



Summary

Awareness of sex is the most significant factor necessary to lead a secure life. Usual educational practices are very simple to learn, but we cannot consider sex education on the same line. It comprises physiological, psychological and social issues. Introducing sex education at school level always attracted objections and apprehensions from many quarters. Family life education (FLE) or Sex education refers to a broad programme designed to impart knowledge/training regarding values, attitudes and practices affecting family relationships. . It aims to develop the qualities and attitudes on which successful family life depends. The education that provides knowledge on physical, social, moral, behavioural, and psychological changes and developments during puberty is termed as Adolescent Family Life Education.