

Example of research paper on sexual education and contraceptives availability to ...

[Sociology](#), [Ethics](#)



Sexual education refers to the instructions about sexual anatomy, reproduction, intercourse, abstinence, and birth control. It is essential to give teenagers accurate information to help them develop proper insights and values regarding sexuality. Parents, teachers, and counseling agencies are the sources of sexual education in the society (Daniel, 2008, p. 21).

Contraception is a birth control method that prevents one from unwanted pregnancies, and in some instances from the risk of diseases such as HIV. There are various types of contraceptives for both men and women, and a common contraceptive is the condom. Knowledge on sexual matters enables the young generation to improve on their interpersonal relationships, and make responsible decisions.

One of the ethical issues in sexual education and contraceptive use in teenagers lies on the perception of sexuality. Many parents assume that it is the teachers' role to inform the teenagers on sex related issues. Abstinence has been the only advocated issue to teenagers for a long time. Today, most people have realized that teenagers engage in sexual activities regardless of abstinence campaigns, and so it is vital to avail other forms of contraceptives.

Sexual education should focus on giving teenagers knowledge without discrimination; all information regarding the subject is essential. Counselors should incorporate religious aspects on sexuality to ensure appropriate guidance. It is ethical to include homosexuality in educating the youth on sexuality (Caroline & Alexandra, 2006, p. 12). People are finally accepting homosexuality as part of their lives, and gay marriages are now legalized in several countries. Initially homosexuals were isolated, and this denied them

the right to live normal lives. Teenagers should be discouraged from irresponsible sexual behaviors as contraceptives do not always prevent pregnancy or transmission of diseases. Use of contraceptives should not encourage sexual intercourse among young people, but should be used to educate them on responsible sexual behavior.

A moral dilemma is a situation that raises mental conflicts regarding the right or wrong perception of an issue. Sexual educators face a major moral dilemma while tackling sexual intercourse and contraception issues. Various ethical issues have emerged on the use of contraceptives, whereby some people regard contraception as abortion. Some religious groups believe that the use of condoms is immoral as sexual intercourse is for procreation.

Parents, as sexual educators, are afraid that they will lack appropriate parenthood skills if they inform their children on sexuality and contraceptive use.

There are claims that teenagers should practice abstinence, and should not be taught on sexuality or contraceptive use. This is because people perceive sexual education as a way of encouraging the young people to involve in fornication. The right age a person should be to engage in sexual intercourse causes a moral conflict among people who propose various ages. Some societies argue that a person should engage in sexual activity only after marriage. Teenagers should get relevant information on this issue, and determine how they can apply the knowledge in their daily lives.

Campaigns to discourage unwanted pregnancies and sexually transmitted diseases are vital in the society. Teenagers who suffer from sexually transmitted infections are afraid of seeking medication for fear that other

people will judge them. Sexual education could encourage young people to overcome this challenge. Teenagers should accept that sexuality is natural and a healthy part of life. A comprehensive sexual education should include discussions on human development, sexual health, and relationships among the young people. Many adolescents assume that relationships with the opposite gender are all about sex. School based counseling for teenagers is perceived to promote irresponsible sexual behaviors among the adolescents. This raises an ethical issue of ensuring that sexual educators are well trained; this is to ensure that their classes do not encourage sexuality among teenagers.

There are various ethical principles that can be applied on sexual intercourse and contraceptive education. Sexual education should ensure that teenagers consider ethical principles in their relationships. Young people should acknowledge family and cultural values before engaging in sexual activities. It is also essential to have knowledge on contraception before using them. Use of contraception is an indicator of responsibility among sexually active teenagers (Hatcher, 2007, p. 18). Sexual education should, therefore, emphasize the fact that use of contraceptives reduces, but does not eliminate the danger of unwanted pregnancy and sexually transmitted diseases. Abstinence is the best way to avoid sexually transmitted diseases and unintended pregnancies.

