

Situation and Countermeasures of Network-Based Sex Education in China

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Abstract: Sex education lags behind the sexual practice of adolescents in China. The reasons involves in the following:(1)The sexual education policies are incomplete and difficult implementation. (2)The content of sexual education is monotonous, monotonous, lack of teachers and serious lack of family education. Here, the research on the use of Internet for sex education were sorts. Network would be suitable for the current situation of sex education in China and was an important supplement to adolescent family sex education and school sex education. Some strategies and suggestions were put forward for the existing problems in network based education.

1. Introduction

Adolescent sexual reproductive health is critical to the health and development of adolescents. With the improvement of social development and nutritional conditions, the sexual maturity of adolescents in most parts of the world is advanced, sexual psychology is gradually opening, and adolescents are facing more and more sexual reproductive health problems. WHO defines comprehensive education (CSE) as the education of sexual physiology, sexual psychology, sexual ethics and sexual society for children and adolescents based on curriculum learning[1]. Sex education help adolescents acquire accurate and appropriate sexual health knowledge and skills, help to establish positive sexual values including respect for human rights, gender equality and diversity, promote physical and mental health, which effectively prevent sexually transmitted diseases, reduce pregnancy or miscarriage and the incidence of sexual assault among adolescents[1].

2. Problems of Adolescents Sex Education in China

Chinese adolescent sex education is mainly school education and is constantly being strengthened and improved. However, sex education still lags behind the sexual practice of young people due to traditional social culture, family education philosophy, academic pressure and other reasons and cannot support young people to establish correctness values, avoid sexual health problems[2].

It has been issue a series of legal guarantees for the status of sex education and adopted the policy documents such as the “Guidelines for Public Safety Education in Primary and Secondary Schools” and the “Guidelines for Mental Health Education in Primary and Secondary Schools (2012 Revision)” formally incorporated into the school education system. However, the complete sex education system has not yet been established. The sex educational model and educational content are also not clear. Most schools' sex education is still carried out through science and biology courses and there is no independent sex education class time.

It had been reported that lack of specialized sex education standards to guide their implementation[3]. At the same time, the system's educational process, effect evaluation indicators and evaluation system have not yet been established. It is difficult to effectively supervise school sex education and promote the comprehensive development of sex education[4]. Under the dual pressure of traditional culture to talk about the “sexual” discoloration and heavy burden of the academic work, the implementation and development of sex education for adolescents in China is difficult. A survey of young people aged 15 to 24 across the country showed that less than 40% of adolescents participated in adolescent education or related courses[5]. Lack of sexual knowledge leads to the serious sexual and physical health problems[6]. The lack of sexual education in adolescence not only

occurs in ethnic minority areas or in poor and poor areas, but also in economically developed areas[7].

The content of sex education in China is monotonous. According to the International Technical Guidance on Sexual Education states, Comprehensive education should include interpersonal relationships; values, rights, culture and sexuality; gender understanding and identity; violence prevention and safety; health skills; human development; sexual behavior; sexual and reproductive health[4]. The content of sex education in China is monotonous, which mainly concentrated in the biomedical level of sexual physiology, HIV/STD prevention, contraceptive knowledge, and lack of education on interpersonal relationships, social culture, gender cognition and self-identity. Due to the monotonous education form and the deep and abstract content, it is difficult to attract students' attention and stimulate subjective initiative. Most studies have showed that the awareness rate of adolescent reproductive health knowledge is improvement after education, but the rate of behavior change is low. Knowledge is difficult to transform into skill application [8].

The lack of family education are serious in china. The school also has not the number of health education teachers with professional knowledge and skills. It is often difficult for part-time teachers to complete the teaching tasks [9]. On the other hand, as an important force in youth education, the family often lacks sexual health education. According to the survey, only about 30% of parents took the initiative to educate their children about sexual health[10] and 85.1% of young people said that they rarely obtained sexual knowledge from their parents[11]. Some parents hold old minds and fear to face sexual health. Most parents have not received systematic sexual education and they believe that their educational ability is lacking and they cannot carry out correct sexual enlightenment[11].

3. Using of Network Education Abroad

Using of the internet for health education and health promotion has revolutionized the medical industry including chronic disease management, senior health management, personal lifestyle monitoring and mental health management. There have been many successful cases in this area. Online education has the characteristics of unlimited time and space, maximum resource utilization and repeatability, independent learning behavior, remote interaction between teaching parties and flexible and flexible teaching forms. Users use fragmented time to learn and personalize learning content. Self-regulation at the same time, the remote interactive network platform can ensure the privacy of education. It is convenient for learners to communicate more openly to communicate and have a natural advantage in sexual reproductive health education.

Using of the network to carry out sex education for young people has been gradually developed and explored based on a specialized website platform, such as SiHLEWeb in the United States, Youth Sexually Transmitted Disease Prevention Website (www.iwannaknow.org), Mexico's specialized website (<http://tu-ssexual.com>) UK website application (www.respectyourself.info), etc. Some studies conducted through mobile phones, social networking sites or software platforms and e-mail addresses. Most studies reported that online sex education promoted young people' sexual health and increased the awareness of sexual reproductive health knowledge, improved sexual attitudes and established good sexual values. Positive effects were reported on adolescents' sexual behavior such as delaying the age of sexual behavior, promoting the use of condoms and actively screening for sexually transmitted diseases. But the evidence is still insufficient and further research is needed[12].

4. Status of Sex Education by Network in China

Online education needs little manpower and material resources, which promotes implementation more convenient. As an active user of internet, young people are easy to accept the mode of network health education and the new teaching form. The communication platform is easy to enhance the subjective initiative of learning, thereby promoting the improvement of sexual behavior. However, internet health education in china mostly focuses on chronic disease monitoring, lifestyle management and telemedicine service acquisition at present.

Numbers of reproductive health websites is small and the content is monotonous such as the

national platform child health education network, China Reproductive Health Network and international cooperation platform. There is a lack of relevant research on network sex education. Most of the research still focuses on the impact of online media generalization on adolescents' sexual values. Few studies used online education to intervene. Lou et al[13] reported an interventional study in the primary and secondary school career planning website (www.youthhood.com.cn) showing that the use of the network increased the experimental reproductive health knowledge and changed the high school students' sexual behavior. A home-school interactive sex education study based on the WeChat group and WeChat public platform shows that 82.7% of parents agree that the effect is good[14].

5. Problems and Suggestions on Network-Based Sex Education in China

With the development of the internet and the richness of media information, the sexually relevant information is increasing online. However, there is still lack of professional and authoritative adolescent sexual knowledge introduction website in China. The existing resources online about sex are disorderly, which is easy to mislead for young people.

Therefore, using network in sex education firstly needs to strengthen network management, guide young people to correctly view and understand network-related information. The professional and authoritative sexual health knowledge platform should be established to ensure scientificity of information. According to different development stages, different sections should be set up. The texts, pictures, animations, micro-courses, lectures and other forms are used to explain sexual physiology and psychological knowledge to young people. Expanding platform-based educational resources helps to increase interpersonal relationships, gender understanding, sexual rights and culture. It should be allowing customization of personalized learning content. The combination of sexual health knowledge platform and social platform and promote sexual health education through WeChat public account and Weibo might be conducive to the further promotion of reproductive health knowledge.

6. Conclusion

It is feasible to use network to carry out adolescent sex education. The reasonable design and management of network-based sex education will become an important supplement to adolescent sex education by establishing professional high-quality sexual health education platform, which have a long-term impact on adolescents.

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