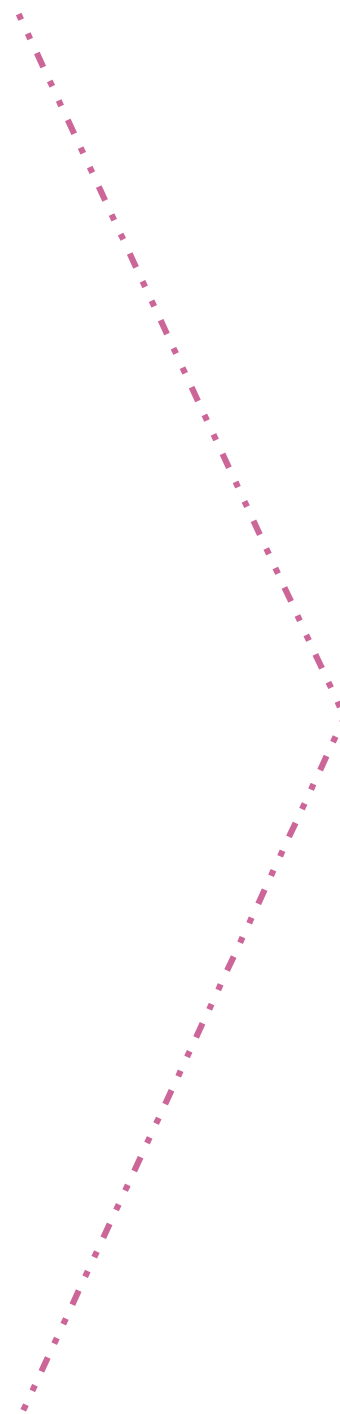


Let's Talk About CSE !

