

## CHAPTER

# 6

# Introduction to Sex Education



ஒழுக்கம் விழுப்பந் தரலான் ஒழுக்கம்  
உயிரினும் ஒம்பப் படும்.

Propriety of conduct leads to eminence, it should therefore be preserved more carefully than life.



## Learning Objectives

At the end of this chapter, the students will be able to:

- define sex education
- distinguish between good and bad types of touching.
- describe the basics of sexual harassment and Child protection schemes.



## Introduction

India's National Population Policy also reiterates the need for educating adolescents about the risks of unprotected sex. Unfortunately, a complete sex education drive on a regular basis is still to be introduced in the Indian schools. If we were to go by the data published by WHO, sex education should be imparted to children of 12 years and above.

### 6.1 Aims of Sex Education

- Prepare the youngsters to adolescence and make them capable of accepting the physical and functional changes calmly and naturally without emotional judgments.
- Help adolescents to realize the relation between sexual life, making them to love

the human relationships and free from fear disgrace and guilt.

- Help adolescents adapt associations between age and maturity and views on sexual life which would be in harmony with their own personality.
- Help adolescents make their own emotional and sexual choices.
- Stress the importance of responsibility and respect of sexual relationships both in and out marriage.

### Lack of Sex Education

creates problems such as:

- Undesired pregnancy
- Transmitting sexual diseases
- Sexual abuse
- Ignorance of facing sexual problems

“Good” touch and “bad” touch are words most commonly used to explain to children what is acceptable and not acceptable, and how they should treat other people. Good touch or physical affection is a wonderful way to bond with your child.

## 6.2 Good Touch

It feels good to be hugged and kissed by the people you love. For example:

- When Mommy gives you a hug and kiss after you wake up.
- When Daddy gives you a good-night hug and kiss.
- When Grandma and Grandpa come to visit and everyone gets hugs and kisses.

## 6.3 Bad Touch

Touches that make you feel uncomfortable are usually bad touch.

### Good Touch

- + Parents hug and kisses.
- + Grandparents love.
- + Teacher pats you on the head “Good Job”.
- + Brief friendly hugs by family members.
- + Brief kiss on the cheek or forehead.
- + Shaking hands or giving Highs.
- + Doesn’t scare or make you feel bad.

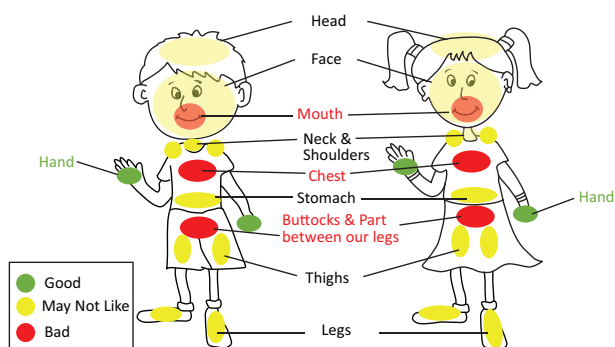
### Bad Touch

- = Makes you feel scared / nervous / ashamed.
- = Forced or Hurts.
- = Told to keep it a **SECRET**
- = Touching or patting areas covered by a **SWIM SUIT**.
- = Kissing on the mouth.
- = Touching the buttocks.
- = Hitting, slapping, spitting, pushing or punching.

It is a bad touch

- if it hurts you.
- if someone touches you on your body where you don’t want to be touched.
- if the person touches you under your clothing or tickles you under the clothing.
- if a person touches you in a way that makes you feel uncomfortable.

- if that touch makes you feel scared and nervous.
- if a person forces you to touch him or her.
- if a person asks you not to tell anyone.
- if a person threatens to hurt you if you tell.



Teach your children the following safety rules:

It is not okay

- to touch someone else’s private body parts.
- for someone to touch his or her own private body parts in front of you.
- for someone to ask you to touch his or her private body parts.
- for someone to ask you to take your clothes off except if they are a doctor helping to see if you are hurt or sick
- for someone to take photos or videos of you with your clothes off.



Worldwide, around 15 million adolescent girls aged 15 to 19 have experienced forced sex in their lifetime.



