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Lack of Sex Education in India and its Growing Importance in the Digital Era

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Abstract

Sex education plays a critical role in developing an individual's personality and shapes them to become the person they are. It helps them make better decisions adopting a rational frame of mind instead of relying on their impulse. Lack of sex education and healthy discussion around sexual activities is one of India's main concerns that we are still failing to take adequate actions for. An advanced sex education program would bring about various positive changes and directly result in a decrease in the number of sexual assault cases. This paper analyses how various factors in India have shaped its almost non-existent sex education program. It also focuses on how the digital era brings an increasing need to make the youth aware of their activities online. The paper uses PESTLE analysis to comprehend the political, social, technological, and legal aspects affecting the various subjects related to the study. It discusses India's socio-cultural beliefs and how it has shaped the sex education curriculum within the country. Many political factors and players also come into the scenario when implementing policies related to sex education. A vast majority of political leaders are still not entirely convinced by the idea of providing such information through the formal education system. On the other hand, digital media is constantly on the rise, and we cannot neglect its popularity amongst the youth of this generation. Hence, we must focus on making it safe and comfortable for all its users. The paper also discusses the legal repercussions a person might face upon indulging in unethical and non-consensual sexual activity, primarily focusing on the digital space.

Keywords: *Sex Education, digital era, formal education system, political factors, socio-cultural beliefs, legal repercussions*

1.0 Introduction

In India, sex or any related subject has always been a matter that people do not like discussing. There's a feeling of discomfort and internalised shame attached to it and has been for centuries. This is due to a variety of reasons; the socio-cultural reasons being the most at blame. Indian society is relatively more conservative than Western countries, where children can have conversations relating to sex/sexuality with greater ease and comfort. The conservative nature of Indian families forbids discussions relating to adolescence and sexuality to take place healthily.

Children in their youth rarely have information about changes their bodies are going to experience. This is also the period when most of them discover their sexual identities and must be acquainted with safe and reliable sources of knowledge. Keeping in mind the household structure and behaviour of Indians when discussing sexuality and related subjects, such questions must be addressed in a different environment if not at home. Concerning educational and knowledge providing organisations could do this through special programs undertaken in schools. Sex education aims to give young minds safe and genuine information about sexuality and sexual health and help them identify and discover their own. Many individuals and non-profit organisations strive to make things better and provide a better and healthy overview of sex education and all that it entails. According to the World Association of Sexual Health (WAS), sexuality education is a basic human right that falls under an individual's "reproductive rights". Sex education does not cover just sex; it is a complete overview of a person's mental, emotional, physical, and social well-being.

"Knowledge is power", that is how the saying goes, so we should work harder at educating our youth so they have the power to make informed decisions that affect their lives. Currently, every 1 in 5 people is an adolescent, which makes up about 18% or 1.2 billion people, most of whom stay in developing countries (*Adolescent Sex Education in India: Current Perspectives*, 2015). India has the largest adolescent population in the world, signifying the urgency for action. Since there's a very evident lack of open and honest discussion, people resort to the internet to ask questions about the changes they're experiencing during this tumultuous time.

Time and again, it's been proven that an honest dialogue helps prevent unwanted pregnancy, reduces the risks of STIs and STD's and takes away some of the harmful misconceptions attached to these topics. More than one-third of new cases of HIV/AIDS in India occur in the age group of 15-24-year-olds. According to the NFHS-4 (National Family Health Survey, India), only 21% and 31% of adult men and women had a thorough knowledge of HIV/AIDS. Only 50% of women knew about safe sex practices (Sharma, 2020). Despite the glaringly obvious reasons for sex education, parents are still reluctant to discuss these issues at home.

88% of the male students and 58% of the female students in universities across Mumbai reported having received no sex education from their parents. They had to rely on books, magazines, pornography, and other forms of social media and websites due to the ease of accessibility in recent times (*Adolescent Sex Education in India: Current Perspectives*, 2015).

