

# Problems of Adolescent Sexual Education in China

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**Abstract:** The age of student sexual development is significantly earlier in today's society. However, the education of sex biology, sex psychology, and sex ethics in elementary and middle schools lags behind. There lack of standardized textbooks and full-time teachers, school leaders and teachers still do not pay enough attention to sex education, meanwhile the quality of sex education and the teaching effect are average. Research has shown that doing a good job of sex education will not only help students develop their personality, but also help students establish a correct view of sexual values in the future. Therefore, this paper in order to analyze the issue and causes in the problems of adolescent sex education in China, and looked for some measures and alternative solutions to solve the problem.

**Keywords:** Sexual Education; Solutions; Adolescent

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## 1. Problem statement

Due to the constraints of feudal traditions and insufficient attention to youth sexual health education as well as parents has almost neglected the sex education. It is not scientific and comprehensive in the education of sex physiology, sex psychology, and sex morality for primary and middle school students. There are also many problems in the implementation of sex education in China. Specifically:

First, the curriculum setting of sex education is lagging behind. There are no standardized teaching materials and full-time teachers for sex education in many middle schools. Second, the content of sex education is not comprehensive enough. Many schools have not developed systematic and comprehensive youth sexual health for young people. Third, the educational method of sex education is simple. In terms of sex education, many teachers still use the traditional preaching education model, and have not flexibly designed.

School educators and teachers not only shoulder the important task of helping students learn knowledge, but also need to carry out scientific sex education. The government should also integrate resources, enrich and improve the content of sex education, help and guide schools, society, and parents to carry out sex education.

## 2. Background of problem

In recent years, relevant data indicate that middle school students' addiction to unhealthy sexual behaviors has increased rapidly. According to the research, the juvenile sexual delinquency has risen to the second place among all forms of juvenile delinquency in China. These unhealthy behavior and phenomena reflect the necessity and urgency of adolescent sexual health education.

However, we found that China's sex education system is not really perfect. Relevant policies and regulations are lagging behind. Teachers in sex education ability is limited, most Chinese parents to their little child sexual education, therefore, based on the present situation, as the teenage sex psychology and sex related social problems, which requires the government, schools, and strengthen public secondary sexual physiology, sexual psychology and the importance of ethical education.

## 3. Why it needs to be addressed by the government

### 3.1 The need to prevent juvenile sexual delinquency

According to some research and reports, middle school students who are in adolescence stage lack sexual knowledge and morality are tend to have psychological problems and unhealthy behaviors, such as hurting others, contracting AIDS, under-age pregnancy, etc, which will cause extreme consequences for students, student families, and even damage the entire society. It shown that the proportion of juvenile sexual crimes is increasing, and the age tends to be younger.

## **4. Four solutions of the problem**

### **4.1 Increase sex and health education class hours and teaching**

Schools and teachers not only take the responsibilities of helping students learn cultural knowledge, but also need to carry out appropriate sex education work to allow them to have correctly understanding.

#### **4.1.1 Advantages and disadvantages:**

We know that the impact of classroom teaching on students' education is long-term and profound. So, it has a long and systematic lasting effect on students. But, It is difficult to guarantee that every teacher is qualified or take classes seriously.

#### **4.1.2 Specific methods**

##### **4.1.2.1 Increase the class hours on health and sex education in school**

Researchers from Beijing Normal University's children's sex education project team has proved that the curriculum of 6 hours per semester can meet the minimum requirements of elementary school sex education. It is recommended that the Ministry of Education increase the number of hours of health education to 16-18 hours per semester. These hours can be used for health education, mental health education, and sex education. In addition, in the national compulsory education curriculum arrangement, nearly 16% to 20% of the curriculum is "comprehensive practical activities" and "local and school curriculum". It is also feasible to take part of the class hours for sex education.

##### **4.1.2.2 Increase health education teachers**

Usually, Biology teachers mainly explain the physiology and psychological knowledge of adolescence; psychology teachers focus on educational content such as adolescent sexual intercourse and mental health. Schools should integrate all aspects of adolescent sex education resources, build a complete educational institution, and coordinate and deal with problems together. Meanwhile, In the establishment of professional positions, there must be health education teachers, and health education teachers should undertake the tasks of health education, mental health education, and sex education.

## **4.2 Carry out special lectures on sex education**

Biology classroom penetration can enable students to master most of the knowledge of sexual physiology during the youth and spring and some knowledge of sexuality and sexual concepts, but for some coherent and systematic knowledge of sexual health, it is difficult for students to grasp through daily teaching. Therefore, in addition to classroom teaching, the government can help schools conduct regular lectures on sex education to help students establish correct and scientific sexual ethics and sexual concepts.

