

Sexual health education the students are equipped with ‘information, motivation and behavioural skills needed to enhance sexual health and avoid negative sexual health outcomes’ (Canadian Guidelines for Sexual Health Education, 2008). Sexual health education is a broadly based, community-supported process that requires the full participation of educational, medical, public health, social welfare and legal institutions in our society. It involves an individual’s personal, family, religious, social and cultural values in understanding and making decisions about sexual behaviour and implementing those decisions. Effective sexual health education maintains an open and non-discriminatory dialogue that respects individual beliefs. It is sensitive to the diverse needs of individuals irrespective of their age, race, ethnicity, gender identity, sexual orientation, socioeconomic background, physical/cognitive abilities and religious background.

Sexuality education mainly deals with reproductive biology, physical and emotional changes in adolescence with an emphasis on the reason for these changes taking place, sexually transmitted infections, including HIV/AIDS, personal safety and child sexual abuse.