Ethical principles in sexual education should be applied to encourage teenagers to be responsible, reduce unprotected sex, and encourage them to face sexual challenges effectively (Robin, 2013, p. 32). A pregnant teenage girl should make wise decisions regarding the unborn baby; she can

about the pregnancy, raise the baby, or give it up for adoption. Teenage fathers should not engage in drug abuse or criminal activities due to emotional stress. They should seek advice from the elder members of the society on how to handle such a challenge. The need for such responsible decisions can only be achieved if emphasized during sexual education classes. It is ethical to persuade the teenagers who are not sexually active to delay their initiation into sexual activity. These students should be encouraged to concentrate on their studies first as there is time for everything.

The clinical setting should advocate for responsible sexual behavior and contraception use. A large number of people visit hospitals to seek medical help due to sexually transmitted diseases. These diseases, if not treated early, can lead to long-term complications that are hard to treat. It is advisable to offer counseling services to teenagers on proper contraception usage when they visit hospitals to receive treatment for sexually transmitted diseases. Some contraceptives require caution as they may cause harm to the reproductive system if not properly handled. There are different types of contraceptives, and not all are appropriate for teenagers, for example, the diaphragm and emergency contraceptives. Frequent use of emergency contraceptives may reduce the fertility level of a person in the end; hence, teenagers should not overuse these contraceptives. Clinicians should make contraceptives available to teenagers to promote safe sexual behavior. Hospitals should set up facilities for testing and treating sexually related diseases in their establishments and at accessible locations in their community.

Nurses should be friendly when treating sexually transmitted infections to encourage teenagers to seek useful information from them. Proper patient care entails offering services that promote effective treatment and management of various illnesses. Guidance on sexuality and contraception promotes the development of a mature and responsible generation. Nurses have the medical experience and can offer helpful knowledge to adolescents in the society. They can also diagnose and treat sexually transmitted diseases such as gonorrhoea, syphilis and herpes. Nurses should ensure that they handle patients with care to facilitate quick recovery. Motivation to the sick can reduce the emotional distress that develops when one suffers from a deadly disease such as HIV.

Nurses should offer counseling services to the patients' relatives to help them deal with the situation responsibly. Nurses have the knowledge on the appropriate contraception method that a person can use. Teenagers require accurate contraception information from medical practitioners, which can be provided by nurses. Sexually related diseases are sensitive, and people hold back from revealing them to the public. Nurses have the skills to handle patients without the sick person feeling ashamed of their conditions. This care helps the patient to recuperate faster, and learn how to be responsible to avoid sexually transmitted diseases. The information given to nurses should be confidential to protect the patient's privacy and self-esteem. Patients with sexually transmitted diseases require proper hygiene to facilitate fast healing. Nurses should direct the patients on the correct measures to take. They should also be willing to do anything to help, including cleaning the patients. Patients suffering from HIV/AIDS may require

full time attention; it is the nurses' responsibility to ensure that these patients are comfortable.

Sexual education should be incorporated into the schools' curriculum to enable teenagers make appropriate decisions regarding their sexuality (Neil & Eryl, 2007, p. 14). The government should make contraceptives accessible in healthcare facilities and institutions of higher learning. This will reduce cases of unintended pregnancies and sexually transmitted diseases. Parents should not leave the responsibility of educating their children to school based programs, but should be involved in creating awareness to the adolescents on sexuality and contraception. It is vital to ensure that sexual education programs are transparent to facilitate coverage of all essential areas of sexual anatomy and health. Comprehensive sexual education should include the cultural values of the society in its curriculum. Research should be done first to highlight the key issues that require urgent attention in teenagers' lives. Teenagers should learn that sexuality is part of life, and therefore, they should embrace it. Responsible sexual behavior among the young people enables a teenager to achieve his or her life objectives. This is achieved through a delay in engaging in sexual intercourse, or ensuring use of the right contraception. It is of note that abstinence from sexual intercourse is crucial for all teenagers as it is the best contraception.

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