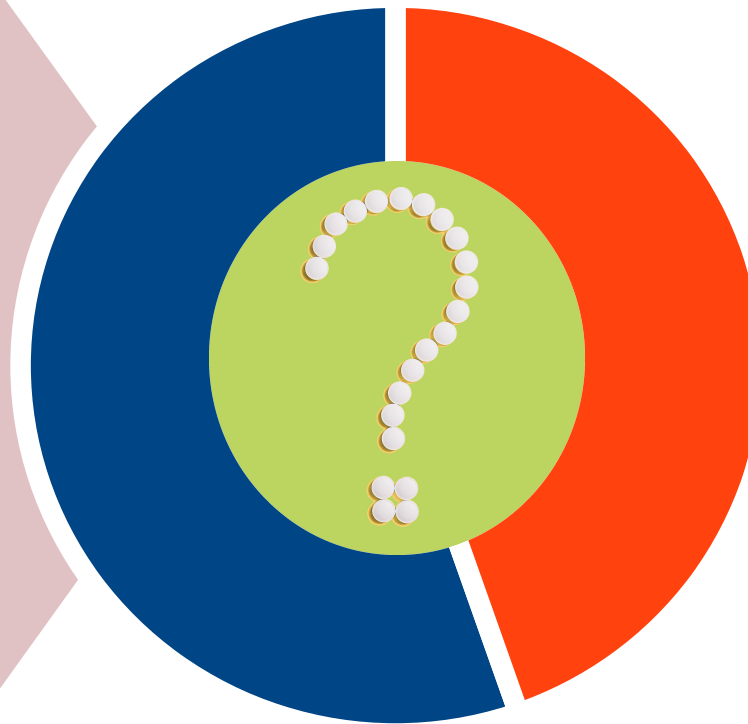


Let's Talk About CSE !

- by anahita koshur

Issues that some students raised during the One-on-one Interactive session?



- जब भी हम अपोजिट जेंडर के छात्र से बात करते हैं, टीचर उस चीज को शक की नजर से देखा जाता है।
- कभी-कभी ऐसा होता है कि हम पीरियड्स में स्कूल आते हैं और हम अपने मेल टीचर्स को अपनी स्थिति के बारे में बताने में कंफर्ट फील नहीं करते

Source : Udaya Public School “One-on-one interactive session feedback report”

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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 TOPIC

2.1 Overview

2.2 Current state of sexual health

2.3 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)

Gender vs. Sex

While many people use the terms interchangeably, there is a very important difference between "gender" and "sex."

The terms are not synonyms.

"gender"

- * Gender is not a binary concept; rather, it is fluid and can take on many variations
- * Gender identity and gender expression do not necessarily have to conform to what is typically associated with the sex we are assigned at birth
- * Biologically determined
- * One's gender identity and gender expression are independent from one's sexual orientation