PESTLE Analysis of the factors being affected by the lack of sex education in India

- a. **Political factors:** The paper brings out the role that various political leaders play in the formation of the sexual education curriculum in the country. Political pressure, whether in a positive or negative direction can display a country's acceptance towards such issues and their actions towards remedying the same.
- b. **Economic factors:** When people have the proper information needed to make educated decisions about family planning and their own reproductive health, we see that women choose to have fewer kids to ensure a better quality of life so that their children can attend good schools and have a better shot of succeeding in life, helping them become respectable contributing members of the society.
- c. **Social factors:** We have learned that most people consider this topic taboo, and having an open honest discussion is extremely difficult due to cultural and religious reasons. Parents are not well equipped to have these talks, and when they try the children are uncomfortable receiving this information from their parents. The school curriculum is severely lacking, covering only menstrual hygiene if that.
- d. **Technological factors:** Information possessed by the youth of our country in matters of sex or sexuality is most often obtained through online mediums and hence technology plays a huge role in the sex education forum. Interactions and conversations now take place heavily through social media platforms. These conversations include sharing explicit texts and images with others. Technology has also given increasing access to pornographic material to everyone using online platforms to gain sexual knowledge.
- e. **Legal factors:** The current policies in place regarding the sex education curriculum in schools, in India definitely need a spruce. We should take inspiration from the policies in places like the Netherlands, where sex education is taught from a young age covering topics from menstrual hygiene, consent, sex, and gender and sexuality spectrum.

Providing a holistic overview of these topics will help ensure people are well educated on their rights. There is also a need to educate people of the legal consequences they can face upon indulging in non-consensual sexual activities and so on.

2.0 The current Sex Education curriculum in the Indian Schooling System and its Shortcomings

The Indian curriculum proves to be very inadequate when it comes to providing sex education. There is a lack of proper conversation around sex and sexuality in Indian schools. There is a massive taboo around the words 'sex' and 'sexuality', making casual chats more difficult. Discussions taking place are usually restricted to menstrual hygiene. We often notice in schools that girls and boys are separated and spoken to about such topics. Schools encourage girls to not talk about such subjects around their male peers and male teachers, calling it 'inappropriate'. It is necessary to understand why that is wrong. Sex education is concerned with providing information and creating an inclusive space for everybody to discuss their thoughts and issues more openly and with lesser fear of judgment. All genders must receive the same messages- side by side about gender, sex, and relationships. By not doing so, we further create the notion of not discussing sex in a diverse group hence promoting the already existing stigma. Sex education provided in schools in India has faced strong apprehensions from various segments of our society. Many parents, teachers, and politicians believe that imparting knowledge about sex at the school level would corrupt children's minds and is strictly against Indian morals and values, leading to experimentation and irresponsible sexual behaviour. Proper sexual education has proved to have numerous benefits, delays the start of sexual activity, promotes the practice of safe sex, helps reduce the spread of sexually transmitted diseases, reduces sex-related crimes.

Many other factors also affect whether the child gets a sufficient education, such as their socio-economic background, culture, race, religion, and demographic characteristics. Across the board, 14 was considered the best age for the start of sex education. Most people agreed that teachers or medical professionals would be the best at imparting this information. Since 21% of men and 37% of women reported feeling embarrassed having such discussions with family (*Adolescent Sex Education in India: Current Perspectives*, 2015).

So far, a conservative approach has been preferred. Topics like puberty and the changes that one's body experiences, contraceptives and contraception, healthy relationships, gender identity, the spectrum of sexuality and gender, body image, consent, mental health, STDs, and HIV prevention have been ignored. These significant gaps in the curriculum are problematic and should be addressed albeit in a culturally sensitive manner, with proper context.

3.0 How Does the Youth Educate Itself?

1. Social Media:

Media has played such a huge role by bringing these topics into the limelight and encouraging open dialogue. Social media is very appealing to the adolescent population due to its ease of accessibility, affordability, and the anonymity it offers often referred to as "Triple-A". Anyone can look up things they are curious about and get multiple answers without dealing with awkward or uncomfortable conversations. Since this information is available for free, everybody can access it, which helps the end goal that people from all walks of life are educated about their autonomy and rights. For some, anonymity is crucial due to the stigmas surrounding these topics, which might put them in a distressing or even dangerous situation because of cultural and religious aspects. While our cultural norms support and promote chastity and abstinence before marriage, being armed with information regarding such topics is crucial. Even something as controversial as pornography has good sides to it, along with its widely discussed negatives.

Since all can access social media and give information and advice, you cannot be sure that the information is accurate and helpful. If incorrect information is presented as facts, it might mislead the viewers and cause misunderstandings which might be harmful. There needs to be a way to regulate the content available. Users can take precautions to ensure that the content they are referring to is reliable by checking the poster's credentials and qualifications, reporting accounts/websites they know are spreading false or harmful information, only trusting credible websites that fact-check before posting things.

