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Family Life Education (Sex Education)

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Introduction:

There is no doubt about all the round growth in the material world, but there is a vacuum in the space of cultural heritage. The younger generation is the worst affected and let directionless since the timely guidance lacks. A small growing plant has an ingrained capacity to produce a vast grove when it becomes a tree. So it is high time to shape the younger generation today to make a healthy and prosperous society tomorrow. During their learning age they should not only be taught on how to earn for live? But also taught about what to learn for live? Contemporary education system emphasizes only on imparting knowledge about the advancements in the areas of specialization. So there is a need to revamp the value system, moreover there is an urgent need for proper education on sex. Nothing can be done through the implementation of laws.

No one questions how the teaching of political science will strengthen our democracy, the teaching of economics and commerce will improve our economy, the teaching of tourism will promote tourism, and the teaching of medicine will provide better health for the citizens. But, if the teaching is about sex education, everyone fear and turn their eyes on this peculiar subject and ask with contradiction and confusion to clarify themselves, for is there really a need for this type of education? And also they want to make sure that it won't create any adverse effect on the student community. While cling on to such conservative attitude, authorities should not forget the fact that right to information is a fundamental right of every citizen, under the constitution of India whether he/ she is child, adolescent, or adult.

Sex Education:

Our society is a sex phobic and sex negative traditional society, surrounded by cultural, religious and moral values, which hardly provide any opportunity to discuss sexuality in an open and safe way. All attempts in this area ended with messages that were never welcomed, and always contradictory and confusing. Some academics, psychologists and other experts on the subject have vehement argument for the introduction of sex education, a subject that appears erratically in the curriculum of institutions of primary and higher education.

No programme of study on sex education is being offered by any of nearly two hundred universities and reputed institutions of higher education in our country. Sex education should be made a part of school curriculum from pre -school to the undergraduate level. It is not good on society's part to close one eye and shut the other to the daily reports of juvenile crimes involving sex, rape and murder. There is no authentic study is available to quote the extent of such crimes.

Can we simply say no to the following facts?

1. Thousands of child marriages are taking place without the consent of the parties, namely the kids.

2. It is estimated that 40 per cent of those approaching health clinics for abortion are unwed teenage mothers; most of them are school/ college going students.
3. Prevalence of child prostitution in our country
4. Over six million children of prostitutes in the country who mostly live in the street. Do they not involve themselves in all kind of sexual activities from their very tender ages? Still there are many tribal communities whose traditional occupation is prostitution
5. Sexually abused in the name of ragging
6. How many remand homes and observation homes have we set up in the country especially for the juveniles who are caught for involving sexual harassment cases?
7. How many school children are engaged in watching pornographic films and reading pornographic print materials? Are they not motivated to experiment sex in search of satisfying their curiosity?
8. How much of exposure do the young people have to the international media? Are they socially, culturally and physically prepared to take appropriate message from what they see?
9. Are we not responsible for the sex and violence shown in Indian movies?
10. Our young pupil often receives incomplete or wrong information particularly on matters regarding sex. Can we deny these facts?
11. It is a known fact that most young people learn about sex and sexuality through peer influence which are always incomplete.
12. Physical changes during adolescence may trigger confusion in relation to physical and sexual identity. Wanting to appear knowledgeable and experienced can lead to reluctance to show gaps in knowledge by asking questions publicly. Do they have a forum where such needs are met?
13. Do we not teach the young to respect elders and teachers and behave well in socially? Then why do not we impart sex education to them?
14. Right to information is a fundamental right. This would mean that the young do have the right to information about sex and sexuality.]

Need of sexual control

Most of the societies in the world impose certain sexual controls on their people for various reasons. Because people may have sex for variety of reasons. These may include excitement, habit, duty, procreation, lust, peer pressure, love, to relax, to distract, to feel attractive, to please, influence, manipulation, abuse, to dominate. Unless certain controls are imposed, it would be difficult to maintain an emotionally, socially, and culturally satisfying human relationship. And also the very fabric of our society will be shaken; the society will become unhealthy, weak and fragile in the web of personal, social, and emotional problems. More over if it is not imposed at tender ages, it will be paving way for an unhealthy life-style for our young people. It is even far better to introduce it to the children of primary schools, it keeps them aware and protect them away from being a pray at very early stage of their life.

