

Student Name

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Course Code

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### Sex Education

In America, sex education is only provided in a total of 24 states at the basic level in the public schools and of these 24 states, only 21 mandate that sex education must be scientifically, medically, factually, or technically accurate. In a world where rates of sexually transmitted infections are on the rise and nearly half of all pregnancies are unplanned, it is clear that something needs to change. During their teenage years, many students are never given any sex education at school because it was no secret that sex is a controversial topic to talk about in a classroom. Despite this, sex education should be mandatory in all schools. Many young people are not fully aware of the diseases they can get if they participate in sexual activity before reaching adulthood and teaching about the biology, benefits, and drawbacks of sex are necessary so that young people can learn about their bodies and make informed choices about their sexual health.

In modern days, many young people engage in sexual activity without knowing how to properly protect themselves against STIs or pregnancy. In a report by Center for Disease Control (CDC), approximately the increase of sexually transmitted infections (STIs) that are reported each year has reached a figure of 19 million in the United States. Of these, 50% occur among young people aged 15-24. What's even more alarming is that 1 in 4 sexually active teens will contract an STI each year. These statistics make it abundantly clear that sex education is desperately needed in our schools. An article by Leung et al. indicates that HIV infections among

youth are on a constant rise according to a report from the World Health Organization (WHO) which suggests that the existing sex education programs in schools are very inadequate and the missing subject in the majority schools of the world is also playing a huge part in this negative trend. The lack of knowledge among youth about this topic is a very alarming situation that needs to be rectified in countries where youth sex is the norm. This means that in addition to providing students with information about STIs and how to prevent them, sex education classes also teach other important topics such as consent, respect, and communication. These are skills that young people will use throughout their lives, not just when they're being intimate with another person.

First and foremost, sex education should be mandatory in all schools because it can help reduce the rates of teenage pregnancy and STIs. This means that comprehensive sex education can help reduce these rates by teaching students about both abstinence and contraception. An article by Thomas and Aggleton points out that school-based sex is continuously on the rise in the US and the emerging theme in this situation is the lack of knowledge on the part of the kids who don't have any idea about the pros and cons of the subject. If kids are taught about the repercussions of having sex at such a young age, then it is a possibility that they might stop doing it and wait until the right time and make the right decision about their bodies and life. Hence, the knowledge of STIs and diseases like AIDs is necessary for these kids to save them from creating any problems for themselves.

Secondly, sex education should be mandatory in all schools because it can help students make informed decisions about their sexual activity. Too often, young people engage in sexual activity without understanding the risks involved. A study by Breuner et al. points out that the best way to implement sex education in schools will be by hiring professional pediatricians and

health care providers whose only job will be to teach the kids about sex and all the diseases that are related to it if not done right. Such professionals will teach the students by providing biological facts about how the human body works which would make the entire exercise much more effective. This indicates that mandating sex education in all schools and hiring professionals to teach those subjects might ensure that all young people have access to accurate information about sexual health so that they are able to improve their knowledge base on the subject of sex and its pros and cons.

Finally, sex education should be mandatory in all schools because it can help create a more open dialogue about sex between young people and their parents or guardians. For many young people, talking about sexuality with their parents is uncomfortable or even taboo. A journal by Sato et al. points out that cases of HIV, AIDs, and all other STDs are very less in Japan as compared to the rest of the world where pre-marital sex is allowed. This is because Japan has implemented the strategy of creating awareness among parents to talk to their kids about sex when they reach the age of 14 years old. This has resulted in society becoming much more accepting to talk on this topic and has brought down the ratio of STDs by more than 50% in the last decade. This means that if kids are not taught about sex either by their schools or their parents, they may turn to their peers for information on the subject which can lead to misperceptions or inaccurate information being spread. Therefore, sex education classes can provide a safe space for young people to ask questions and learn accurate information about sexuality without having to feel embarrassed or ashamed.

In my personal experience, I didn't receive any formal sex education until I was an adult and stumbled across some books in the library. By that time, I was already sexually active and had contracted a few STDs. If I had been taught about safer sex practices and how to use

condoms properly, I could have avoided a lot of heartache (and hassle!) down the line. A study by Lindberg and his companions indicates that there has been a considerable lack of education about birth control among female adolescents as evidenced by the rise in the number of girls becoming mothers before the age of 18. This proves that if timely education on the topic had been provided to these adolescents, a lot of trouble could be saved for the families and those girls who had to go through such trouble at such young ages. These days, there are more ways than ever for young people to learn about sex; but with all of the conflicting information out there, it can be hard to know who or what to believe. Teachers in schools can provide accurate information about human sexuality, contraception, STDs, and more. Not to mention, schools can create a safe space for students to ask questions and explore their curiosities without feeling ashamed or embarrassed. Therefore, sex education should be mandatory in every school in the US so that knowledge on this topic becomes common and kids can be safe from all sorts of STDs.

In conclusion, sex education should be mandatory in all schools for several reasons. First and foremost, it can help reduce the rates of teenage pregnancy and STIs. Second, it can help students make informed decisions about their sexual activity. Finally, it can help create a more open dialogue about sex between young people and their parents or guardians. Therefore, sex education is an important part of growing up; yet, for many young people, it remains a taboo subject. With accurate information and a safe space to ask questions, students can develop a healthy attitude toward sex and sexuality.

Works Cited

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