#### **4.2.1 Advantages and disadvantages**

It is an good way to guide schools systematically explain the content of healthy and sexual knowledge, which can help students establish correct and scientific sexual ethics and value and reduce the appearance of criminal acts.

But, Special lectures on education can not be conducted frequently. We can not guarantee that students can learn the comprehensive knowledge and get the whole information from short-term lectures. And The implementation cost is relatively large.

## **4.2.2 Status and examples in China**

### **4.2.2.1 Wei Lei action-----guard the girl's puberty**

Aishan Angel Group's "Weilei Action—Youth Fortification Project" is one of the Public Welfare Science Program, in order to let more children know how to deal with the changes and growth of adolescence and help young people grow up physically and mentally. The operation has been fully affirmed and reported by the mass media and society, and has received strong support from the State Council's Women and Children's Committee.

Since the launch of the Wei Lei Action in 2017, the project has systematically trained professional sex education lecturers, went deep into schools, and carried out a series of targeted public welfare activities on physiological hygiene knowledge, guiding young girls to develop good hygiene habits, and effectively improving young girls sex education knowledge level and self-protection awareness have now deeply served nearly 35,000 adolescents and children in rural areas of 21 prefecture-level cities in China, helping the healthy growth of adolescents at school.

## **4.3 Psychological counseling and assistance in schools**

### **4.3.1 Advantages and disadvantages**

It can guarantee students' privacy, as counseling can be conducted one-to-one. It can also help teachers in the school to carry out their work better and more scientifically. Meanwhile, Schools and teachers are able to understand and control the confusion and mental health of students in time. But, The method is relatively passive if the students lack initiative to ask teachers for help.

### **4.3.2 Specific methods**

(1) Individual psychological consultation.

Professional individual psychological consultation and group psychological consultation can be provided to students in need to help them grow up healthily. On the basis of enabling students to fully understand themselves, help students to guide and adjust, help them understand information, and make appropriate and rational choices.

(2) Regular mental health assessment.

By establishing the mental health files of students and teachers, and using psychological assessment software to regularly detect and analyze the mental health of students and teachers; teachers and students who need psychological help can be detected in time; and then various emergencies can be monitored and prevented. Possible impact on health.

### **4.3.3 Current situation**

At present, some schools in China have carried out various forms of psychological consultation, such as the "five-one project" (a tabloid, a mailbox, an environment, a telephone and a consulting room), and some schools have established psychological consulting rooms.

However, the development of psychological counseling in secondary schools is very uneven among different regions. Schools in some developed regions are more common, while psychological counseling in some rural regions and primary schools is almost blank.

## **4.4 Establish a sex education app to integrate school and parents**

Schools should strengthen cooperation and exchanges with parents, and build a school and adolescent family education system with the society. Many parents need to learn about sex education.

### **4.4.1 Advantages and disadvantages**

It is convenient for information sharing and learning. In this way, various relationships and stakeholders can be involved in students' education progress. If it can be effectively implemented, the impact on students will be comprehensive and profound.

But, It is not easy to build a suitable app or website and the cost for integrating different educational resources and sectors together is a bit high. The government and schools have a heavy workload to carry out, due to the special content of sex education. And it is not easy for schools and teachers to keep close contact with all the parents, who have different concepts, knowledge levels, and ways of looking at these problems. Some parents may have difficulties to use the app.

## 4.4.2 Composed parts

### (1) School information collection

Schools can upload the results of psychological tests conducted by students in the psychological counseling room to the management end of this website, only the students themselves and their parents can browse the information is absolutely to protect the privacy of minors.

### (2) Family helps

Parents can use the student id and password to check the results of psychological tests, and the app provides guidance for parents on sex education.

However, this type of app is not popular enough and most young people and their parents do not use it, so we need financial support from the government. Development, design, and maintenance of the system.

## 4.4.3 Current situation

Some regions have also developed related applications, such as the 'Paul You Big' sex education mobile app, created by youth volunteer groups for teenagers to use with their parents. During the course of the game players can form a character based on points earned from these interactive mini-games, and pubescent physiology emerges, such as growing taller, developing body hair, personality style, etc.

## 5. Recommended alternative solution and its implication

Sex education on young students is not isolated. It is not only happened in schools, every sectors that related to students' growing process can affect student. So, it is necessary to combine different sector together. The government should integrate the forces of all sectors of society to let schools, families and society work together to ensure the implementation of school sex education.

### 5.1 Implication on human resource

In order to take this solution, the government needs to mobilize and combine various social resources. Including different human resources. It also requires the cooperation of all sectors of society. First of all, to develop application software related to sex education requires the joint efforts of experts of programmer, the sex education experts, psychology, educators and other related people. When the app is officially applied, schools, teachers, parents and students should cooperate and maintain communication. Give feedback. In addition, It need to provide general education and specific job-related knowledge and skills would be provided during in-service training.

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