Need and importance of sex education

The topic "sex education" has gained much importance since the early 1980s. With the killer disease AIDS knocking at the door of every society , the subject has received greater popularity

among politicians ,educationalists and medical practitioners all over the world during the recent years than ever before in the history of mankind. Although sex is the most universal and powerful drive in human beings that creates curiosity in man from very early infancy, no effort has been made to teach the young about the facts of life .Even if one wants to impart appropriate knowledge on the subject, it is extremely difficult to find reliable information on sex, as whatever is available today is only spotty and incomplete.

In some western societies, parents and other family members are the source of sex education for the children. In our society, however, parents and teacher feel uncomfortable discussing sexual topics and sexual issues with their children.

Public opinion on Sex Education

This much debated topic has come across various opinions.

1. Some group feel that sex education in a formal set up outside the family will threaten the family's role as the main source of information on sex. There are teachers
2. There are teachers who opine that discussing sexual matters openly in a class room can be emotionally harmful to our young boys and girls.
3. Most school teachers feel that sex education will endanger their self-esteem before their pupil.
4. For some, who oppose the school's doing the teaching of the facts of life feel that sexuality as a subject is unwholesome and indecent for the children.
5. There are religious communities, which fear that sex education will reduce religious faith of the young.
6. Some argue that sex education in schools may prove to be dangerous as it will arouse a child's curiosity and create over concern about sex.
7. Some express fear that discussions on this subject may lead to experimentation and irresponsible sexual behavior.
8. With the threat of AIDS looming large and promiscuity being a contributory factor , the National Council of Education and Research and Training views that it is not advisable at this stage to make sex education a part of syllabus .
9. Then the Ministry of Education, after a prolonged debate on the subject, has finally decided not to incorporate sex education in the school curriculum. The ministry says that academic opinion is not in favor of directly including the subject in the school syllabus.
10. The cultural ethos and social taboos in our society have weakened the nerves of our intellectuals and academic to say "no" to sex education in schools.

Whatever be the kind of censorship imposed on the media to preserve the so-called traditional values and morality of our society, one cannot be blind to the fact that our children are exposed through satellite TV and phone. Since 1980s, the children are increasingly being exposed to the world through the expansion of electronic media. Available reports indicate that there is an ever growing increase in sex related violence and crimes in our society. .the results of some micro studies conducted by social scientists and medical practitioners provide enough evidence about the active involvement of young boys and girls in sexual activities.

A recent study conducted by MCRC Jamia, New Delhi on AIDS awareness among adolescents from schools and slum communities in the age group of **13-22** in the city of Madras, reveals that **16.3**

per cent had experienced penetrative sex. While **10.3** per cent had sex with partner of opposite sex, as many as **6** per cent had experienced sex with partner of the same sex. The gender association shows that more female respondents had experienced sex than males. Among the respondents who have had sex as many as **87.7** per cent were un-married, thus shows a high degree of pre-marital sexual activity among the respondents.

A study on the attitude of youth had towards pre marital dating shows that **21** per cent have experienced sex during their school days. Among them, nearly three- fourth reported of having indulged in sexual activities involving relatives. As many as **8** per cent accepted that they had sex with prostitutes.

Another report says that **40** per cent of women, who come for abortions, are unmarried under the age of **20**. This study on the frequency of sexual contacts among school children revealed that **8.7** per cent indulged in sex often, **20.2** per cent occasionally and **26.3** per cent rarely. While **15.2** per cent reported that they had sex with a partner of the same sex.

Nearly above **40** per cent of India's population constitute the youth, who continue to be ignorant about the facts of life. There is an increasing concern among serious and committed academics and worried parents about introduction of sex education in the schools. The Indian Science Congress of 1992 strongly advocated the need for incorporating sex education in the school curriculum. Most of the parents who admit that they are not able to handle the task of sex education either because of their lack of knowledge or inability to choose the right words. Their anxiety, fear or inability to explain facts to their children, they feel glad to pass the whole to teachers, counsellors and religious leaders.

What is sex education?

Sex education means different things to different people. Many people believe the inclusion of sex education in school curriculum as an attempt to teach sexual technique and lower the moral of our children. For, some, this means explaining the anatomy of sex organs. For many others, this means reproduction education consisting of facts of life in order to prevent unwanted pregnancies, STDs, and AIDS. And still others consider it as teaching safe sex practices to adolescent. But the real sex education is not about all these misunderstandings. It is a programme seeks the development of an individual's personality.