2. Pornography:

As the number of people who watch pornography increases, its effects are hardly ever discussed. Even when they are, people usually only focus on the negatives, forgetting that it can be helpful in many cases. People who feel they cannot talk to their peers, parents, or teachers can learn about sexuality and gender identity. They can also learn about their bodies and how everyone is different, making them feel more comfortable in their skin. Most women prefer to watch videos that focus on self-pleasure as it can be educational. Watching with their partners also helps boost stimulation and makes them more confident while making them aware of the things they enjoy. It helps explore new territories in a safe space. However, in excess, it can lead to some bad situations. Pornography addiction is a serious disorder, which affects many people and disrupts their daily lives. A survey of 84 college-age males found that 20% to 60% of the sample, who use pornography regularly, found it problematic. Research on internet addiction disorders suggests that the number ranges from 1.5% to 8.2% in Americans and Europeans. (*Pornography Addiction*, n.d.). Since most of these movies show gender stereotypes, they promote misogynistic behaviour and, in certain circumstances, promote/depict violence against women, showing the women to be submissive and always willing to do anything to please a man. Young impressionable people that are watching this content and who do not have a proper sexual education cannot separate fiction from reality, which sets a very dangerous precedent. It also portrays the wrong message about consent. It takes away its importance, especially in films where people “give in” or the movies that display “rape or other violent crime fantasies”, promoting a warped world view and unacceptable behaviours that are even illegal. The normalisation of such things in pornography leads people to believe that this behaviour might be acceptable.

A flip side to this is that pornography has helped people to accept their desires in all forms instead of feeling ashamed about them. It has helped masses to normalise kinks/fetishes which at some point in time they felt were out of the ordinary since they were considered taboo in society. The society we live in must acknowledge that not all fetishes are harmful as long as it is consensual and neither partner feels harassed or uncomfortable. Doing so has a very positive effect on their psychological wellbeing since the guilt attached to seeking pleasure in different ways is starting to fade away.

It fetishises certain groups of people, usually minorities, and plays up stereotypes about their physical appearances, perpetuating colourism and racism. It also leads to body image issues since people compare themselves to the altered, photoshopped versions of the people starring in these films. They forget to consider that these films are shot using professional cameras, makeup, and prosthetic teams, and any flaws visible are edited out later. People will never stop watching pornography altogether; however, you can be a conscious consumer. Using sites that pay the women starring in these movies fairly and providing a comfortable and professional environment that is safe is also important. Many such sites are started by women and even cater to women. Having guidelines and rules for the workplace that everyone on the sets has to adhere to makes sure that nobody is taken advantage of and the working environment is professional. People also need to be mindful that the people in those movies exist outside the realm of pornography and deserve to be treated like human beings. Laws need to be put in place to protect sex workers better, like the ones present in the Netherlands (Outshoorn, 2012).

3. Television and OTT (Over The Top) platforms:

Television played a tremendous role in starting these conversations that were never discussed in the masses before. It has helped educate people and spread awareness around these topics considered “taboo”. Over the years, the focus has shifted from television to over the top (ott) platforms such as Netflix, Amazon Prime, and Hulu. Since these platforms are accessible through the internet, the regulations and guidelines that apply to television are not applied here. Shows like Sex Education and Big Mouth, available on Netflix, cover sexuality and gender education extensively. Big Mouth is a young adult animated show, which shows the changes that one goes through during puberty. It is based on the real-life experiences of the writer, his best friend, and their struggles. It covers topics like mental health problems that arise during puberty, the physical changes that the body goes through, the sudden peaked curiosity about one’s sexuality, all in a lighthearted manner. Sex Education is a show based around a boy and his mother, who is a famous sex therapist. The show covers an extensive range of topics such as the sexuality spectrum and the gender spectrum, assault, the trauma associated with assault, effects of puberty, mental health issues, safe sex, abortion, and many more that had never been covered in such a manner before.

However, shows that focus on teenagers and their adventures usually show people of age 15 and 16 engaging in sexual acts, making the teenagers watching these shows believe that they are a misfit. They might also feel pressured into things before they are comfortable because they believe it is the norm. This leads them to participate in sexual acts arising out of the fear of being left out (insults like “prude” or “uptight”) or not wanting to disappoint their partner. More importance should be placed on the fact that these “so-called teenagers” in these shows are people in their 20s and educated about the acts that they perform. There are shows which romanticise mental illnesses which the young audience might try to imitate. Disclaimers at the beginning of such shows would be helpful for the young impressionable audiences. Also, parental locks on shows with explicit content would help make sure people are not exposed to them at an extremely young age.

