



Review of sex Education among students study of how knowledge may lead to safe and healthy life

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Introduction : Curiosity about sex is a natural step from learning about the body. Sex education helps kids understand about the body and helps them feel positive about their own bodies. Younger kids are interested in



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pregnancy and babies, rather than the mechanics of sex. Discussing sex is also part of starting open communication with your child. Early, honest, and open communication between parents and kids is very important, especially when your child becomes an adolescent. If open communication is normal, kids are more likely to speak with parents about all the other trials of adolescence, such as depression, relationships, and the abuse of drugs and alcohol, as well as sexual issues. Beginning a conversation about sex early and continuing that conversation as the child grows is the best sex education strategy. It lets parents avoid giving one big, and likely uncomfortable talk when the child reaches adolescence (and will have already gotten information and misinformation from their friends). These conversations are easiest when they come out of a life experience, like seeing a pregnant woman or a baby. When parents talk with their children about sex, they can make sure that they are getting the right information. Parents should be a child's first source of information about sex. Understanding correct information can protect children from risky behavior as they grow up.

Key words : sex education, students, b.ed. secondary level etc .

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