### POCSO Act (protection of children's from sexual offences)

A special law has been passed to address the issue of sexual offences against children.

The Act has come into force with effect from 14th November, 2012 along with the rules.

- It is a comprehensive law to provide for the protection of children
- From the offences of sexual assault, sexual harassment and pornography
- To safeguard the interests of the child at every stage of the judicial process.
- For the proper development of the child in view of his/her protection of the right to privacy and confidentiality

- Making sexual comments about a person's clothing, anatomy, or looks
- Repeatedly asking out a person who is not interested



India has a strong prevention program which goes hand in hand with care, support and treatment. We have been able to contain the epidemic with a prevalence of just 0.31%. We have also brought about a decline of 50% in new infections annually.

— Shri Gulam Nabi Azad, Hon'ble Minister of Health and Family Welfare, 2011.

## 6.4 Sexual Harassment

Sexual harassment is unwelcome sexual advances, requests for sexual favours, and/or other verbal, visual or physical conduct of a sexual nature .

### Sexual harassment includes many things

1. Verbal
2. Non verbal
3. Physical



#### Verbal

- Referring to an adult as a girl, hunk, doll, babe, or honey
- Whistling at someone, cat calls
- Making sexual comments about a person's body
- Making sexual comments or innuendos
- Turning topics
- Telling sexual jokes or stories
- Asking personal questions about social or sexual life

#### Non-Verbal

- Looking a person up and down (Elevator eyes)
- Staring at someone
- Blocking a person's path
- Following the person
- Giving personal gifts



The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013

[Act No 14 of 2013]

An Act to provide protection against sexual harassment of women at workplace and for the prevention and redressal of complaints of sexual harassment and for matters connected therewith or incidental .

#### Physical

- Giving a massage around the neck or shoulders
- Touching the person's clothing, hair, or body
- Hugging, kissing, patting, or stroking



I. The number of cases registered for child abuse raised from 8,904 in the year 2014 to 14,913 in the year 2015, under the POSCO Act. Sexual offences and kidnapping account for 81% of the crimes against minors

II. Preventive measures designed to ward off strangers (installing CCTV cameras and providing self-defence training) will be ineffective, as children do not know how to ward off unwanted sexual offences from their known relatives, acquaintances or workplace seniors, who they trust.

III. POSCO: State wise cases - Uttar Pradesh led the highest number of child abuse cases (3,078) followed by Madhya Pradesh (1,687 cases), Tamil Nadu (1,544 cases), Karnataka (1,480 cases) and Gujarat (1,416 cases).

Along with workplace cases, here are other findings of rapists being known to children: 94.8% of rape cases saw children being raped by someone they knew, not strangers. These acquaintances include neighbors (3,149 cases) who were the biggest abusers (35.8%). 10% of cases saw children being raped by their own direct family members and relatives.

- Touching or rubbing oneself sexually around another person
- Standing close or brushing up against another person

## 6.5 Schemes and Programmes on Child Protection

The Government has initiated various Schemes to address the problems. Some of the Schemes are outlined as follows:

- **Integrated Child Development Services (ICDS)** is a Centrally Sponsored Scheme which provides a package of six services to children below 6 years and pregnant and lactating mothers.
- **Integrated Child Protection Scheme (ICPS)** was introduced in 2009-10 with the aim to improve the well being of children in difficult circumstances, as well as the reduction of vulnerabilities to situations that lead to abuse, neglect, exploitation, abandonment and separation of children from their families.
- **Scheme for Welfare of Working Children** in Need of Care and Protection

provides opportunities including non-formal education, vocational training, etc. to working children to facilitate their entry / re-entry into mainstream education.

- **Rajiv Gandhi Scheme for Empowerment of Adolescent Girls (RGSEAG)-SABLA** aims at an all-round development of adolescent girls (AGs) of 11-18 years by making them self reliant by facilitating access to learning, health and nutrition through various interventions such as health, education, vocational training etc. Such empowerment also addresses the issue of Child Marriage.
- **Indira Gandhi Matritva Sahyog Yojana (IGMSY)** is a Conditional Cash Transfer Scheme for pregnant and lactating women which was introduced in October, 2010 for improved health and nutrition to pregnant and nursing mothers.
- **Trafficking: “Ujjawala”** – is a Comprehensive Scheme for Prevention of Trafficking and Rescue, Rehabilitation, Re-integration and Repatriation of Victims of Trafficking for Commercial Sexual Exploitation.

