



## Sex Education within Current Teaching Roles of Teachers

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### Abstract

This article addresses sex education within the current teaching roles of teachers and it presents guidelines for managing sex education, consisting of 4 stories: 1) Sex education teachers need to develop skills in order to enable their students to develop critical thinking, communication skills and negotiations that will help them to apply the knowledge gained in real life. 2) Teaching sex education should cover more general content, covering content on rights, power, gender, violence and gender equality. 3) Develop teaching skills of sex education teachers the problems can be solved by providing training for teachers who teach areas concerned with sexually content. 4) Support educational institutions in the teaching of sex education, the director, teachers and parents consider sex education to be important. A good sex education program uses teaching methods that allow students to think, analyze and ask questions. These are cooperative learning techniques, which can be used, by groups of learners at all levels. These techniques give students a better understanding of sex education.

### บทคัดย่อ

บทความนี้มีวัตถุประสงค์เพื่อศึกษาถึงเพศวิถีกับบทบาทการสอนของครูในปัจจุบัน เพื่อนำเสนอเพื่อศึกษา นำเสนอแนวทางในการจัดการเรียนการสอนด้านเพศวิถีศึกษา ประกอบด้วย 4 เรื่อง คือ 1) ครูผู้สอนเพศวิถีศึกษา ควรสร้างทักษะให้นักเรียนมากขึ้นเพื่อให้นักเรียนได้พัฒนาทักษะการคิดวิเคราะห์ การสื่อสาร และการต่อรอง ที่จะช่วยให้ประยุกต์ใช้ความรู้ที่ได้มาในชีวิตจริง 2) การสอนเรื่องเพศวิถีศึกษาควรครอบคลุมเนื้อหาที่กว้างขึ้น ครอบคลุมเนื้อหาด้านสิทธิ อำนาจ เพศภาวะ ความรุนแรงและความเท่าเทียมระหว่างเพศ 3) พัฒนาทักษะการสอน ของครูสอนเพศวิถีศึกษา ปัญหาเหล่านี้อาจแก้ไขได้โดยการจัดการอบรมให้ครูที่สอนเนื้อหาเพศวิถีศึกษาให้เพียงพอ 4) สนับสนุนสถานศึกษาในการสอนเพศวิถีศึกษา ผู้อำนวยการ ครูและผู้ปกครองให้ความสำคัญต่อเพศวิถี การจัดการเรียนการสอนที่ถูกต้องเกี่ยวกับเรื่องเพศ การใช้วิธีการสอนแบบเปิดโอกาสให้ผู้เรียนได้คิด วิเคราะห์ และตั้งคำถาม เป็นเทคนิคการเรียนรู้แบบร่วมมือ ซึ่งสามารถใช้ได้ทั้งกลุ่มผู้เรียนทุกระดับ ทั้งขนาดเล็กและขนาดใหญ่ ที่ได้รับการยอมรับมาก เนื่องจากทำให้ผู้เรียนมีผลสัมฤทธิ์ทางการเรียนสูงขึ้น และทำให้นักเรียนมีความรู้ความเข้าใจ ในการเรียนรู้เรื่องเพศวิถีศึกษาได้ดียิ่งขึ้น

**Keywords:** Sexuality and teaching roles of teachers



## 1. Introduction

Sex Education in the sense of the Ministry of Education means the process of learning about gender, which covers: the physical, mental, the functional development of the body, hygiene care, attitude, values, relationships, sexual behaviour, social and cultural dimensions that affect sexual life. It is the process of the development of knowledge, thoughts, attitudes, emotions, and skills needed by individuals to help them have safe sex lives and be able to develop and maintain relationships with others in a balance and responsible way. (Child Protection Center. 2014, p. 3)

Sex education is the responsibility of schools. It is a vital part of a good curriculum and is also an important part of solving the national AIDS problem (UNESCO .2012 .p3)

Educational institutions are places that people expect to have a role in solving problems in teaching and learning management. Sex education helps students to solve health problems and social issues such as, the problem of a young pregnant girl in school, which is important for intellectual, emotional and physical development so that young people are prepared to deal with the changes that will occur by knowing the risks involved in sexual activity. Risk As well as ways to prevent and maintain healthy bodies by age, especially during adolescence, which is the age when young people are curious to try to understand the nature of the physical, change that they are undergoing. They need to be aware of their development in all aspects. It is like building immunity and defending oneself as they grow. Changes in physical, mental, emotional and intellectual development as well as the nature of sex, hygiene, attitudes, relationships and sexual behavior in order for the learners to have knowledge and understanding that can be applied to daily life in society. (Ruchira Boonraksa. 2013 p 8-11)

Teaching and learning about sex education in schools is expected to solve health problems and social problems both the problem of adolescent pregnancy and HIV infection in adolescents. The consequences of adolescent pregnancy for the parents of teenagers are economic and social disadvantages because teenage parents must face many educational obstacles and social problems that occur.

