



FAQs

Q1. Who are adolescents?

Ans: Adolescence is applied to the lifespan, usually between 10 to 19 years, in which children undergo rapid changes in body size, physiology and psychological and social functioning. According to UNICEF adolescence is the beginning of the onset of puberty and defined as “the sequence of events by which the individual is transformed into a young adult by a series of biological changes”.

Q2. How can you divide the stages of adolescents literally and by age?

Ans: Adolescence can be divided into three phases: early, middle and late adolescence. Early adolescence refers to age 10 to 13 years, middle adolescence to 14 to 16 years and late adolescence to 17 to 20 years.

Q3. What is sex education? Give the main objectives of sex education.

Ans: Sex education is widely used to depict education about reproductive system, sexual interaction and other facets of human sexual behaviour. It is the procedure of gaining knowledge and developing mind-set as well as ideas about sex, sexual identity, human relations, closeness, gender roles, contraception methods and prevention of Human Immunodeficiency Virus (HIV) and Sexually Transmitted Diseases (STD).

The main objectives of Sex Education can be broadly described as follows:

- 1) To develop emotionally stable children and adolescents who feel sufficiently secure and adequate to make decisions regarding their conduct without being carried away by their emotions.
- 2) To provide sound knowledge not only of the physical aspects of sex behaviour but also its psychological and sociological aspects, so that sexual experience will be viewed as a part of the total personality of the individual.
- 3) To develop attitudes and standards of conduct which will ensure that young people and adults will determine their sexual and other behaviour by considering its long range effects on their own personal development, the good of other individuals, and welfare of society as a whole .

Q4. What are the consequence of unsafe sexual behaviours among the adolescents?

Ans: Following are the consequences of unsafe sexual behaviour among adolescents:

- Early pregnancy and parenthood (early marriage and sometimes "out of wedlock")/extra marital relationship.
- Higher percentage of low birth weight (LBW) babies and increased infant morbidity and mortality
- Abortions and its related complications
- Reproductive tract infections/Sexually transmitted infections(RTI/STI) including HIV/AIDS

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Q5. Why do we need sex education at school level?

Ans: The general need of sex education is to eradicate the lack of knowledge and wrong ideas about sex by creating right attitude among the adolescents. Commonly, schools and colleges are considered as the main hub for creating awareness on sex education.

The importance of sex education at school level is that sex education could include social and moral behaviour, proper attitudes and values towards sex, proper attitudes and values towards sex, love, family life and interpersonal relations in the society among the adolescents. School provides a natural entry for reaching adolescence with health education and services.

Q6. What are the consequences of safe sex?

Ans: Following are the consequences of sexual behaviour among adolescents, even if it has been "safe sex"

- Emotional impact – guilt, stress, anxiety, suicide
 - Social impact – Stigma (especially if unmarried)
 - Economic impact – hindrance to academic and career progression
- Emotional, social and economic impact may be more in case of adolescents even if it is safe sex because they are not matured enough to handle these consequences.