

## Why Sex Education Is Important

Sex is a natural part of life, and it happens with or without sex education.

The project aims to enhance youth's ability to make conscious decisions about their sexuality and relationships, as well as their well-being and health. This will be done by equipping youth workers with tangible tools & information, which will help to positively impact younger people in their youth center, organizations, etc.

To reach the main aim the following objectives have been set:

- 1) exchange knowledge and practices on sexuality education in the participating countries;
- 2) find implementable ways to incorporate it into the youth work;
- 3) raise social awareness about the importance of sexuality education;
- 4) break the taboos and myths surrounding human sexuality.

The objectives of sex education are to help children understand the body structures of men and women and acquire the knowledge about birth

Teach children to establish and accept the role and responsibility of their own gender by acquiring the knowledge of sex. Understanding the differences and similarities between two genders in terms of body and mind will set up a foundation for the future development in their acquaintance with friends and lovers and their interpersonal relationship

Sex education is a kind of holistic education. It teaches an individual about self-acceptance and the attitude and skills of interpersonal relationship. It also helps an individual to cultivate a sense of responsibility towards others as well as oneself

Nowadays, with rapid growth of information, sex information is everywhere. Children are curious about sex. Therefore, parents need to instill correct concepts of sex to their children as early as possible before they are misled by indecent magazines and irresponsible media.