It is a continuous process. So there is no way to provide it simply once and for all .it includes

- An appreciation for self and the opposite sex
- The ability to develop fulfilling personal and familial relationships
- Recognition of bodily functions as related to reproduction
- An better understating on the emotions
- A responsibility of a family and overall a healthy attitude towards life.
- To help the adolescent to grow and develop into womanhood and manhood.
- It is intimately interwoven with the whole of education for live and maturity of an individual.

Who are the pioneers?

The United States of America was one of the pioneers in introducing sex education in curriculum. During 1960s , there was a tremendous change in the scope of sex education. In 1968, the National Council Of Churches, the Synagogue Council Of America and the United States Catholic

Conference issued a joint document called “the interfaith statement on sex education”. This statement was supportive and encouraging of sex education programme within the context of each group, specific religious beliefs. Sex education in public schools have also been endorsed by the American Medical Association .Today, not only sex education but also AIDS education is a part of school curriculum from primary school to the college/ university level .

Although some of the African countries have introduced sex and AIDS education in schools. Cultural ethos and social taboos have forced the countries like India and the United Kingdom to go about reluctantly. Teachers and parents must become increasingly aware of the changing social perspectives of young boys and girls because of the physical and emotional changes taking place especially in adolescence, and because of developing attitudes toward the opposite sex. But some teachers and parents in our country fear that sex knowledge will lead the young to experiment and thus destroy their innocence and virginity. There is a common feeling; “if they know about it, then they will do it.” This is not true. All evidences shows that sex experimentation is frequently the result of growing concern and curiosity due to ignorance. Mc Cary recommends that information be provided in a formal sex education class a year or so earlier than students would learn it from their peers. This would allow the children to hear it accurately and in a wholesome atmosphere. Those who advocate the introduction of sex education in our schools suggest that sex education should focus on increasing awareness and insight regarding physical, mental and emotional, social and spiritual aspects of life, as they affect personality development and relationships between people. It is essential to include topics such as respect for oneself and others, responsibility in making decisions and personal identity in terms of being man and woman. Youngsters should be provided with adequate opportunity to learn about responsible and caring relationships and behaviors. This education should enable them to recognize behaviors that are exploitive and self destructive.

There can be nothing more damaging to effective sex education than shame, embarrassment or timidity about sex, which are rampant in our society. In fact, there are some teachers and parents who tell the children not to talk about anything that pertains to sex. During the course of adolescent counseling many counselors experienced that children were seriously confused and unable to tackle the mental disturbance because of the fear instilled in them by their school teachers and in some cases by their parents when they asked questions regarding sex and sexuality. In our society the social taboo attached to any discussion of sex is largely due to the fact that people tend to view sex education in a narrow sense. Mostly sex education in our country recommends the teaching of the anatomical and biological differences and nothing beyond that. Therefore, they are of the opinion that a formal introduction of sex education from primary school to the undergraduate level is not necessary.

What will be the effects if it is not offered in the right form and at the right time?

If the society is not willing to promote a comprehensive sex education programme right from primary school, then that component of a young person’s total being will be shortchanged. various problems such as unwanted pregnancies, teenage pregnancies, mental and emotional disorders among adolescents, sexual violence, suicides, rape, eve-teasing, intravenous drug use, family disorganization, divorce, single parenthood, child abuse, spouse abuse, wife swapping, incest, STDs and AIDS will continue to plague our society. It is high time to embark a mission to launch a

comprehensive sex education program for young boys and girls failing which may have to face the irreparable damages that the rampant consumerism and media cause.