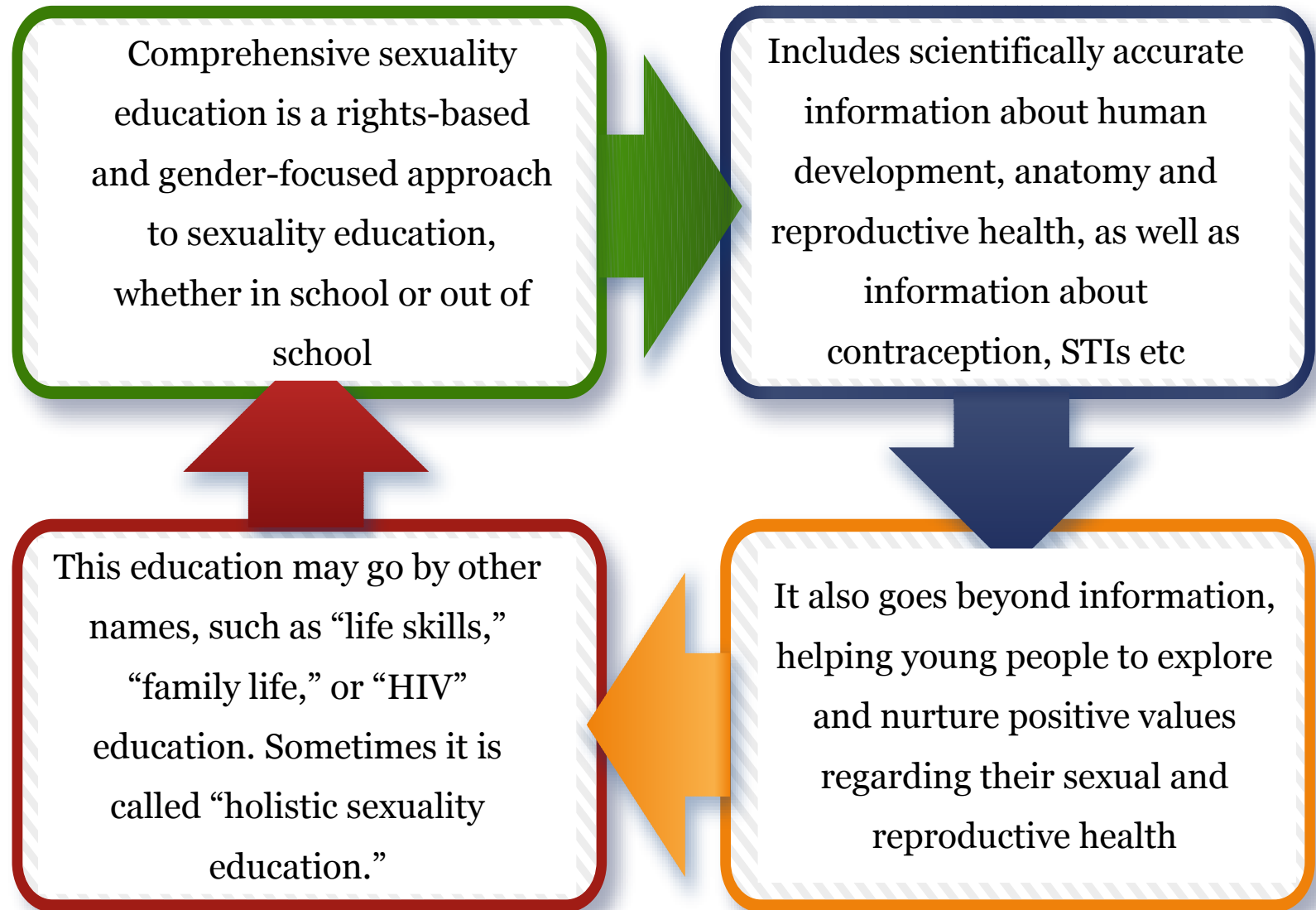
"sex"

- * Sex" defines whether we are female or male based on our biology
- * People are born male or female but learn to be, are conditioned to be, or feel themselves to be "feminine" or "masculine"
- * Socially determined