- **The POCSO Act** was passed to strengthen legal provisions for the protection of children below 18 years of age from sexual abuse and exploitation. Under this Act, if any girl under 18 is seeking abortion the service provider is compelled to register a complaint of sexual assault with the police.
- **Rehabilitation of Child Labour** National Child Labour Project (NCLP) is a Scheme with the objective to withdraw children working in hazardous occupations and processes, and mainstream them into formal education system. All children rescued/withdrawn in the age group of 9-14 years are enrolled in the NCLP Special Training Centres, where they are provided with bridge course, vocational training, mid-day meal, stipend, health care, etc. before being mainstreamed into formal education system.

In addition to implementing the Schemes and programmes as above, the Government has also initiated several legislative measures viz

- The Protection of Children from Sexual Offences Act, 2012 (POCSO Act)
- The Prohibition of Child Marriage Act (PCMA) 2006
- The Immoral Traffic (Prevention) Act, 1956,
- The Child Labour (Prohibition and Regulation) Act, 1986
- The Right of Children to Free and Compulsory Education (RTE) Act, 2009 etc., Workshops, Seminars, legal awareness camps and consultation are held with the State Governments, NGOs and other stakeholders for sensitisation and wider public awareness.



India was the first country in the world to establish a government family planning program way back in 1952. According to 2011 Family Welfare Programme, some major achievements are as follows:

Awareness of one or more methods of contraception.

Increase in contraceptives use over the years.



## Evaluation

### I. Short Answer

1. Define Health
2. Explain good touch
3. Describe bad touch
4. Explain harassment



3. PV books, Jalandhar, page no.-225-227
4. °Chalkey A. M., A text book for the health worker, 1st ed, 1985, N.A, I. Limited, publishers, New Delhi, page no.- 330-340.
5. °Basavanthappa BT, Community health nursing, 1st ed, 1998, jaypee brothers, delhi, page no.-319 -3°. Bibliography.



## REFERENCES

1. Swarnkar k. Community health nursing, 2nd ed 2008, N.R. Brothers, indore, page no.639-642
2. °Park k., essentials of community health nursing, 4th ed, 2004, m/s Banarasidas Bhanot Publishers, Jabalpur, page no. 225-226 Ò Kumari Neelam, essentials of community health nursing, 1st ed , 2011.



## INTERNET LINKS

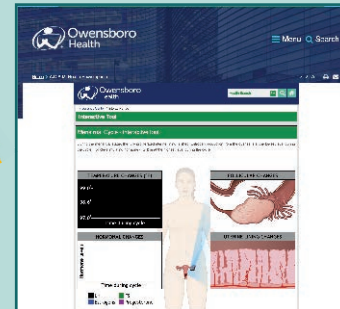
1. [https://www.youtube.com/watch?v=1Juk3\\_bkHHs](https://www.youtube.com/watch?v=1Juk3_bkHHs)
2. <https://sexedrescue.com/sex-education-videos/#sexed>
3. [https://www.youtube.com/watch?v=WYr\\_Bp53PcQ](https://www.youtube.com/watch?v=WYr_Bp53PcQ)



## ICT CORNER

## SEX EDUCATION

Through this activity you will be to know the various changes happen during the menstrual cycle



### Steps

- **Step 1:** Type the URL link given below in the browser or scan the QR code.
- **Step 2:** Click and drag the slide bar given below to start the activity.
- **Step 3:** The changes can be observed from the tabs given such as Temperature change, Hormonal change, Follicular change, Uterine lining change.
- **Step 4:** Changes happening on any of the 28 days can be observed and compared with the help of the slide bar.



Step1



Step2



Step3



Step4

URL: <http://owensborohealthse3.adam.com/content.aspx?productId=147&isArticleLink=false&pid=17&gid=000087&Category=Interactive%20Tool>



B279\_12\_GEN\_NUR\_EM