- by anahita koshur



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SECTION 1

UNDERSTANDING COMPREHENSIVE SEXUALITY EDUCATION

1.1 What is Comprehensive Sexuality Education?

1.2 Key Facts

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SECTION 3

TEACHING COMPREHENSIVE SEX EDUCATION

2.1 Instructional Methods

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REFERENCES

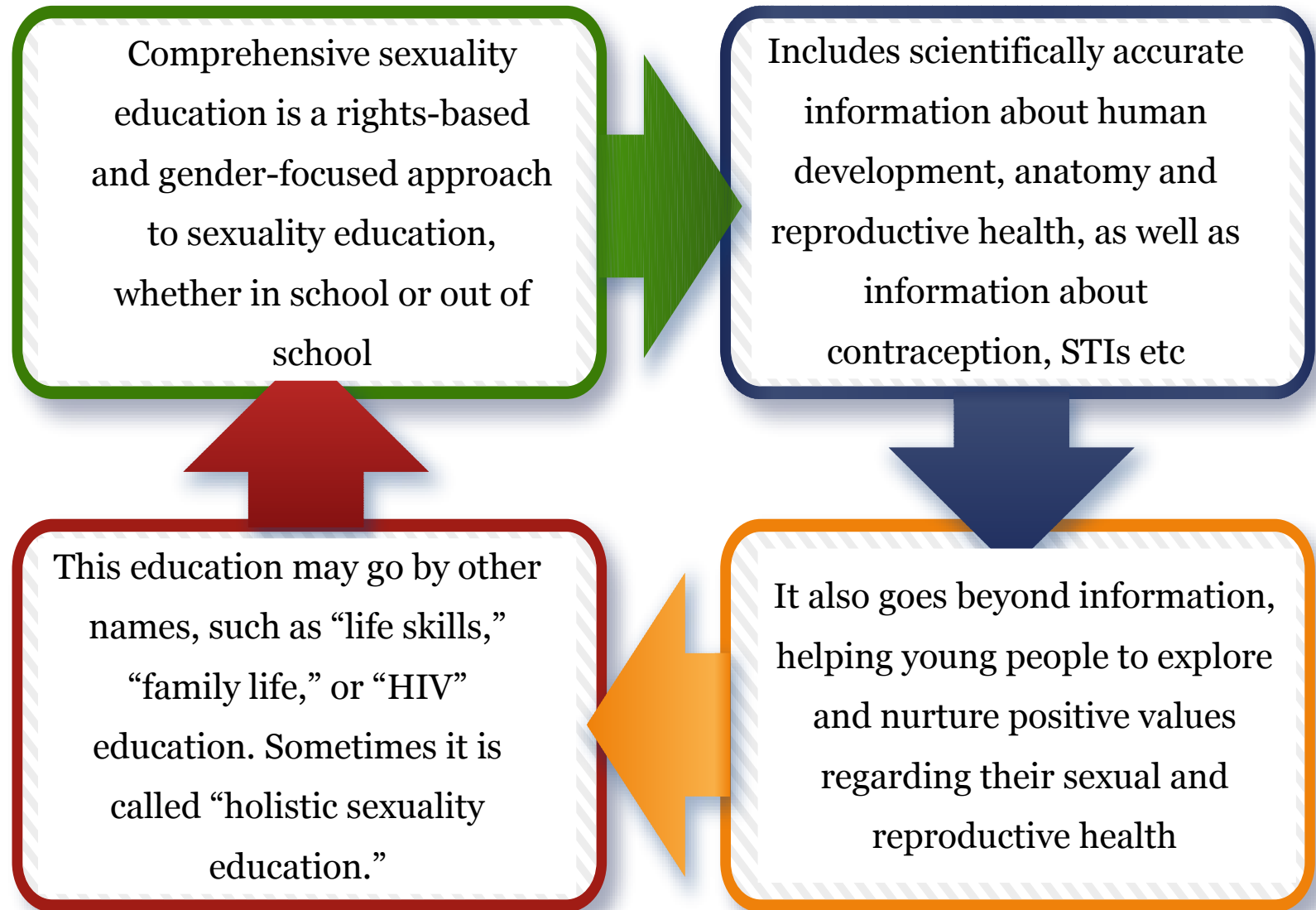
Q/A



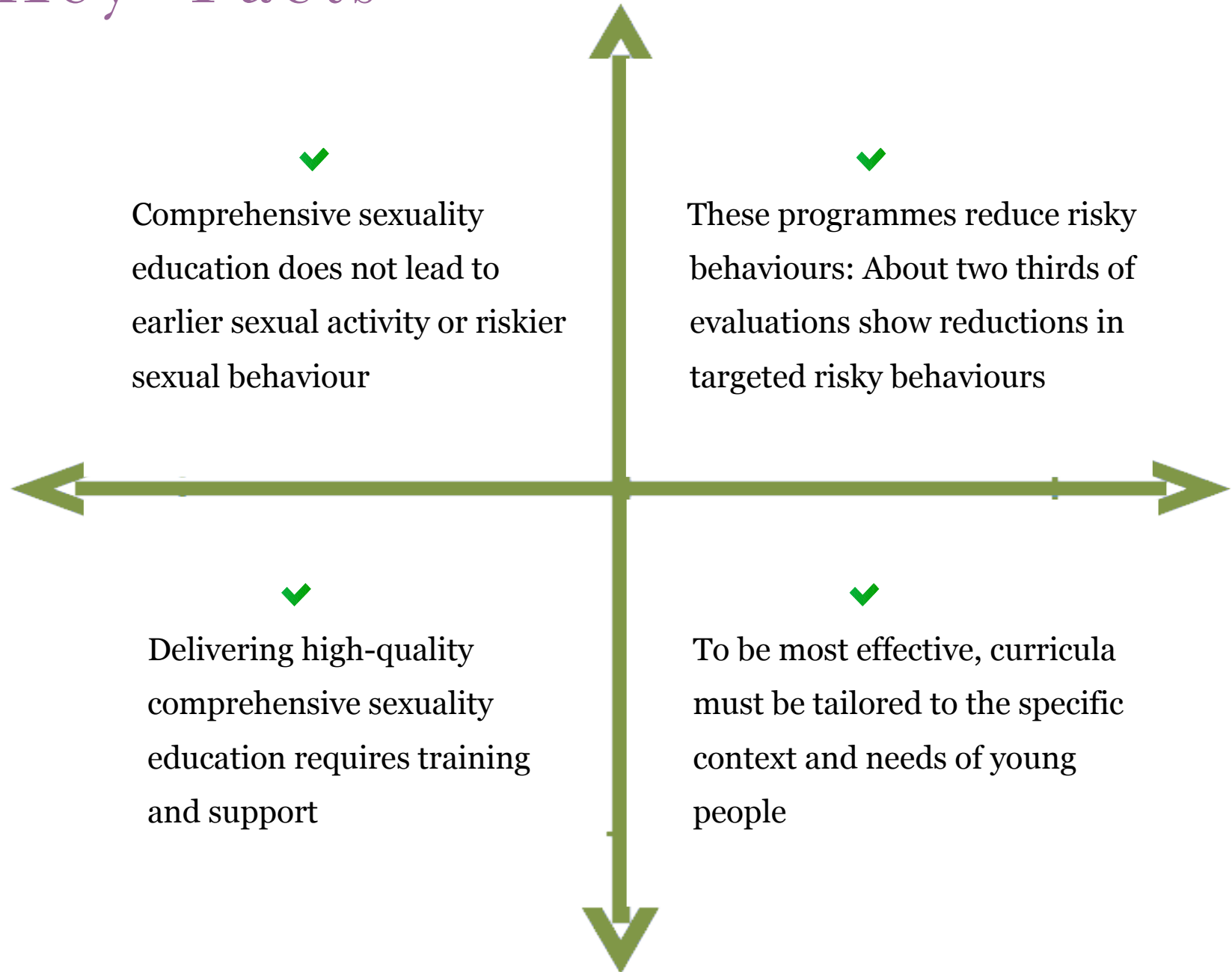
SECTION 1

UNDERSTANDING COMPREHENSIVE SEXUALITY EDUCATION (CSE)

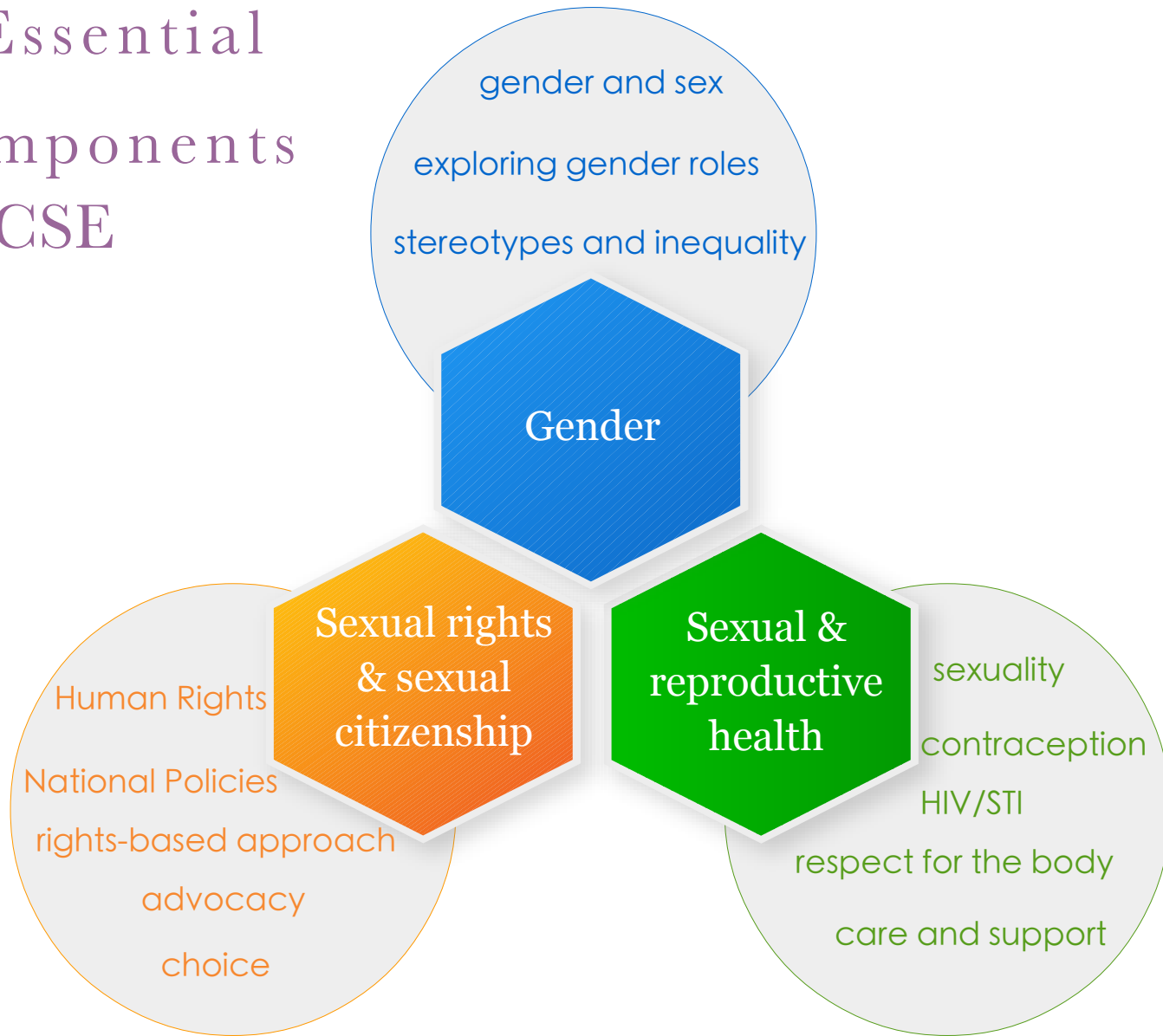
What is CSE ?



