



ACT!

AGAINST
VIOLENCE
AND SEXUAL
EXPLOITATION

WEBSITE



The importance of sexual education

Sexual education not only promoted human dignity, it also ensured that youths learn how to treat their bodies and give each other with respect. At an early age, it help youths to think what is safe and right, how to avoid coercion, sexually transmitted infections/diseases and early unintended pregnancies.

Sexual education ensures the safety of youths. In addition, it gives them the tools on how they can keep themselves safe from sexual abuse, sexual exploitation, sexually transmitted diseases or any kinds of sexual dangers.

It also teaches them about their bodies and equipped them from falling prey to any kind of sexual abuse or exploitation. It increases their knowledge and improved their attitudes toward sexual reproductive

health and right along with sexual behaviors. It Equipped youths with the knowledge of sexuality and sex, along with the awareness on how to maintain their sexual health.

Sexual education gives youths a safe place to think more about their sexuality, in some culture there are stigmas and taboos surrounding sex and sexuality, menstruation and being gay.

Because of the advancement of technology along with social media, youths are vulnerable and more exposed to a variety of dangers and threats. Technology and social media, allow youths to access any kind of information from the internet.

However, some of those information may not be accurate or reliable.

Any misinformation they receive can or will lead them to make wrong choices /decisions in their lives. Social influence plays a major role in the mindsets of youths, especially towards people belonging to a particular gender. It will empower youths to stand up for gender equality and enable them to follow and foster a lifestyle that include gender equality especially in the Guyanese society. **It helps youths to understand the right over their body, and the importance of consent in a sexual relationship.**

Sexual education teaches about gender equality, gender base violence, sexuality and LGBTQIA+ community and the discrimination they face. While most sexual education materials often assume or cater to heterosexual and nontrans gender, many sexual education curricula do not mention sexual identity or sexual orientation, the few that do so, may discuss it in a negative way. This prevent LGBTQIA+ youths not only from learning the information and skills they need to stay

healthy, but contribute to a climate of exclusion, discrimination and bullying. Thus, a comprehensive sexual education is important and will be effective in promoting safer sex practices, reducing high risk sexual behaviours, preventing early unintended pregnancies among youths/teenagers and sexually transmitted infections/diseases.

It will help break the taboo/stigmas revolving around sexuality and sex, while acquiring knowledge from experts and would be able to incorporate the received into their lives. Youths deserve an education that will not only empower them to make informed and healthy decisions about their bodies, but also about their sexual relationships, sexual wellness, sexual identity, sexual orientation while teaching them how to maintain their mental health.

Co-funded by the
Erasmus+ Programme
of the European Union