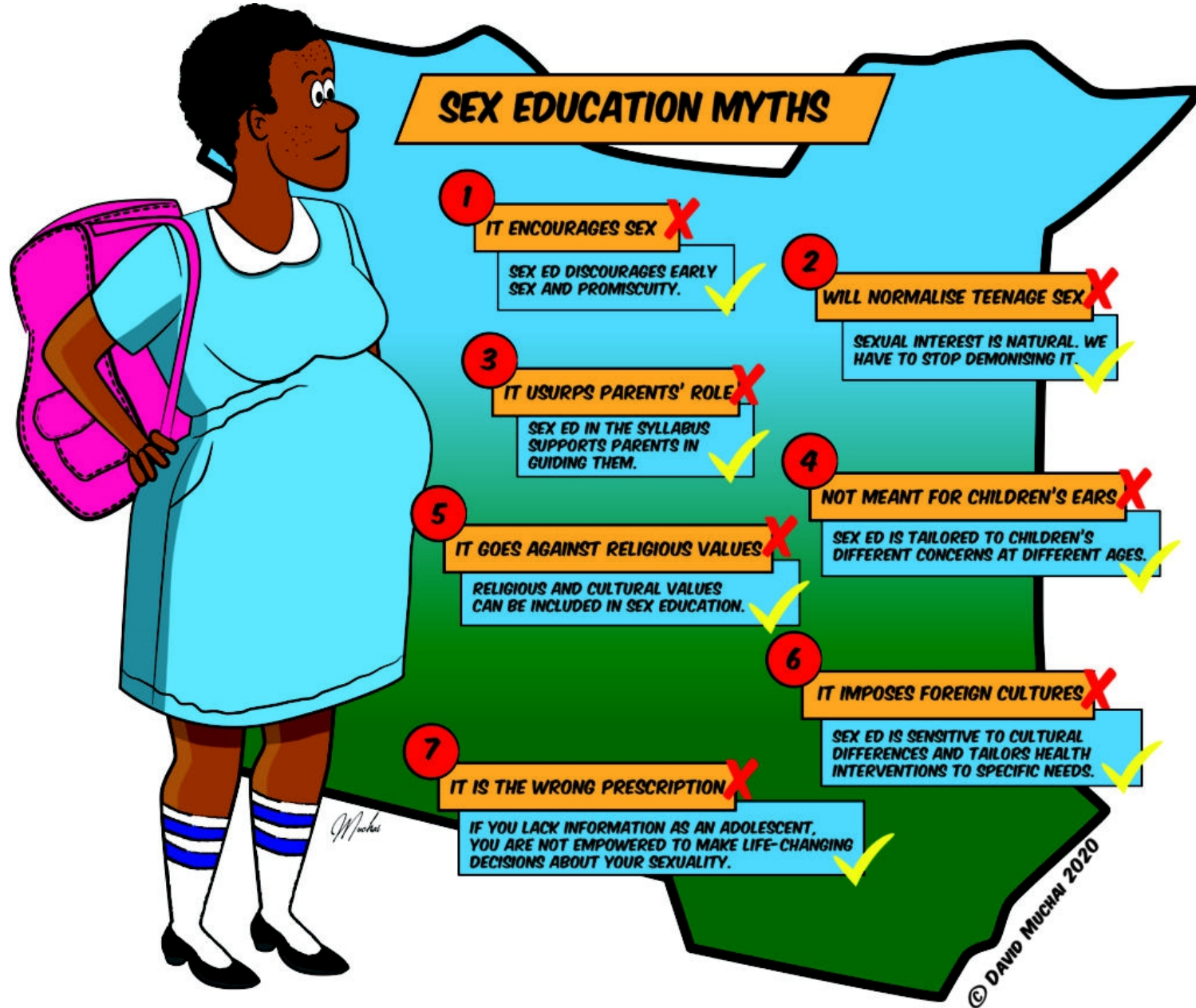
7 Genders 7 Typographies

GENDER	PRONONUNS
Female	She/He
Male	He/Him
Intersex	Preferred pronouns
Trans	He/Him, She/Her, Ze/Hir
Non-Conforming	They/Them, Ze/Hir, Other
Personal (Not an absence of gender, but an irrelevance that embraces the particular)	Preferred pronouns
Eunuch	Preferred pronouns