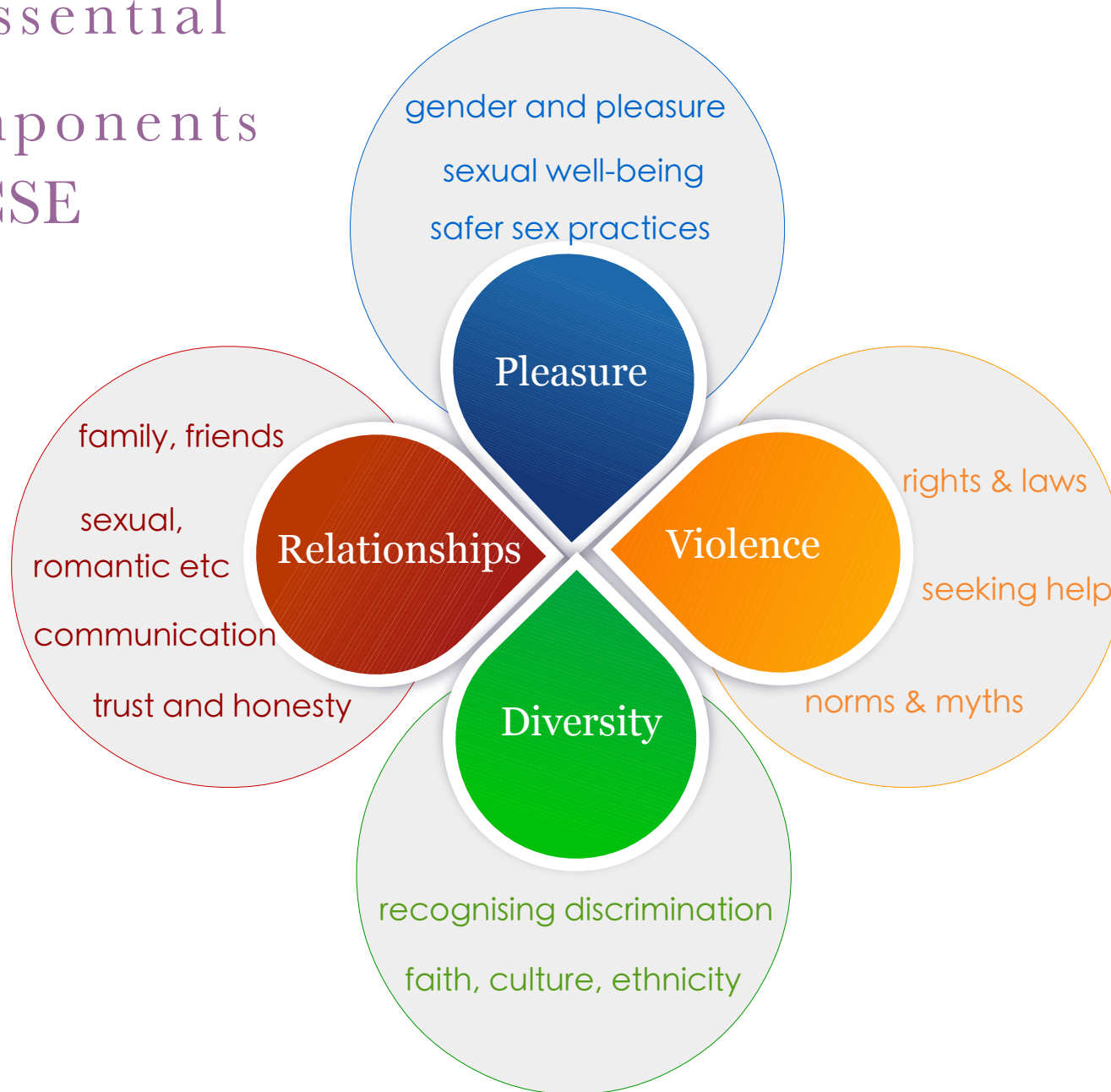
Key Facts

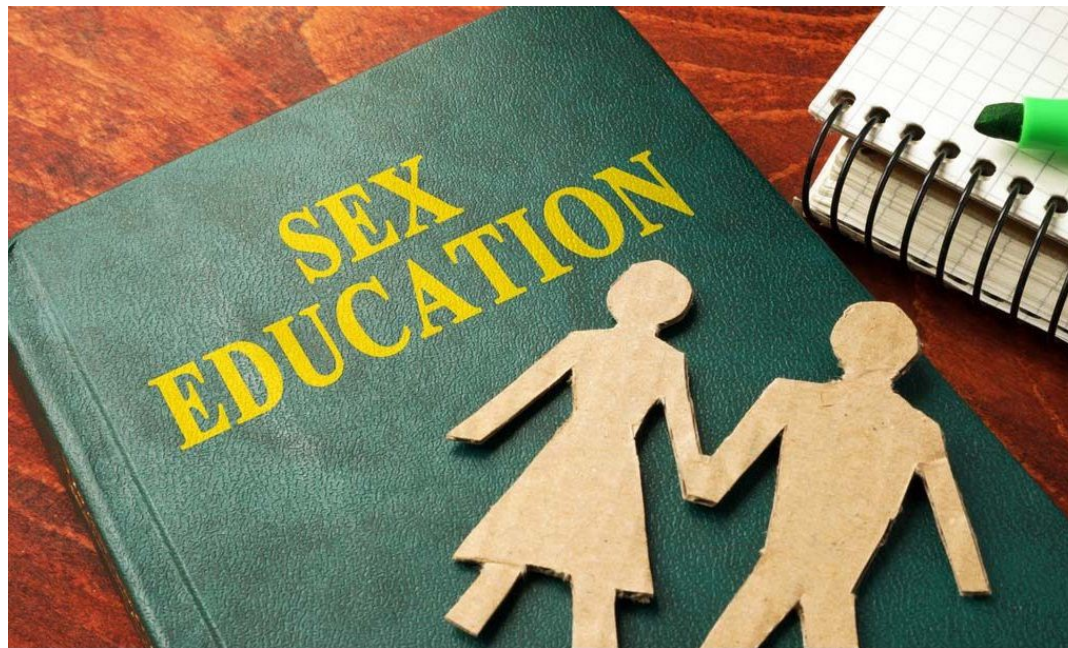


7 Essential Components of CSE



7 Essential Components of CSE



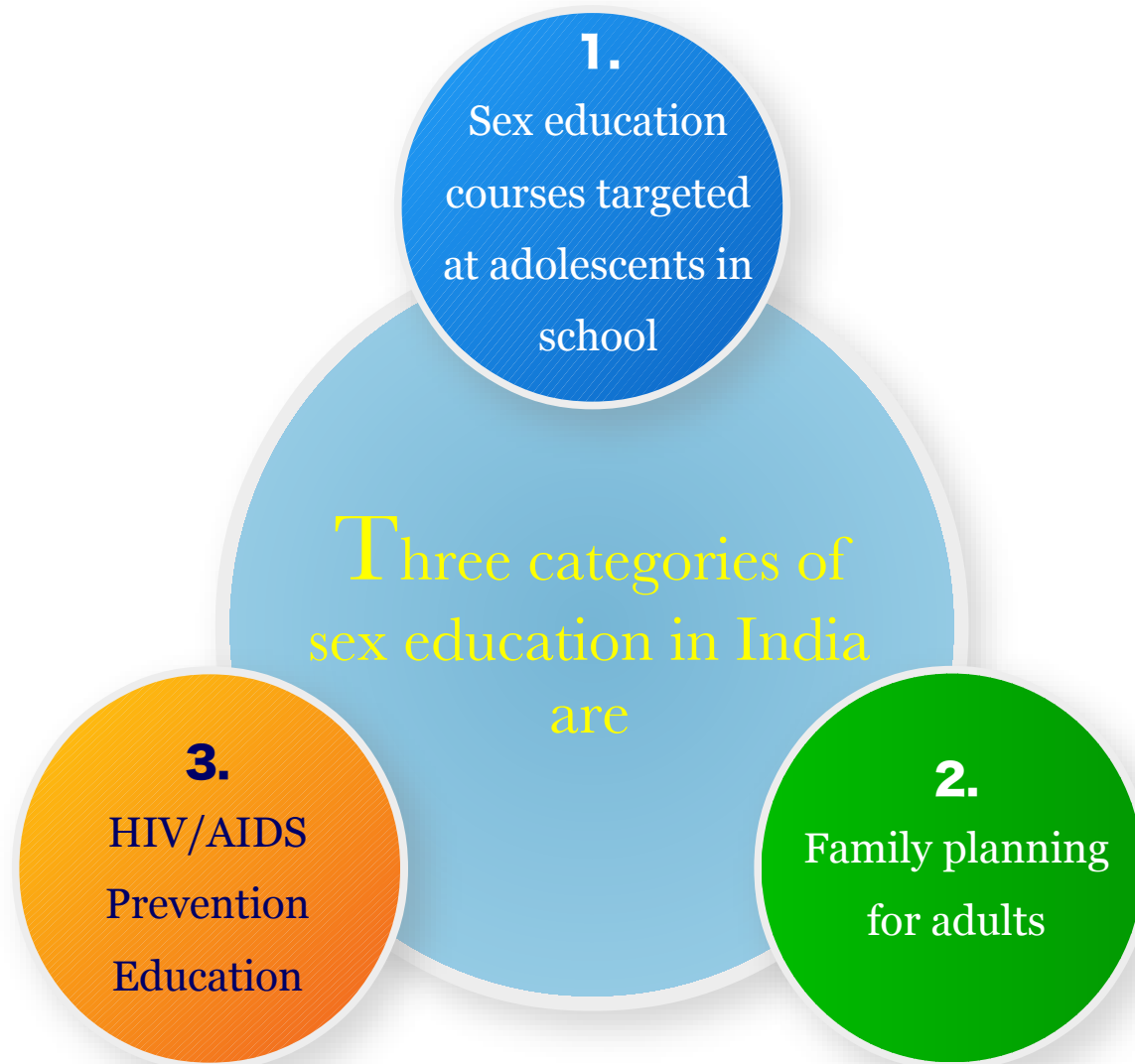


SECTION 2

SEX EDUCATION IN INDIA : A TABOO TOPIC

Overview

Sex education in India to the organised delivery by Indian governments and non-profits 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

