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Contraception is a controversial issue in today's society, especially when dealing with children and sex education. When two people consent to a sexual relationship, they must each bear the responsibility for protecting themselves. It is not right for one party to bear the sole responsibility of the actions of two people.

Both parties have to be responsible for their own bodies and should take measures to protect themselves, not just from pregnancies, but also from sexually transmitted diseases (STD's). These are from my personal beliefs, my upbringing and research. According to McClellan (2011), " partners who share the responsibility for birth control are more likely to use their chosen methods" (McClellan, 2011). Using contraceptives effectively is very important and this information should be shared with teens when discussing sex education and options.

I do not really look at gender roles when it comes to contraception. It is true that many people believe that women should shoulder the responsibility of contraceptives. As stated by McClellan (2011), if a woman gets pregnant, any adverse outcomes will affect her the most, (McClellan, 2011). However, when people are deciding to have sex, both men and women have a responsibility to use appropriate judgment and protection. It should not matter if you are male or female, the ultimate goal is protection. People are not always aware of their partner's fidelity status; and adequate protection is needed to prevent the spread of diseases such as AIDS, HIV, and Syphilis. I am comfortable with my attitude towards contraception and I think it has

proven successful in my life. I have always thought that contraception was a joint role for people involved in a relationship. The woman can choose from a variety of contraceptive methods and the male has the condom option available. My parents taught me about contraception, and I learned additional specifics in my health education classes. Most children probably learn about sex from their friends, family or sex education classes, or maybe a combination of the three. It is important however for children to get accurate information about sex education, because the more informed they are, the better prepared they will become.

As a society it is important for health care professionals and the public to assist in preventing unwanted pregnancies. Some of these strategies could include campaigns and aggressive outreach methods. Campaigns could be created to stress protection for teens that are sexually active and also how to properly use contraceptive methods. Outreach activities could health professionals going to the kids' schools, community centers and maybe even churches and educating them on sex related issues and concerns.

In addition to these methods, sex education should be taught in schools. It is essential that children of an appropriate age learn about their bodies and also how to protect themselves. This could be the only information that they learn about sex education, as all parents do not feel comfortable or do not discuss sex education with their children.

A comprehensive sex education program should include information about the reproductive system, sexually transmitted diseases, pregnancies, and contraceptive options for pregnancy. They should also learn about staying healthy and testing options for sexually active teens. Many young girls are

misinformed about protection and ways to stay healthy. Research states that “ Many young women are relying solely on oral contraceptives [as total protection], but oral contraceptives do not offer protection against STD’s” (McClellan, 2011). Stating facts and myths about contraception would be highly beneficial in educating teens.

Although I am Catholic, I still have strong beliefs about the need for using contraceptives for protection. The Catholic religion does not typically support the use of birth control or any contraceptives, however, when it comes to safety and being healthy, we have to think about the consequences of not using these methods and how it will affect us as a society.

References

McClellan, M. (2011, May 10). Contraceptive Responsibility. Retrieved November 22, 2014,