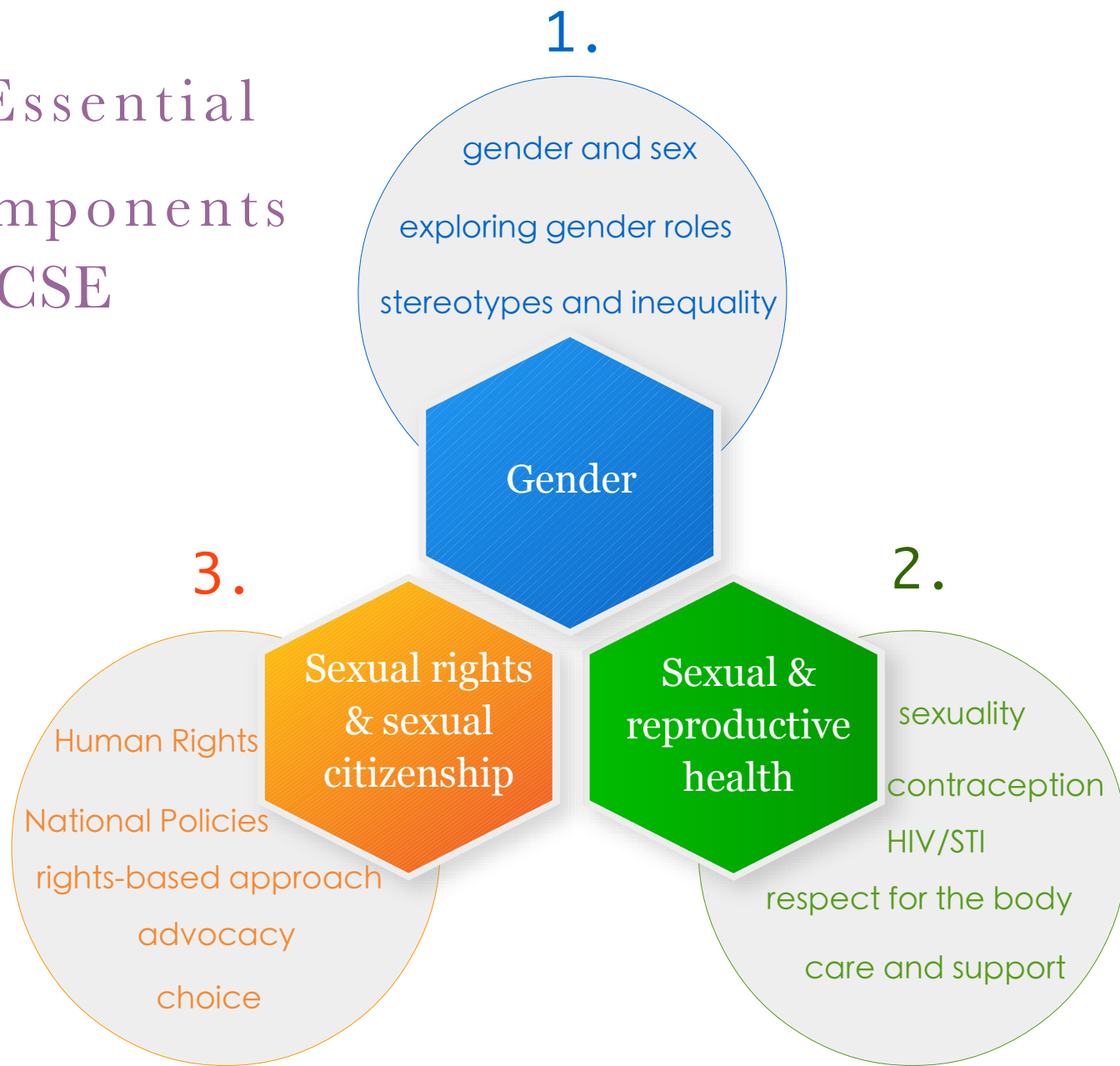
What is CSE ?