From the study of related research reports, although some research studies about teaching sex education but just a review of the forms and methods of teaching sex education that most schools use in teaching; however, there has been no education regarding the role of sex education teachers. Therefore making the researcher as a sex education teacher interested in studying sex education and current teaching roles of teachers to use to improve the quality of sex education and teaching activities.



## **2. Teaching sexuality education in Thailand schools**

2.1 The role of sex education teachers in educational institutions: Teachers need to have knowledge and have graduated in related fields and can transfer knowledge through various learning activities. For efficiency and effectiveness which is based on the core curriculum of the Ministry of Education as follows

- 1) Set goals and indicators in the core curriculum, focus on building skills and applying it in real life.
- 2) Create an atmosphere that encourages students to think by themselves and give students the opportunity to share their opinions.
- 3) Teachers through sex education training.
- 4) Determine sufficient teaching duration for organizing learning activities

2.2 Organizing teaching and learning activities: teachers should organize a variety of teaching and learning activities, allowing students to participate in teaching and learning activities as follows:

- 1) Lecture management in which the teacher transfers knowledge and gives students the opportunity to participate in questions and answers.
- 2) Learning activities in which students are engaged in activities such as group discussions, role play, video screenings, working in small groups demonstration of wearing a condom or storytelling.
- 3) Research and report.

The importance of sex education in teaching: sex is an important thing to understand. And know the boundaries about living especially the mental development sexual progress feelings of sex have a great influence on the state of mind and are recognized for differences in personality. Another reason is the sexual impetus, therefore, the study of sex and the mind must be done concurrently. Concealment of sex may lead to misunderstandings such as being too strict by understanding that sex is obscene and should not be mentioned or on the contrary, neglected No sexual etiquette control etc. this may lead to mental disorders. In addition, seeing the genitals is something different than other organs of the body. It is a major defect in general psychology. Sex education will lead to moral and cultural integrity of the people. When everyone knows how to honor and treat the right sex. Know how to behave within the boundary between good relationships

Nowadays, the progress of science and technology has progressed rapidly. Especially in communication can talk, contact and know information around the world in the blink of an eye to narrow our world every day, therefore various information, both appropriate and unsuitable for our culture. Able to spread quickly and widely until unable to find any methods to block them should



give the correct knowledge of sex education to our youth before he knew from other sources that were provocative and erotic, focused on trade and profit. Without social responsibility to prepare young people to be smart know how to think decide and choose to act in the right way and is accepted by Thai society

### **Important content in teaching sex education in schools:**

The main concept of learning development on "sex education" according to the new curriculum of the Ministry of Education and the Ministry of Public Health there are 7 aspects:

1. Human sexual development refers to an understanding of sexual growth and development. Physical, mental, emotional and social.
2. Sexual health means understanding and being able to take care of sexual health by age, such as maintaining organs in the reproductive system. Reproductive health Understanding of gender.
3. Sexual behavior refers to the expression of sexual behavior suitable for gender and age.
4. Interpersonal relation means creating and maintaining relationships with people in society. Creating and maintaining relationships with same-sex and heterosexual friends, choosing a partner, preparing before marriage And creating a family.
5. Personal and communication skills means the ability to handle sex-related situations such as communication skills. Rejection skills Requesting skills Emotional management skills Decision-making and problem solving skills related to sex.
6. Society and culture means gender values that are appropriate in accordance with Thai society and culture. Also, adaptation to the changing trend of society Especially from various provocative media
7. Gender role means creating an appropriate gender identity. Gender equality and gender roles that help support each other in a balanced society

### **3. Reforming sex teaching in the United States**

Teaching sex education in the United States There is a new course on teaching about sex education to prevent and solve sexual harassment problems. And teen mothers who have increased volume the government has therefore reformed the teaching about sex education. Which focuses on understanding gender differences Safe sex and prevention of sexual harassment in order to be the same standard for teaching and learning of all school with content such as

Grade 2: Learn how to use the appropriate name to call the male and female sex organs, understand that all living organisms in reproduction and everyone has the right to refuse physical contact ,learning different family types, such as single-family families And teach children to understand why bullying others is wrong.



Grade 5, learning about sexual orientation is a subject of individual affection Not about the same sex or heterosexual, understand the changes in the body when entering adolescents. And understand sexual harassment and sexual harassment is wrong.

