



CENTRE FOR
THE STUDY
OF ADOLESCENCE

Comprehensive Sexuality Education (CSE)

Definition:

The United Nations Educational, Scientific and Cultural Organization (UNESCO) defines Comprehensive Sexuality Education as an age-appropriate, culturally relevant approach to teaching about sexuality and relationships by providing scientifically accurate, realistic and non-judgmental information. UNFPA defines it as a rights based and gender-focused approach to sexuality education, whether in school or out of school. It is taught over several years, providing age-appropriate information consistent with the evolving capacities of young people.

Comprehensive sexuality education includes scientifically accurate information about human development, anatomy and reproductive health, as well as information about contraception, childbirth and sexually transmitted infections (STIs), including HIV.

But it also goes beyond information, helping young people to explore and nurture positive values regarding their sexual and reproductive health. This education includes discussions about family life, relationships, culture and gender roles, and also addresses human rights, gender equality, and threats such as discrimination and sexual abuse. CSE is based on the fact that young people have the right to be informed

about their sexuality and to make responsible and accurately informed decisions about their sexual and reproductive health.

Comprehensive sexuality education enables young people to protect their health, well-being and dignity. And because these programmes are based on human rights principles, they advance gender equality and the rights and empowerment of young people. CSE programmes help young people develop self-esteem and life skills that encourage critical thinking, clear communication, and responsible decision-making and respectful behaviour.

In Kenya, teen pregnancy continues to rise which represents a significant challenge to young people especially girls rights to education and sustainable development. Statistics from UNFPA indicate that between June 2016 and July 2017, 378,397 adolescent girls in Kenya aged 10-19 got pregnant. In the last few weeks, there have been very alarming news of our teenage girls sitting their national exams immediately after delivery, or delivering during the exam, or heavily pregnant. The average age of a standard 8 candidate is 13 years old. Teen pregnancy aggravates development issues for Kenya as it's a major barrier to achieving progress in sexual and reproductive health in the country.

What CSE does;

- Foster respect for human rights and diversity
- Encourage critical thinking skills and young people's participation in decision-making
- Nurture attitudes that promote gender equality and inclusion
- Adapt to suit the age, culture and needs of young people
- Communicate a positive, life-cycle approach to sexuality
- Contain scientifically accurate information
- Offer a safe and healthy learning environment
- Include participatory teaching methods to help strengthen communication skills and decision-making abilities
- Address gender inequality, vulnerabilities, exclusion and human rights violations, including gender-based violence and sexual abuse

Myths and facts about CSE

MYTHS

- CSE encourages early sexual activity or risky sexual behavior among young people
- CSE erodes African values and morals
- CSE teaches sex to young children as young as five years
- CSE programs is taking over parental/guardian roles in the upbringing of children
Fact: According to the United Nations Educational, Scientific and Cultural Organization (UNESCO), "the role of governments through ministries of education, schools and teachers is to support and compliment the role of parents by providing a safe and supportive learning environment and the tools and materials to deliver good quality sexuality education. Parents and schools are supposed to work together to ensure appropriate tools and materials are used for the delivery of CSE. Engaging parents and communities as part of this education is critical.
- CSE promotes sexual pleasure and promiscuity as a right for children

FACTS

- In 2014, the Kenya Demographic Health Survey indicated that one in every five girls between 15-19 years had begun childbearing and about 13,000 teenage girls dropping out of school every year due to pregnancy. CSE equips young people with a solid foundation for life and love and empowers them to take charge of their own lives with healthier and happier outcomes. Comprehensive Sexuality Education actually can help young people to delay sexual initiation.
- Sexuality Education is not new. In many cultures and traditions, information about sex and sexuality was introduced, and took diverse formats for different age sets and was especially taught by the grandparents or elders in the community. Young people were taught about sex and sexuality from an early stage In addition, Comprehensive Sexuality Education supports a rights-based approach in which values such as respect, acceptance,

FACTS

equality, empathy, and self-esteem are taught and upheld. Comprehensive Sexuality Education therefore incorporates values and morals that are culturally significant

- Delivering high-quality comprehensive sexuality education requires training and support. curricula must be tailored to the specific context and needs of young people The CSE curricula is tailored and specific context and needs of young people and provides age -appropriate information and skills to help young people delay sexual debut, avoid and protect themselves against sexual abuse and to protect themselves from reproductive health challenges such as unintended pregnancies, STI's and HIV infections when they do become sexually active. CSE is designed to be age- appropriate where the topics covered vary by grade and are planned to build young people's knowledge and skills as they mature.
- Sexual health education recognizes the legal age of consent and that anybody who has sexual pleasure with a child is committing a crime hence the creating awareness on sexual violence and skills to identify these instances and protect our children.

Comprehensive Sexuality Education consists of a rich plethora of age appropriate and scientifically accurate information on sexual and reproductive physiology; prevention of HIV and other sexually transmitted infections; contraception and unintended pregnancy; values and interpersonal skills; gender and sexual and reproductive rights.

Sex education increases the level of sexual responsibility among adolescents, as they will gain essential knowledge and skills that will benefit them in adulthood.

CONTACT INFO

HSE NO. 3 MBAAZI ROAD, OFF KING'ARA ROAD, LAVINGTON,
P.O. BOX 19329-00200 NAIROBI TEL: 254-20-2398724/+254-20-2398723,
EMAIL: CSA@CSAKENYA.ORG WEBSITE: WWW.CSAKENYA.ORG