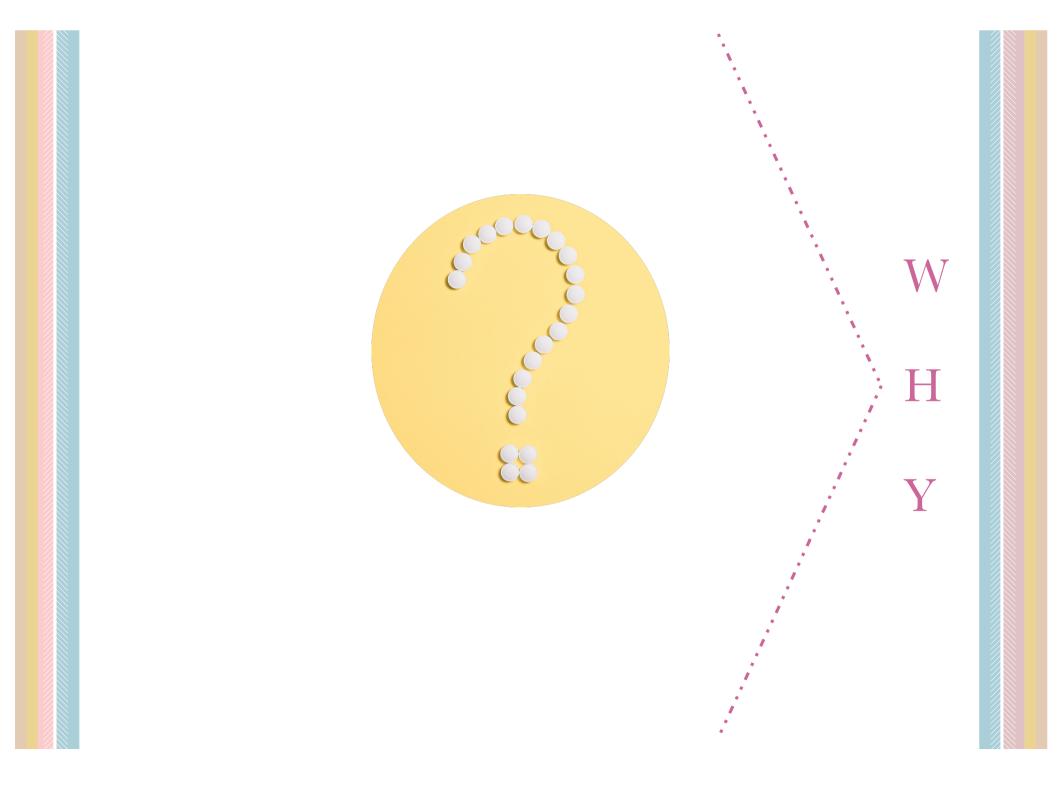


# Let's Talk About CSE !

- by anahíta koshur



### **SECTION 1**

UNDERSTANDING COMPREHENSIVE SEXUALITY EDUCATION

1.1 What is Comprehensive Sexuality Education?

1.2 Key Facts

1.3 Seven Essential Components of CSE

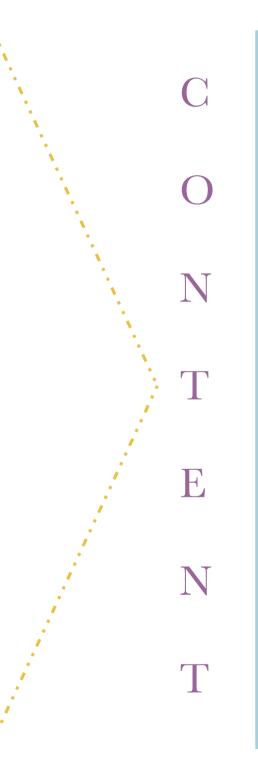
### **SECTION 2**

SEX EDUCATION IN INDIA : A TABOO TOPIC2.1 Overview2.2 Current state of sexual health2.3 Health and Wellness Curriculum, 2020

#### **SECTION 3**

TEACHING COMPREHENSIVE SEX EDUCATION 2.1 Instructional Methods 2.2 How to teach CSE 2.3 Learning Resources

### REFERENCES Q/A



# SECTION 1 UNDERSTANDING COMPREHENSIVE SEXUALITY EDUCATION (CSE)



## What is CSE ?

Comprehensive sexuality education is a rights-based and gender-focused approach to sexuality education, whether in school or out of school Includes scientifically accurate information about human development, anatomy and reproductive health, as well as information about contraception, STIs etc

This education may go by other names, such as "life skills," "family life," or "HIV" education. Sometimes it is called "holistic sexuality education."