Grade 8 learn about valuation The use of drugs, condoms and safe sex methods Including knowing about emergency contraceptives This will be emphasized in the class for better understanding. Experts suggest that should start laying the foundation for sex education for children from elementary school level for children to develop their own ideas and attitudes about sex if starting teaching in high school, it might be too late.

Sexuality education is the education of knowledge. A correct understanding of sex to achieve acceptance and taking care of yourself regarding hygiene knowing and understanding the developmental changes of the body, emotions and intellect with age. Creating relationships between ages as well as knowledge and understanding And knowing the importance of sexually transmitted diseases Especially AIDS, preventative care to reduce the risk of sexual behaviour and premature pregnancy In this regard, sexuality education is a definition of the meaning of the word sex which has the meaning according to 2 important as gender and sexual orientation

Sexual education is important to teenagers' teaching and learning, which helps students understand the changes and natural development of the body. Changes in mood, thoughts, feelings, and relationships Knowing about genital care And the human reproductive system Know and understand sex, communicable diseases and problems from sex helps to know, understand and accept gender differences As well as a guideline for laying the foundation for planning and creating stability for life through Perspective dimensions of sexuality Which consists of 6 dimensions which are Erotic desires, Practices and Identity, Appearances and Display, Behaviours and Manners, Attraction, Relationship, Having sex.

The important role of sexuality education is to help students understand and accept the duties according to their gender and others, understand good relationships with each other as friends. Honor each other Create an understanding of differences in thought and behavior. And accept differences between people Understand choosing a partner understand how to prepare to take responsibility for the family. Understand raising children to be good citizens of society.

### **3. Results**

From the study of the role of sexuality education management, it was found that there are 4 main factors that the school should improve.

3.1) Sex education teachers should increase skills for students. For students to develop critical thinking skills Communication and negotiation that will help apply the knowledge gained in real life and that is necessary to assess the risk in various situations And safe sex life from unwanted pregnancy or being infected with sexually transmitted diseases



3.2) Teaching about sexuality education should cover more general content. It covers content on rights, power, gender, violence and gender equality, respect for identity and gender diversity or sufficient respect for differences in all groups of students leads to bullying and mental health problems

This issue may be resolved by updating the course content to include Set sufficient teaching time Communicate the importance of these issues to administrators, teachers and parents in order to create a consistent understanding of sexuality education Teachers should constantly improve teaching skills in sexuality education. And educational institutions should encourage teachers to pass sex education education training in order to increase teaching effectiveness.

3.3) Improve the teaching skills of sex education teachers. These problems may be resolved by providing training for teachers who teach sexually enough content It covers both teaching methods that students are involved with, including content that has not been taught enough and support the transfer of knowledge from trained teachers to colleagues.

3.4) Support educational institutions in the teaching of sexuality education. The director, teachers and parents attach importance to sexuality. Study less than the subjects with teaching evaluation Coordination for sexuality education, working by the Ministry of Education and other ministries Coordinate sexuality education and organize teaching materials to support sexuality education. The director should fully support sex education education.

#### **Problems can be solved by:**

1) Establishment of departments within the Ministry of Education To coordinate the work of the unit both inside and outside the Ministry of sexuality education. Including creating and checking textbooks and online learning materials

2) Establish a system for monitoring and assessing sexuality education for schools by setting clear standards and indicators

3) Create a mentoring system for teachers who teach sexuality education content

4) Parents are encouraged to participate in sex education in order to create communication between schools, parents and students, and support for sex education in the family.

5) Encourage school principals to see the importance of sexuality education Provide opportunities for sex education teachers to develop teaching skills And providing a variety of media and teaching materials





#### 4. Discussion and Conclusion

Office of the Basic Education Commission: OBEC and Office of the Vocational Education Commission conducted a study on the review of sex education in Thai schools. It was found that most secondary and vocational schools provide sex education in both forms of sexuality education. Is an important subject for other subjects and a small portion of them organized into sexual studies education, separated into courses, many educational institutions focus on teaching sexuality from a negative perspective on sexual relations. Rather than talking about a positive perspective And lack of analytical thinking about sexuality in terms of knowledge and understanding of the students, also found that Students have incorrect knowledge and understanding about sex. Since most teachers use lecture methods which may not allow students to think, analyze and ask questions (UNFPA. (2014 ,p 1)

Proper teaching and learning about sex, using teaching methods that allow students to think, analyze and ask questions are cooperative learning techniques which can be used for groups of learners of all levels Both small and large That has been accepted a lot because it allows learners to have higher academic achievement (Lakkhana Sariwat. 2014 p. 193-206) and allowing students to have better knowledge and understanding of sexuality education.

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