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SEX EDUCATION

Start early with facts of life

THE increase in sexual problems arising out of inappropriate sexual activity and ignorance have resulted in a high incidence of abortion, dumping of babies, unwanted teenage pregnancies, rapes and sexually transmitted diseases (STD).

A study has shown that today's adolescents are the least informed on the importance of sexual health and the most adventurous in sexual activity. The frequent incidents of rape plus the indulgence of the young ones in unprotected sex call for a more concerted effort on the part of the government to address this issue. Sex education would be one move in the right direction.

Many young people are still unaware of the dangers of engaging in sexual activity; therefore, proper guidance on sexuality is urgent and indispensable in primary and secondary schools and colleges.

The news of a 13-year-old boy fathering a child in Britain should wake us up to the reality that if children are not made aware of their sexuality and not adequately informed on sexual matters,

there would be alarming statistics of unwanted pregnancies, STD, sexual crimes and HIV/AIDS.

Many adolescents are getting their information on sexuality from pornographic materials, friends and the Internet, which sometimes results in them getting sensational and inaccurate information.

Sex education will give the students the right information on human reproduction, sex and related topics. It will teach boys and girls to respect each other and reject violence against women. The message will be driven to them that sexual freedom without responsibility can prove to be disastrous.

Boys and girls should be given adequate knowledge on STD, the HIV that causes AIDs, unwanted pregnancies (teenage pregnancies) and the sanctity of marriage (sex within the confines of marriage).

Sex education should be taught at home by parents, but most parents tend to speak in terms of morality and never deal with the problems of sex. Therefore,

schools have to take on the responsibility and inform children specific facts about sex and contraception.

According to studies, students who receive sex education are less likely to have sex and instead would postpone their first sexual experience.

Another study has shown that teenagers will have sex with or without sex education and nothing is going to stop them, but with sex education, sexually active teenagers will have accurate information about sex and contraception.

Therefore, it is of paramount importance that sex education is incorporated into school subjects and taught at primary, secondary and tertiary levels.

The short-term objective is to offset the sexual problems of our young due to ignorance. The long-term objective is laying the foundation for better relationships, stable marriages and secure families.

SAMUEL YESUIAH
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