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## **To Reduce Teenage Pregnancy, there should be more Sexual Education in Schools.**

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### **ABSTRACT:-**

In accordance with the National Association, early childhood includes immaturity, at this stage children are learning through detecting, examining and interfacing with others. The broad stages of childhood are: early childhood (3 to 5 years) and late childhood (preadolescence). The execution of sex education in schools will contribute teenagers with the accurate information to allow them to make the correct decision of life. Sex education is a cognizance to understand the sex problems accurately. It conveys all educational measures, which help the growing children to understand and face the problems in life. At the time of pubescence, physical changes and emergence of sexual feelings cause a lot of problems among teenagers. It encircles sexual development, sexual and reproductive health, impersonal relationship, endearment, affinity, body image and gender roles. Sex education helps young people to be ready for life changes such as puberty, menopause and fermenting. Sex education is enlarge adroitness and self esteem to help students to enter their adolescence. It help them in knowing that the unexpected changes are okay and normal. For example, females won't be scared and shamed when they get their first periods.

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**KEYWORDS:-** IMMATURITY, PREADOLESCENCE, SEX EDUCATION, SEX PROBLEMS, PUBESCENCE, PHYSICAL CHANGES, SEXUAL FEELINGS, MENOPAUSE.

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### **INTRODUCTION:-**

World Health Organization (WHO) published a report on 13<sup>th</sup> of December 2018 that more than 1.1 million adolescents aged between 10-19 years died in 2016 or 3,000 and more each day. Most of them died due to traffic injuries i.e. HIV/AIDS, abortion, labor.

Near about 16 million females aged 15-19 years and near about 2.5 million females aged 16 reproduces a child in developing cities. Frequently the deaths are caused due to the problems in labor and pregnancy. Yearly, 3.9 million females of age 15-19 years goes through abortions which are not safe, which ultimately results to deaths. A mother of age 10-19 year has a high risk of endometritis, eclampsia at the time of puerperium and 20 years old faces infections this increases the death rate.

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### **LITRATURE REVIEW:-**

Review of related literature sex education is some of the contention that Filipinos had. As the government plenary is open to public, people incline to have their own opinions concerning this. Few of us knows that sex education is concerning on how children will grapple in their sexual life. Sex education does not only dominates sex but emphasis more on education.

As reported by Yepoyan (2014) sexuality education can contemplated as a complex intercession in several respects: It is an area imbued conscientious and judgement, since it addresses one of the most diplomatic facet of human experience – sexuality. Teaching about sexuality to young people before marriage is intensely delicate in many customs. Sexuality education does not bereave children of their “innocence”. Giving children instruction on sexuality that is dependably precise, impartial, age – appropriate and utter.

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### **OBJECTIVE OF STUDY:-**

The main goal of sex education is to help teenagers and children for understanding the body system of females and males. Considering the different things and similar things between the 2 sex will add more to knowledge of changes in the body. This mentality will organize a specific understanding of sex in acquaintance to their lovers and friend circle. Sex education grounds a responsibility in self and towards others. Sex education is about accepting self as we are and seize one's body.

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**RESEARCH METHODOLOGY:-**

The origin of the details is secondary. This study outlines a method used to assess sex education. The data in this research paper is collected from various forums related to sex education, publications, articles, news reports, the books and also from the various point of views from different authors.

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**CONCLUSION:-**

The conclusion has been derived as, sex education is very effective for teenagers for reducing the rate of teen pregnancy also decreasing number of HIV, AIDS among teenagers. It encourages safe and healthy sexuality. Sex education help us to know about relationship with others and forming attitudes and also believes. Also it is very important fir a teenager to acquire this knowledge because it creates awareness between them also it promotes change in health behavior. Under sex education providing knowledge about sex to children and they will know about the sexual behavior at every step of life. Sex education in schools help teens to have safe sex and prevent them from getting any kind of sexual infection. Sex education in schools and colleges is the need of an hour.

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