

Sex Education Beyond School: Implications for Practice and Research.

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INTRODUCTION

- The negative consequences of teenage sexual behavior are issues of concern in Malaysia and many other Muslim countries (Sanjakdar 2009).
- The adverse consequences of early sexual initiation, such as increased lifetime sexual partners, unwanted pregnancies and sexually transmitted infections are issues of concern in Malaysia as Muslim country.
- Therefore, current Malaysia Government implemented new sexual health education module in primary school on 2014.

AIM

- The aim of his paper is to review the current literature on school sex education and the role of social factors play in teenage sexual behavior.

METHODOLOGY

- The Mendeley databases were searched using the term ‘sex education’, ‘sexual behaviour’, and teenagers/adolescent/ young people in combination.

RESULT & DISCUSSION

- Five key themes were identified:
- Sex education at school,
- Family environment,
- Religion,
- Interactions with peers,
- Media.

Sex education at school

- In Malaysia, the subject of sex education is still in the discussion.
- The Ministry of Education has developed a sex education module to be known as the "Family Health Education" in the government's efforts to help teens keep themselves against sexual crime and improve their morale
- No special subject entitled sex education in schools.

- Topics related to sex education are presented in a variety of subjects such as Health and Physical Education, Islamic Studies, Moral Education, Science, Additional Science and Biology.
- The curriculum is available in such subjects discussed matters related to physical health, sexuality, reproduction, and moral aspects of the relationship between the sexes.

- Distribution of teaching subjects related to the topic of sex education causes students not to look at the comprehensive sex-related matters.
- Sexual education in classroom across Malaysia is mostly delivered through the Science/Biology and Islamic Education subjects. Teachers seem unwilling to teach sex-related topics due to ill-prepared and untrained to explain in a proper way.

Family Environment

- Talking about sex can be a tremendous challenge for parents and adolescents.
- Sex and sexuality are not common topics of conversation between parents and their children.
- Parents agreed that schools should provide comprehensive sex education to educate pupils regarding the elements of sexuality.

- Barriers to communicate in sexual issues were identified:
 - lack of communication skills,
 - language, obstacles,
 - limited sexual knowledge of parents,
 - lack of available time,
 - traditional way (not receiving any sex education from their own parents).

- Thus, all parties in the community should play their roles in giving appropriate sexual education in adherence to Islamic teachings; be it parents, teachers and the surrounding community.

Religion

- Religious commitment and participation in religious activities were an important factor enabling teenagers to sustain sexual abstinence.
- Religious practices offered them to share similar values with their friends.

- In Islam, sex education is the process to educate and disseminating knowledge about aspects related to sexual matters between men and women which needed to be fundamentalized on the concepts of faith and belief to Allah the Almighty who created human and is ever-knowing about the human Himself

- Sex education is to nurture the appropriate lust and desire which adhere to the teachings of Islam so that it becomes the blessed lust and desire, which give peace and pleasure in life and thus hindering human from adultery which is truly hated by Allah the Almighty (Al-Araf 7:11; Al Baqarah 2:30-38 & 221; An Nisa 4:1 & 3; Hud 11:40 & 71;)

Interaction with peers

- Adolescents preferred to discuss sexual issues with friends than parents.
- They make a friend with friends who had similar values rather than similar behavior.
- Friendship can provide a common similarities in sharing sexual information and intimate feelings, seek support they desired.
- Friends give great influence on teenagers' sexual behavior.

Role of Media

- The desire to know something immediately influences teenagers to find the answer by their own through media.
- Media plays an important source to obtain sexual information among teenagers.

Implications for research and practice

- There are three implications to improve sex education in Malaysia:
- First, parents involvement.
- The establishment of partnership between schools and families would facilitate collaboration in providing sex education to students.

- Second, teachers' readiness to teach sex education along with special training and educate them on knowledge and skills for effective teaching and learning process to student's needs, desires and correct understanding.
- Third, the perspectives of young people should be heard.

Conclusion

- Effective sex education programmes is challenging especially in Muslim country such Malaysia.
- Sex education needs cooperative involvement between family, friends, religious teaching and media to be effective.