It also goes beyond information, helping young people to explore and nurture positive values regarding their sexual and reproductive health

## Key Facts

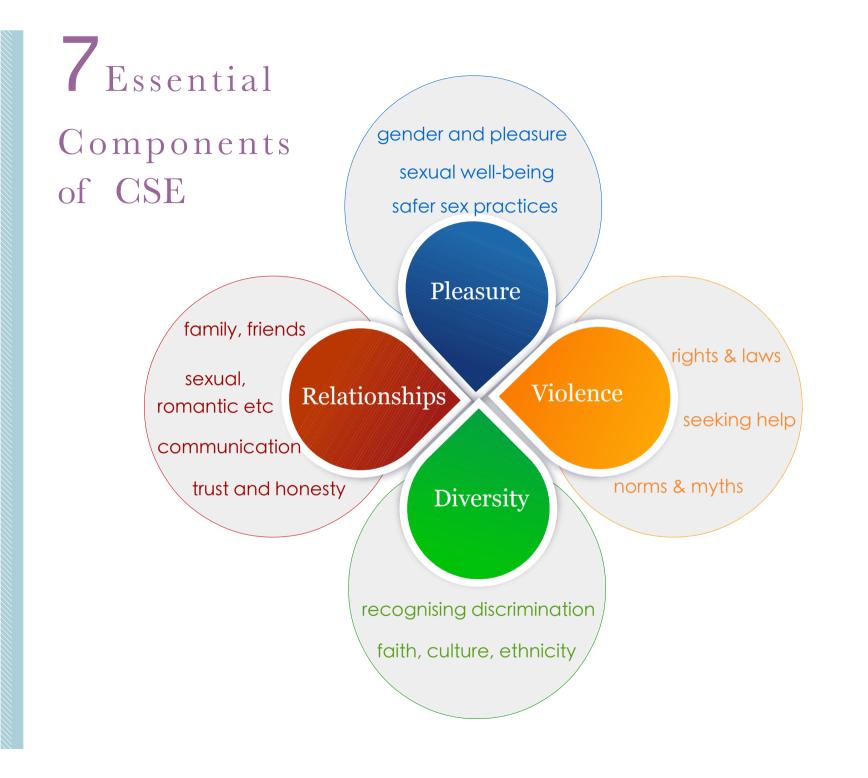
Comprehensive sexuality education does not lead to earlier sexual activity or riskier sexual behaviour

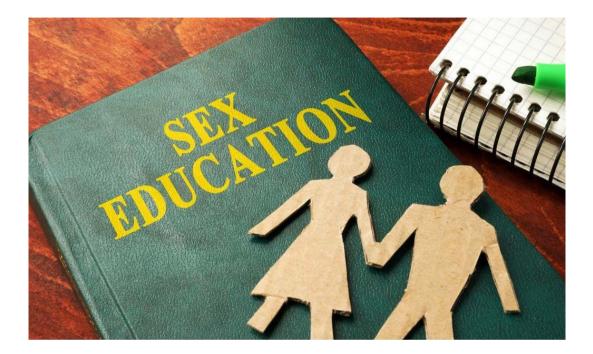
These programmes reduce risky behaviours: About two thirds of evaluations show reductions in targeted risky behaviours

Delivering high-quality comprehensive sexuality education requires training and support

To be most effective, curricula must be tailored to the specific context and needs of young people



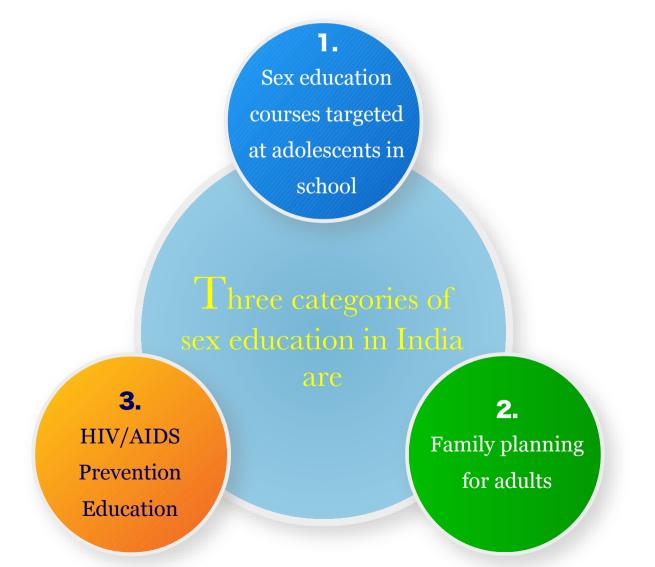




# SECTION 2 SEX EDUCATION IN INDIA : A TABOO TOPIC

## Overview

Sex education in India to the organised delivery by Indian governments and nonprofits of material regarding sex, sexuality, and pregnancy