Pregnant or
already mothers

→ 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

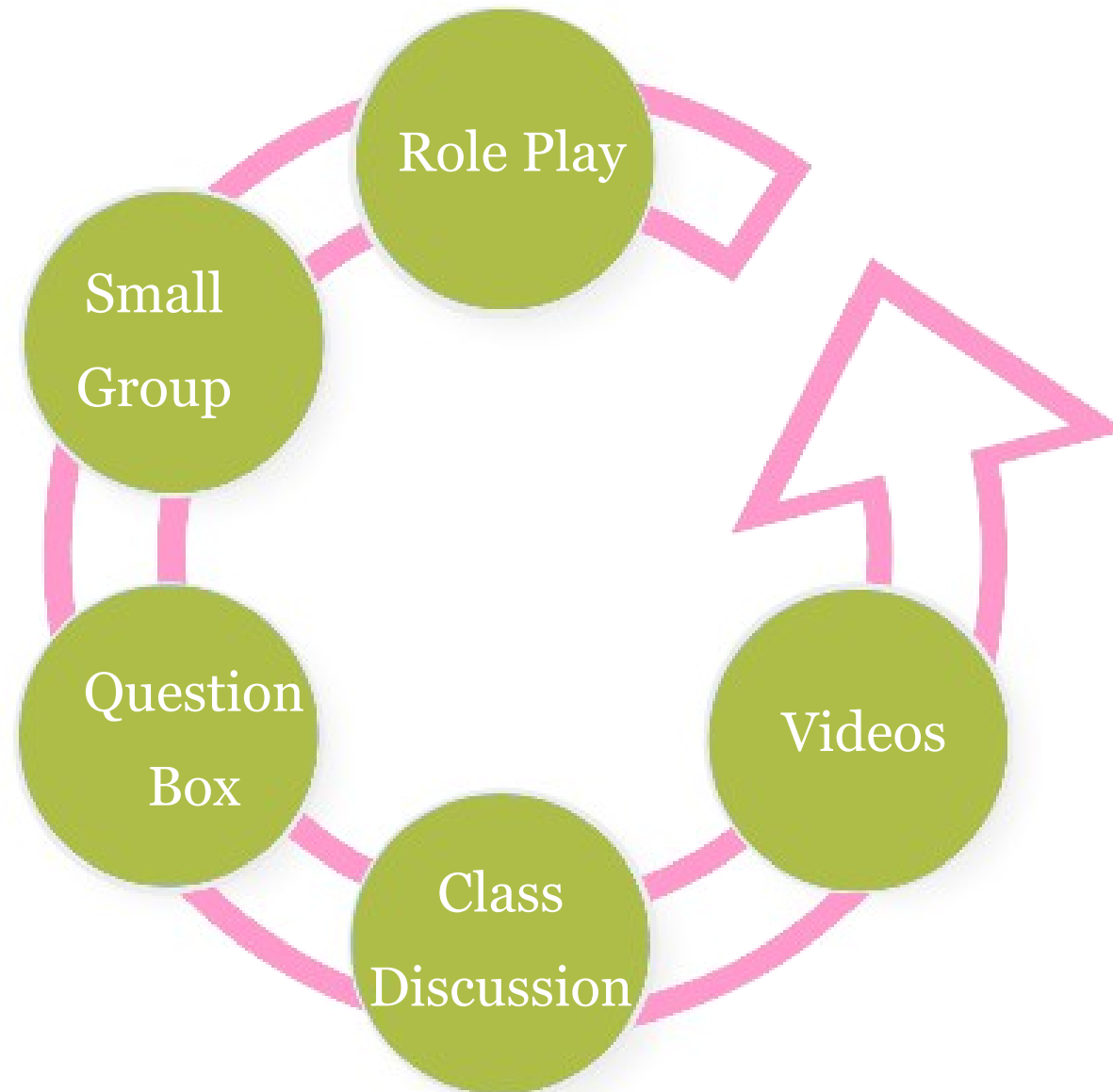
- Growing up healthy
- Emotional well-being & mental health
- interpersonal relationships
- Values and responsible citizenship
- Gender equality
- Nutrition, health and sanitation
- Promotion of healthy lifestyles
- Prevention & management of substance misuse
- Reproductive health & HIV prevention
- 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

Understanding Sex Education Programs

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

Preparing to Teach Sex Education

- ★ 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
- ✓ CSE – IWHC
- ✓ Amaze Educator
- ✓ Sex Ed School

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ANY
QUESTIONS?



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Udaya Public
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Interlancy
Education

Thank you