Debunking Myths

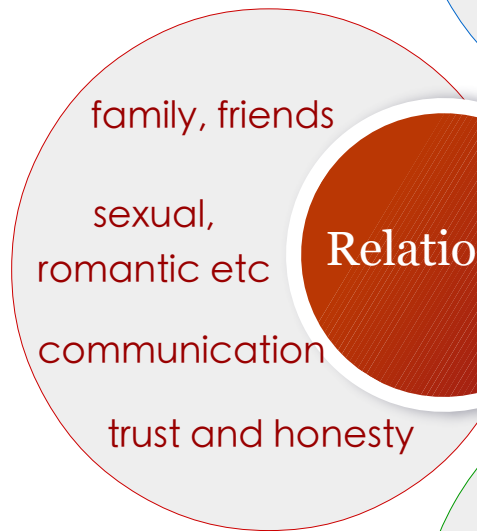


7 Essential Components of CSE



7 Essential Components of CSE

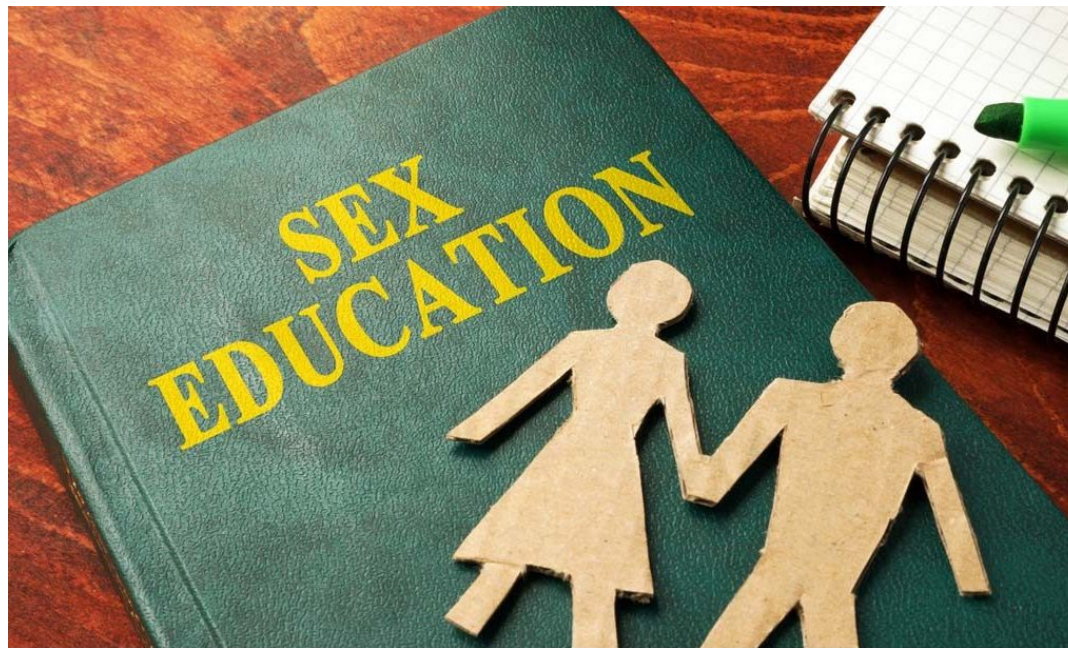
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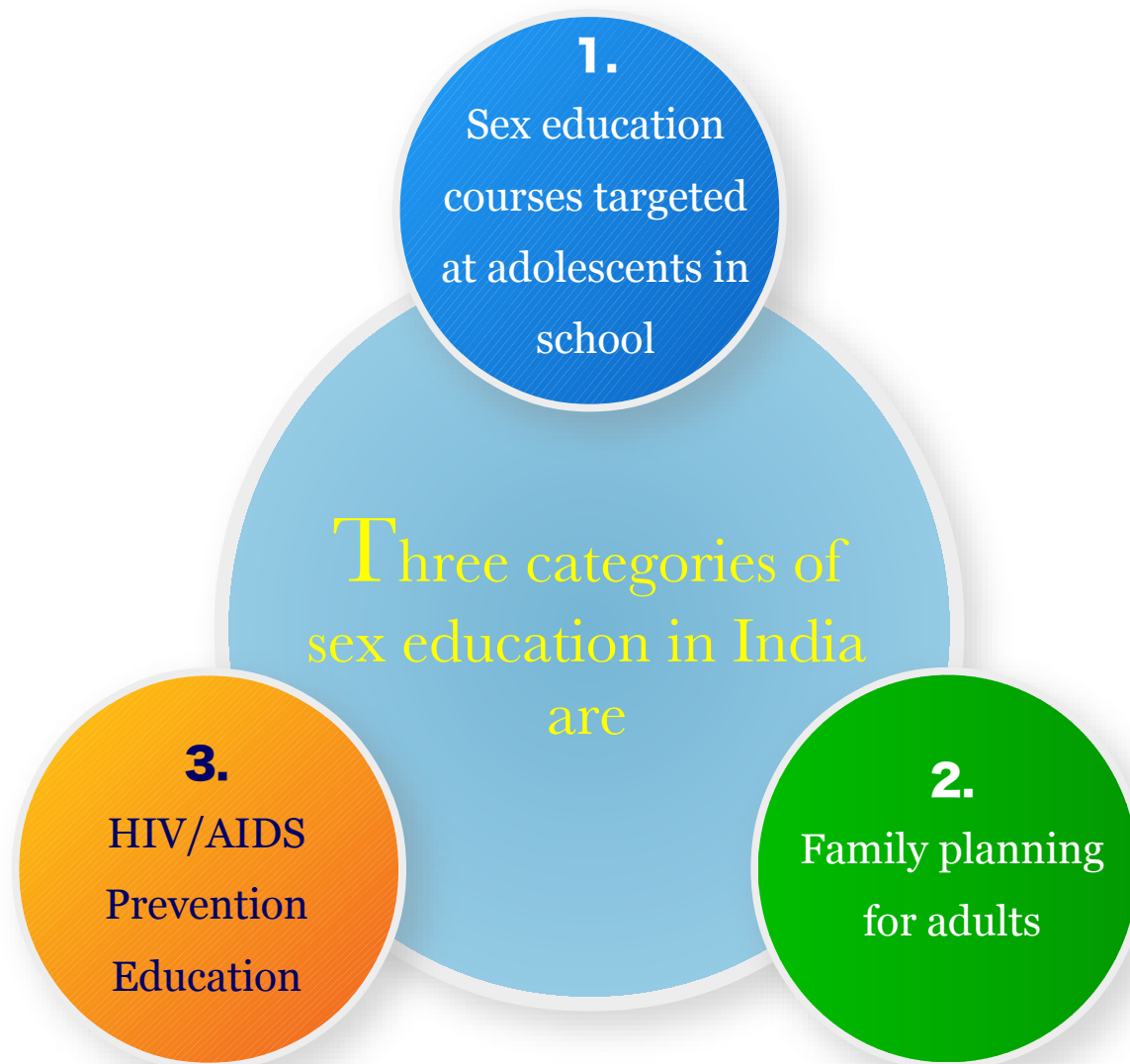