4.0 Adolescent population engaging in online intimacy and digital safety

Social, intimate interactions play a huge part in a person’s sexual and mental well-being and overall development. While people are in their adolescence, there is a sudden increase in conversations around sex and related activities amongst peers, either in person or over texts. Some people fit right into these conversations, and some don’t. There is always a handful that fails to stay unaffected and gives in to peer pressure by taking hasty decisions. Some individuals also come under the influence of their partners when exploring intimacy. It is entirely normal to experience desires and curiosity to explore new things, and it is essential to acknowledge these feelings. Teenagers guarding their emotions during this period of extreme physical and mental changes will only increase frustration.

A rise in the use of smartphones and the internet has brought a remarkable shift in the way adolescents interact and form relationships in today’s world. Several sexual activities are taking place online, like sharing explicit images or texts, also popularly known as ‘sexting’. Sexting can be considered a combination of older forms of sexual expressions and modern-day technology. The Covid-19 pandemic also brought with it a massive surge in sexual/ intimate experiences online. This was obviously because of the lack of possibility of physical encounters.

According to research (Iovine, 2020), people have become more comfortable with getting out of their sexual comfort zones and are more willing to try something new, which in this scenario, is sexting. The report tells us how one in five people indulged in the same and found their sexual relationships improved.

It is in the teenage years that people usually engage in the practice of sexting. While we try to examine why the youth would be interested in activities like sexting, we come across more than just the reason for satisfying their desires. The need for sexting deep down arises due to a youth's bodily changes, making them more prone to acting rashly and having emotional outbreaks. Their vulnerable state of mind makes them seek attention and validation through like-minded people they meet online. Building and fostering relationships online does have various advantages. Some also feel way more comfortable communicating from behind a screen than having the same conversations in each other's physical presence. It is a way of overcoming many of their insecurities, but it promotes them even further for some others. In many cases, it has been known to increase trust and bonding levels amongst the two partners, increased self-esteem, boosted confidence levels; moreover, many would just say that it is fun. Another study by Krishna (2019) tells us that 21% of participants have sent and 28% have received sexually explicit messages. The same survey also gives us information about how 22.9% of those who received such messages shared/passed them on to others. This number is probably higher than admitted in most cases. Of those surveyed, three out four reported feeling discomfort with the idea of their sext shared beyond the intended recipient. This is where the moral factors come to play. When entrusted with something personal and sensitive, both individuals are responsible for respecting their partner's feelings and right to privacy.

We need to understand here that the indulgence of teens in online sexual activities will only rise with time. However safe it might seem to exchange sexts online; it isn't the case. Explicit images shared online can become a means of bullying and threatening the victim. Thus, it is crucial to engage in intimacies online only when there's a considerable amount of trust already existing. It is necessary to keep in mind that digital space is more dangerous than it might seem at first glance. Content shared online can easily be used to exploit and abuse a person's most fundamental rights. Since people can choose to be anonymous online, they can target/bully people who are different and get away with it. There are no repercussions to their actions.

Every individual has been or at least known another individual in their lifetime, having suffered from the fear of their explicit messages/images being shared or distributed. This harms their appearance in the community that already shames such acts and severely affects the individual's mental health. As a result, minorities like the LGBTQIA+, or people belonging to any other segment of the society considered out of normal, can be targeted and harassed, causing deep levels of trauma that can take years to overcome. Most suffer through the anxiety of keeping their sexting activities a secret from their parents and constantly living in fear of their private photographs being leaked. Due to various apps and websites, people can connect with others, many also fall into traps like catfishing. There have been many false identities cases that are just sexual predators looking to exploit innocent and naive youngsters.

Another key point most teenagers aren't aware of is the fact that sexting qualifies as child pornography. Most minors do not know about the legal and social repercussions of a sext. Sending a sext without the consent of a minor is considered sexual abuse, and the person sending the sext can be charged for doing the same even if the image is created by a minor itself. With increasing awareness about consent around sexual activities, we must start sensitising our youth about seeking permission even amidst the digital arena. Consent is another topic that needs to be given more importance, informing young people of their rights and letting them know that they can choose not to consent, even if they are being pressured. They are the ones in charge of their body, and they are the only ones that can make the decisions. It is necessary to teach them to have the self-confidence and reassurance to say no without thinking of who they might offend. In the digital world, consent is still needed. Suppose someone sends you an unsolicited explicit picture of themselves, it's a form of sexual abuse that can be reported. The sad fact is, most people are so used to this sort of behaviour that they consider it to be normal and are not aware that it is a crime. Since cybercrime is such a new avenue, the laws in most countries are lacking. Stricter laws need to be put in place to curb the ever-growing rise in internet-related crimes. Most teenagers don't realise the value of consent during sexting. It is crucial to emphasise it in the digital space as much as we do during physical acts of intimacy. While sexting should remain an enjoyable activity to explore yourself and your partner's fantasies and needs, it is also essential to be conscious of not traumatising the person at the receiving end of the sext.

