

Sex education in middle school



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Abstract This paper will show studies and polls on how America feels about sex education and on how it should be taught. With these feelings many studies have brought to light on how young America's youth is engaging in sexual activity. This paper will tell a hard realization of facts and how to go about helping youth with abstinence and for those who are not, safe sex. The sooner that sex education can be taught, the better. If middle school students aren't taught, learning sex education for the first time in high school can be too late. Today many parents would not disagree with a sex education course in their child's curriculum in school. A study done on if sex education should be taught in schools, only seven percent of Americans said that sex education should not be discussed in school (" Sex education in," 2004). The role of educators can be very important in giving information about abstinence, safe sex, or the combination. Millions of dollars over the years have been given to abstinence programs, but sexual activity, sexually transmitted diseases, and pregnancies seem to be increasing in teenagers (Banks, 2010). The main goal in teaching sex education in middle schools would be to explain thoroughly the health risks involved, how to resist peer pressure, and safe sex. Not all Americans can agree on what sex education course is best and when it should be taught. The problems are over the issues of abstinence. Less than one fourth of Americans polled said that schools should only teach abstinence from being sexually active. That group also believes that absolutely no information on how to get condoms or any other types of contraception's. Almost half of Americans polled said that abstinence plus knowledge of concentrations and condoms are needed. They feel like not being sexually active is the best but they know many teens do not abstain. A third of American in the same poll said that sex education

should focus on being able to teach good decision-making and responsibility about sex (" Sex education in," 2004). A large amount of today's youth is having sexual intercourse, whether or not parents, teachers or the public want to believe it or not. A study done on middle school range of students found that students as young as 12-year olds are having sexual intercourse. According to the study on the middle school students, at 12, about 12 percent admitted to already having vaginal sex, with oral sex there was 7. 9 percent, with anal sex there was 6. 5 percent, and four percent stated they had all of the types of intercourse previously discussed (" Middle school youth," 2009). In the study a third of sexually active students unprotected sex within recent months, and a fourth had several partners. The sexually active students need to be given information that is accurate and with all of the facts to the services related to sexually transmitted diseases and pregnancy testing. Another thing that can be taught with this is knowledge for future abstinence and safe sex for individuals who plan to stay sexually active. Giving the information related to condoms and contraception for sexually active youth is also important. Prevention courses are needed in schools to address students who are not sexually active. This can encourage different skills to help students remain abstinent (" Middle school youth," 2009). Since studies have found that the sexually active is seen in earlier ages. A little over half of high school students stated to have sex by their senior year of high school. According to the disease control it seems that those high school teens are contracting dangerous sexually transmitted diseases. It stated that 65 percent of the sexually transmitted diseases in America will be contracted by people who are younger than 24 and that one of the new HIV infections is seen in people under than 22 (Masland).

Research in 2000 with the ages that were studied was between 15 and 24. They found that 9.1 million of all the new sexually transmitted diseases were from that group with the minority disproportionately affected ("Middle school youth," 2009). Resisting peer pressure can be a major problem or success in middle school. There are key things for parents to know so that it will help their children with peer pressure. Number one is keeping the communication lines available so that kids aren't afraid to come and talk to their parents. Professionals have said that communication between children and parents will help the children manage peer pressure better. Next is to practice peer pressure scenarios so that children will know how to react to a certain situation because he or she has experienced it already. Another important thing is for parents to tell their children their personal opinion and not to let communication diminish. If you parents have strong feelings for one topic but not for another kids will see that and won't come to their parents to talk about things because they won't see their parents as trusted adults (Heubeck). If youth give into peer pressure or are willing to have sex they should know about contraceptives and condoms. They should have knowledge of what is available to them and where to obtain them. This can prevent many teen and unwanted pregnancies. Knowing about safe sex and practicing it can also lower sexually transmitted diseases in the age range that is most affected. There are many sexually transmitted diseases that can affect the health of many. Some can be treated and cured and some cannot be treated and will never be cured as of today. If not treated sexually transmitted diseases can leave men and women sterile, cause many other health problems, and can even cause death. It is important that sexually transmitted diseases are put into sex education courses so that people know

how unprotected sex can harm them. Also if they unfortunately get one they can pick up on the signs and get tested and treated (Crooks, & Baur). It is very important that abstinent and safe sex programs are in schools and started with older middle school students. Educators play a huge role in teaching a sex education course in their curriculum. If those students learn about the peer pressure they will be able to handle it better in high school. Learning about abstinence and safe sex also get them a head start so that they have better knowledge of the benefits of not being sexually active or knowledge of safe sex to prevent unwanted pregnancies and sexually transmitted diseases. References Banks, S. (2010, February 06). When middle school is too late for sex ed. Retrieved from <http://articles.latimes.com/2010/feb/06/local/la-me-banks6-2010feb06> Crooks, R., & Baur, K. Human sexuality. Mason, OH: Cengage Learning. Heubeck, E. (n. d.). Teen peer pressure: raising a peer pressure-proof child. Retrieved from <http://www.webmd.com/parenting/teen-abuse-cough-medicine-9/peer-pressure> Masland, M. (n. d.). Carnal knowledge: the sex ed debate. Retrieved from http://www.msnbc.msn.com/id/3071001/ns/health-kids_and_parenting/ Middle school youth as young as 12 engaging in risky sexual activity. (2009, April 10). Retrieved from <http://www.sciencedaily.com/releases/2009/04/090408145354.htm> Sex education in america. (2004, February 24). Retrieved from http://www.npr.org/temp_lates/story/story.php?storyId=1622610