SECTION 2

SEX EDUCATION IN INDIA : A TABOO TOPIC

Overview

Better sex education is now a part of India's school curriculum. After years of sex education being banned in many Indian states, Prime Minister Narendra Modi rolled out a sex education program in 2018



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

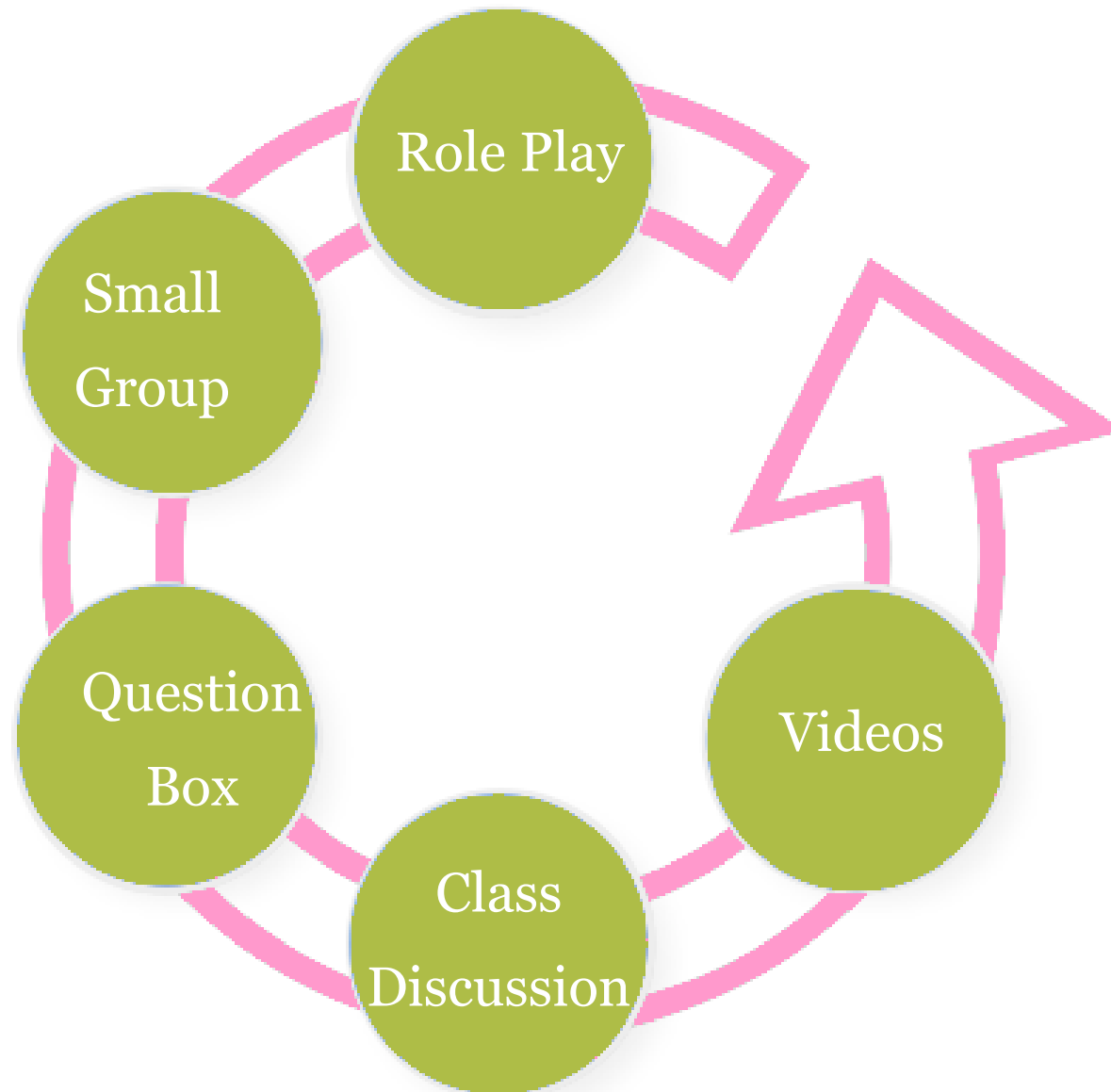
- Growing up healthy
- Emotional well-being & mental health
- interpersonal relationships
- Values and responsible citizenship
- Gender equality
- Nutrition, health and sanitation
- Promotion of healthy lifestyles
- Prevention & management of substance misuse
- Reproductive health & HIV prevention
- 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**
- ✓ Teaching Transgress : **by bell hooks**
- ✓ Teaching Community : **by bell hooks**
- ✓ The book of Phoenix : by **Nnedi Okarafor**
- ✓ My Little Body Book: Keeping Ourselves Safe

ONLINE RESOURCES

- ✓ HIV & Sexuality Education
– UNESCO
- ✓ CSE – IWHC
- ✓ Amaze Educator
- ✓ Sex Ed School

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<https://www.wikihow.com/>

ANY
QUESTIONS?



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Udaya Public
School



Interlancy
Education

Thank you