One must be aware of how the receiver might react to the same and how it will affect their feelings. Being sure before taking action like such is always a plus. Seeking permission before sending a sext or having been asked for permission enhances the experience of both individuals as it makes them feel safer at the same time.

Most teenagers are not fully aware of the consequences of sexting and how it could be used to disturb and bully and take advantage of their vulnerable state. This could severely hamper their emotional and psychological well-being. A study even shows an increase in the youth's help regarding digital sexual interactions and how it has affected them (O'Flaherty, 2021).

5.0 The Stigma around Birth Control and Sexually Transmitted Infections (STIs)

For ages, Indians have been uncomfortable having discussions around sex, which makes it evident that there is hardly any talk about safety involved during sexual intercourse. The root cause of sexual health not being given importance is the taboo attached to sexual activities in India. Despite this, youth engagement in sexual activities is only increasing, and thus, there is a growing need for educating them to practice safe sex. The youth makes decisions in haste and does not take correct precautionary measures during an intimate session. Premarital sex, despite being shamed upon by our society, is on the rise. Reliable data about the same is unlikely to be found because of the apparent reason that most people like to dodge the conversation when it comes to engaging in sexual activities before marriage.

Sexual and Reproductive Health and Rights (SRHR) have been ignored for too long in south Asian countries, including India. The discomfort attached to such conversations has affected the health and exploited the rights of many, especially those belonging to the more vulnerable genders. A report tells us how 14% of all pregnancies under 20 were unplanned in India. Around 34% of adolescent married women reported being assaulted and abused physically or emotionally. A horrific 50% of maternal deaths between the age of 15 to 19 take place due to unsafe abortion practices (Apte, 2019). Another study that took into account data from almost 47 low/middle-income countries reports that, on average, 40.9% of women in need of contraceptives were not using any to avoid pregnancies (Moreira et al., 2019). The youth must be aware of their choices and options to avoid these illnesses and deaths.

Only about 15% of the population of ages 15-19 have had access to sex education. This is very disappointing, keeping in mind that almost 21% of our youth lies in this age category (Apte, 2019). The use of contraceptives is falling by the day as more and more men refuse to take preventive measures during sex. It has been found that the burden of using contraceptives usually falls entirely upon the woman since they are also more aware of the various contraceptive methods. Three out of eight men were reported to believe that taking preventative measures to avoid pregnancies is the job of their female counterparts (Tiwari, 2020). A section of women also believes that using a condom would come in the way of their partner's pleasure.

Despite the increased access to education and technology, the country is still majorly lacking when it comes to the front of sex education. There is also a taboo attached to contraceptives, which keeps people under the false impression that using contraceptives will create issues when women try to conceive. Sex education should aim to prove that this is not the case. This can only be done by pursuing an active and revised sex education program that focuses on safety during the act rather than abstinence. Most women are not even aware of the different contraceptives available to them.

We cannot dismiss that sex education and free access to contraceptives would lead to a better mental health scenario amongst the youth. Its direct consequence will be a fall in unplanned pregnancies which saves a vast section of adolescent women from the dread they would otherwise encounter. This is especially true in India, where abortion is highly frowned upon and conservative parents would instead get their extremely young daughter to marry.

6.0 Current Policies in India

In a country like India, policies are affected by many different societal structures, culture, and religion being the biggest ones. Many people to this day believe that comprehensive sex education will lead to people being more promiscuous and encourage people towards infidelity. Sadly, many people in power responsible for making the policies also believe in such outdated and scientifically inaccurate ways of thinking. The government finally added sex education to the national curriculum in state schools, once it realised the devastating effect the uninformed youth had on the spread of HIV/AIDS and other sexually transmitted diseases.