Objectives of sex education:

1. Sex education should focus on the total personality development of the individual. Sex education should help the young to understand that each part of the body and each phase of growth is good and has a purpose.
2. It should give the individual a clear understanding of the sexual anatomy and the reproductive process.
3. It should aim at increasing awareness and insight regarding physical, mental and emotional, social and spiritual aspects of life, as they affect personality development and relationships between people.
4. It should help the child to respect oneself and others.
5. It should enable the child to become responsible in making decisions.
6. It should aim at providing factual, complete and honest information about sex and sexuality. It should help in clearing up myth and misinformation that young people share among themselves.
7. Sex education should provide opportunity to imbibe human values.
8. It should aim at helping individuals to acquire and maintain responsible and caring relationships and behaviors.
9. It should prepare the children to recognize behaviors that are exploitive and self – obstructive.
10. It should prepare our children to face the biological changes that would come about during puberty and adolescence.
11. It should help the children to nurture a feeling that adolescence is something beautiful, positive and creative part of live if it is focused with right view.
12. It should help the child to develop ethical ,social and spiritual values which will serve as a guide to the individual in personal ,family and social relationships.
13. It should help in the formation of emotionally stable children.
14. It should provide sound knowledge not only of physical aspects but also its psychological and sociological aspects to develop a wholesome personality of the individual.

Sex education is not a concern of teenagers alone. It affects every person's life. Ignorance of true facts, misinformation and lack of right attitudes can create unhealthy curiosity. A comprehensive sex education programme that should be imparted from the primary school to the undergraduate level is the best defense against the tragic situations that result not somuch from ignorance of anatomy and physiology, but rather from a lack of the awareness of the power of sexual energy.

Kayakalpa yoga a boon to humanity:

Kayakalpa is an ancient art of siddhas, which was performed by them to keep the body in to an immortal thing. This had been done by redirecting the sexual energy in such a way, the method of practice was kept very secret and there by the achieved perfect control overthe sexuality. They were well known about that the power of ojus (a powerful extraction (essence) from the sexual vital

fluid) is the main cause for physical, mental and intellectual well being. It is like just how the better is taken out from the curd. Saint -poet sivavakkiaar has explained it in many of his poems and has told that through this practice the life energy which lies dormant in the sexual vital fluid could be recycled there by the very basic instinct of the human being could be controlled and managed effectively. But it was all written in an obscure language. Swami Vethathiri Maharishi, through his 40 years of research in this field, simplified the system of Kayakalpa and revealed the secrets about the same and finally made it available in a form that is easy for everyone to practice. Through this practice he explained the secrets behind the sexuality, just by answering the following questions?

1. What is sexual vital fluid?
2. What is happening at the time of attaining puberty?
3. Why there is an attraction towards opposite sex?
4. Why there should be a control over regarding the aspects of sexuality that too particularly during adolescence?
5. Role of kayakalpa in recycling of sexual vital fluid?
6. Recycling of sexual vital fluid and self control
7. What actually happens while performing kayakalpa?
8. What is the role of sexual vital fluid and kayakalpa yoga in the aspects of physical and mental well being of the student community?
9. What is the role of sexual vital fluid and kayakalpa in the lives of married men and women?
10. What is the role of sexual vital fluid and kayakalpa in the live of one who has detached from the family life?

Major benefits of kayakalpa yoga:

1. Prevents onset of diseases.
2. Physical and mental health improves.
3. Sex urge is controlled.
4. Chastity is maintained till the attainment of the age, as approved or recommended by the cultural, social and medical norms.
5. Nerves get toned up.
6. Blood circulation improves.
7. Oxygen and nutrients supply improves.
8. We feel rejuvenated.
9. Immunity increases.
10. Strength and Stamina improves.
11. Concentration improves.
12. Memory power improves.
13. Grasping power improves.
14. Sperm count increases.
15. Sexual energy gets transmuted into spiritual energy.
16. Pelvic muscles get strengthened.
17. Youthfulness can be maintained.
18. Active throughout the day.

Kayakalpa consists of two steps Aswini Mudra and Ojus Breath. As far as sex education concerned, there are verities of theories those talks about the need for this education. Theory plays its role by just imparting the knowledge in the minds. But now there is an urgent need for constructive change in the human behavior, it could be achieved only through practice. So it is a suggestion that there we may have the role of kayakalpa yoga to protect the young from unethical and unnatural behaviors.

Conclusion:

It is well know that no area in education is more controversial than of sex education. The goal of this is to develop appreciation of self and others and to provide adequate opportunities to our young ones in assuming responsibilities of being members of family and society. This process must start in infancy and be continued throughout childhood, puberty, adolescence and early adulthood, so that the individual is able to develop a healthy appreciation of one's own society.

Note:

- kayakalpa should be learnt only from simplified kundalini yoga masters of registered simplified kundalini yoga centers.
- There is always a special importance and are concessions for the student community.

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