## Current State of Sexual Health

- In rural areas and urban slums, girls are often married early and they don't go into marriage equipped with any knowledge of sex
   Adolescent fertility usually occurs within marriage because girls are encouraged to reproduce as early as they can after they are married
   <u>Pregnant or</u>
   36% of children (aged 13–16)
   64% of adolescents (aged 17–19)
- \* More than four million people are estimated to be infected with HIV in India
- \* Premarital sex has risen in India, and a large proportion of it is unprotected

## Health & Wellness Curriculum, 2020

\* Developed by the Ministries of Human Resource Development and Health and Family Welfare, launched on Feb 12, 2020
\* The curriculum also includes sex education, the phrase used is

'adolescence education'

Divided into 11 modules

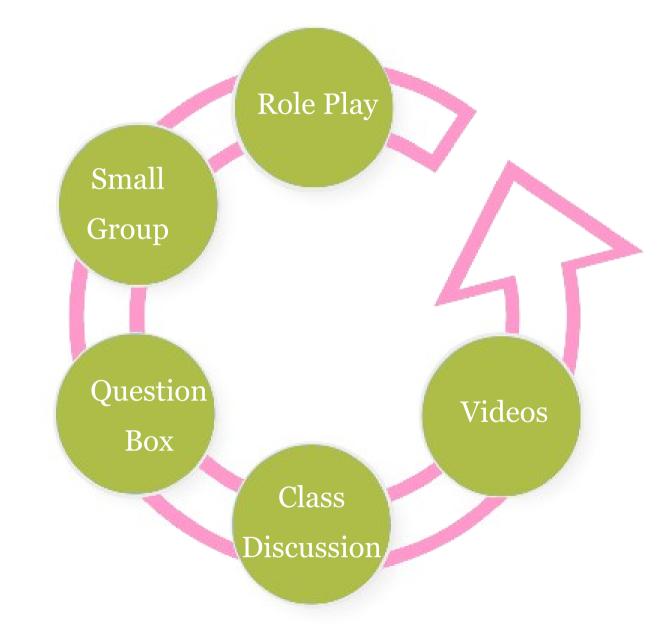
- Growing up healthy
- Emotional well-being & mental health
- interpersonal relationships
- Values and responsible citizenship
- Gender equality
- Nutrition, health and sanitation
- Promotion of healthy lifestyles
- Prevention & management of substance misuse
- Reproductive health & HIV prevention
- Safety and security against violence and injuries
- Promotion of safe use of internet, media and social media



# SECTION 3 TEACHING COMPREHENSIVE

# SEXUALITY EDUCATION

# Instructional Methods



# How to Teach CSE

## <u>Understanding Sex Education</u> <u>Programs</u>

- Familiarise yourself with your local sex education requirements
- Understand the different approaches to sex education
- ★ Plan your own lessons or curriculum

### <u>Preparing to Teach Sex</u> <u>Education</u>

- \* Educate yourself on sex and sexual health
- ★ Determine what your goals are
- Contact your learners' guardians
   with information about the
   content you'll be teaching

### **Teaching Comprehensive Sexuality Education**

- ★ Learn the teaching strategies required of your program
- \* Choose activities that encourage students to work cooperatively
- ★ Establish the ground rules before starting the lesson
- \* Acknowledge children's struggles with body image, social skills, sexuality
- ★ Encourage students to reflect through journal writing

## Learning Resources

## BOOKS AVAILABLE IN OUR LIBRARIES

- The Red/Blue/Orange book TARSHI
- The Bluest Eye : by Toni Morrison
- My Little Body Book: Keeping Ourselves Safe : by Shruti Singhal
- Recollections of my nonexistence : by Rebecca Solnit

## **ONLINE RESOURCES**

- ✓ HIV & Sexuality Education
  - UNESCO
- $\checkmark$  CSE IWHC
- ✓ Amaze Educator
- ✓ Sex Ed School

## REFERENCES

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https://www.unfpa.org/

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- \*Sex education: Still a taboo in India?
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- \*Health and Wellness Curriculum https://theprint.in/
- \* How to Teach Sex Education -

https://www.wikihow.com/

## <u>ANY</u> <u>QUESTIONS?</u>



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Interlancy Education

# Thank you