In 2006, the Ministry of Human Resources and Development in collaboration with the National AIDS Control Organisation designed a manual called the: The Adolescent Education Programme. While sex education was supposed to be the cornerstone of the manual, it focused more on general life skills and topics like substance abuse and peer pressure. When the manual was published in 2007, it received a lot of backlash for adding graphic images of genitalia (Gabler, 2011). However, commendable strides have been made by locally-established organisations and non-profits run without the interference of the government. They have proven to be a great alternative source for credible information and support. Schools and colleges have begun taking initiatives, by calling professionals who are well versed on this topic to educate the students and answer any questions they might have. Many developed countries have implemented an extensive sex education curriculum. In the Netherlands, sex education has been a part of the curriculum since 1993. Around 97% of secondary schools and 50% of primary schools include sexuality information as a part of the syllabus (*School-based Sex Education Policies and Indicators of Sexual Health among Young People: A Comparison of the Netherlands, France, Australia and the United States*, 2007). The schools are given the liberty to decide the ‘material, methods, approach and time spent on each objective’. They cover topics like pregnancy, STIs, sexual orientation and homophobia, respect for differences in attitudes, and skills for healthy sexuality. Teachers are also trained by the Netherlands Institute for Health Promotion and Disease Prevention.

In France, the curriculum has stayed relatively unchanged in the last 40 years. In the 1980s the Ministries of Health and Education began encouraging schools to include information about HIV/AIDS as a means of prevention against infections. Students of ages 12-14 years have mandatory 2-hour sessions, and secondary students have to attend 20 to 40 hours of health education workshops over four years. In Australia, the Commonwealth Department of Health and Family Services commissioned a research project to develop a framework and promote sexual health among people in 1998. The outcome of the research was the development of the national policy guidelines for teaching secondary students about STIs, HIV/AIDS, and Blood Borne Viruses. The curriculum focuses on providing skills to enjoy and enjoy sexual activities, catering for sexual diversity, providing appropriate and comprehensive content such as personal decisions and behaviours, sexual health, diversity, and social justice

7.0 Recommendations

The current problems can be fixed by improving the curriculum in the schools, events organised by NGOs, and student clubs that invite professionals to come to speak on their topic of expertise and better government programs. Health professionals should also be trained to impart this knowledge to people of all ages, genders, and cultural and socio-economic backgrounds without offending them or making them feel embarrassed. We can have weekly workshops. The government and policymakers should also take advantage of the rapid developments in technology and digitalisation. The new steps taken could use various social media/online platforms to reach every young adult in the country. This might come in handy and prove to be more efficient due to its ease of accessibility and lesser judgement involved. Providing reliable and verified information through online platforms could be the biggest advantage of the digital era. We can also learn from the policies implemented in developed countries, such comprehensive coverage of the issues would help people make informed decisions, reduce misinformation and the spread of infections. It would also help normalise topics that have been considered ‘taboo’ and ‘shameful’ till now. Introducing these topics gradually from a young age guarantees that people understand the topics being discussed and reduces the misconceptions and hate that comes from being misinformed, especially regarding STDs, HIV/AIDS, sexuality spectrum (asexual, bisexuals, gays, lesbians, etc.), knowledge about contraceptive methods, and gender spectrum and many more.

8.0 Conclusion

It is safe to say that India has a long way to go when it comes to sex education, keeping in mind violations taking place through the digital mediums as well. Yes, a complete and sudden transformation is improbable in a country like India, which is bound to a variety of socio-cultural restraints. However, the Indian education system needs to develop a comprehensive and sensitive plan of action, keeping in mind the sentiments of people, for the implementation of a sex/sexuality education program.

Schools should aim at taking individual actions apart from the recommendations of the educational boards. All educational institutions must take an open-minded approach while making policy decisions and dialogue regarding sex education easier. If a strategic step isn't taken soon, the youth will resort to information online in the form of pornography and so on. As already discussed in the paper, information obtained online can range from being highly inaccurate and unrealistic to valid and reliable but it is extremely difficult to keep a check. Such unreliable information plants false expectations in the minds of young children about sexual activities and they tend to look at real-life situations from the wrong perspective often causing them to make foolish mistakes. It is to avoid such actions that sex/sexuality education is extremely important.

Sex/sexuality education is a huge source of empowerment for most people in their adolescent ages. It gives them a means of identifying with themselves and standing up for their individualising attributes. Sex education also has a huge effect on the mental health of adolescents. Talking about emotions and acknowledging their feelings is extremely important. It is the responsibility of the country and its changemakers to provide its youth with the right education and opportunities to enhance their personalities, academically and otherwise.

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