes in puberty
- Emotional changes in adolescence—body image, media and peer pressure, substance abuse, bullying and teasing.
- Gender discrimination, HIV/AIDS, child sexual abuse

- Conflict, medication, use, Start with parents, research, rationality
- Marriage, marriage, peer and adolescent abilities.

In a post-lecture module, students were given questions, solving and optional on their homework. A majority of the students agreed that classes in adolescence and sexuality provide information not otherwise available; health services, such as the facts of life, class misconceptions about sex and by the correct foundation regarding sexual issues.