

The Impact of Sex Education for Chinese Adolescents on Women's Unwanted Pregnancies

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Abstract: Unwanted pregnancies have always been a hot topic in the whole society. Some researchers have found that education has a significant impact on unwanted pregnancies, but there is still a unified explanation of the formation mechanism and scope of influence behind it. Therefore, this study is about the impact of sex education among teenagers on women's unwanted pregnancies in China. China's education discusses the lack of sex education and abortion. Parents are unwilling to let their children understand sexual knowledge too early and do not pay attention to sex education. In school sex education, teachers simply understand sex in books, and will not explain it in depth. This does not set correct sexual values for teenagers, which has also led to a high rate of unwanted pregnancies in China. Specifically, it talks about the current situation of sex education in China, whether sex education in adolescence will reduce the probability of unwanted pregnancies for women, and the impact of sex education on women's unwanted pregnancies in marriage. Sex education affects married women, unmarried women and adolescents differently. The current sex education does not enable teenagers to correctly understand themselves and sex. In the future, sex education should change this to make teenagers know themselves and their sex better.

Keywords: abortion, adolescent sex education, pregnancy, female

1. Introduction

Nowadays, schools rarely offer courses on sex education, so many students understand sex in an improper way, resulting in a lack of understanding of sex. In the family, parents only pay attention to their children's learning, thus ignoring their children's sex education. Many parents feel particularly ashamed of their children's curiosity about sex and are unwilling to talk to their children about sex. It is natural for children to be curious, but parents and teachers are unwilling to tell their children about sex and find information about sex on the Internet, which leads to many teenagers having misconceptions about sex. The rate of unwanted pregnancies in China is getting higher and higher. Among them, unmarried pregnancies and teenage pregnancies are emerging one after another, many girls don't know how to use proper contraception at all, and they don't know the damage caused by abortion to their bodies. They just think that abortion is a conventional method of contraception. This idea has had a great impact on their bodies. This case led to more and more people paying attention to the topic of sex. Revealing the importance of sex education. Let Chinese people realize that they should change their thinking about sex knowledge, change traditional concepts, let teenagers correctly understand themselves and sex from an early age, establish correct values of sex, and let education

reduce the rate of unwanted pregnancies. From both perspectives of family and society, this study reviews whether sex education in adolescence can reduce the probability of unwanted pregnancies and whether adolescent education has an impact on unwanted pregnancies. At present, the current status of sex education in China has been studied. According to the literature, it is known that the current lack of sex education for teenagers in China leads to a big deviation in the concept of sex and sexual intercourse among teenagers. As a result, the number of abortions of minors and unmarried pregnancies is increasing. This paper also points out that parents and schools should properly carry out sex education for teenagers, but the feasibility of this scheme is not known because of the lack of proper investigation.

2. The Current Situation of Sex Education in China

Sex education exists, but it is strictly restricted. China's school system plays little role in this topic. Most parents feel that this topic is too "embarrassing and embarrassing" to talk about it at home [1]. Chinese youth usually take adolescent courses when they enter middle school, but these courses are very short and gender-segregated. After entering high school, sex education is vaguely covered through the basic biology of human reproduction.

2.1. Sex Education in School

Sex education for teenagers is not a topic just raised today. Since 1949, sex education for adolescents has been highly valued by national leaders. In 1985, the Shanghai Municipal Bureau of Education began to organize personnel to compile experimental textbooks. In 1986, it began to open an elective course on "Common Sense of Adolescents" in the first grade of junior high school [2]. By the end of 1988, more than six thousands of middle schools across the country had opened relevant courses, and adolescent sex education had entered a stage of rapid development in China. Since the late 1980s, many schools in many cities have carried out different forms of sex education, and have made a lot of meaningful exploration work and made great progress in curriculum setting, teacher training, textbook research, and development. In January 2011, the Ministry of Education issued standards for compulsory education, physical education and health curriculum, which included standards for sex education. In June 2017, the Ministry of Education of China pointed out that health education in colleges and universities should be continued and deepened in primary and secondary schools, which is an important part of health education for all. Health education in colleges and universities mainly includes five aspects: healthy lifestyle, disease prevention, mental health, sexual and reproductive health, safety emergency response, and risk avoidance. On August 2, 2021, the Ministry of Education, the Development and Reform Commission, the Ministry of Finance, the Health Commission and the General Administration of Market Supervision jointly pointed out that the content of health education should be clarified and issued opinions on the comprehensive strengthening and improvement of school health and health education in the new era. Guide students to actively learn and master knowledge and skills such as daily exercise, prevention of infectious diseases, food hygiene and safety, reasonable diet, physical examination, mental health, growth and development, sexual and reproductive health, cardiopulmonary resuscitation, safe risk avoidance and emergency care. Implement the special education task of AIDS prevention and strengthen the teaching of adolescence, sexual ethics and sexual responsibility [3].

At present, sex education in Chinese schools is mostly carried out in schools in the form of local courses or lectures [4]. It is mainly school doctors, biology teachers, mental health teachers or physical education teachers who undertake the teaching of sex education in schools. Most of the professional backgrounds of these teachers come from life sciences, medicine, psychology, sociology, etc. [5]. At present, China has not set up corresponding professional training teachers for sex

education.

2.2. Sex Education in Family

There are three main educational concepts about sex education in Chinese families. The first is to continue the characteristics of sex in Chinese culture for thousands of years, that is, without any sex education, the development of sex is completely natural. Parents have to tell them some of the most basic sexual knowledge only when their daughters and their sons start to have secondary sexual characteristics. Sometimes sexual knowledge is still wrong. There is no systematic sex education curriculum in the school, and the physical health course rarely involves sex education, most importantly teachers without relevant qualifications. This kind of sex education without sex education has lasted for thousands of years. Chinese people still talk about the essential attributes of sex change, so at this stage, this method is mainstream. The second is premarital chastity education, its concept of "premarital chastity" is the only one that can avoid pregnancy and infection. 100% effective methods for sexually transmitted diseases and guide teenagers to learn sexual self-discipline to avoid harm. In my opinion on this, the purpose is good, but the method is wrong and will lead to many problems. They will show teenagers pictures of bloody girls' abortions, and even use intimidating language to scare teenagers. The third educational concept is comprehensive sex education. This concept of neutral education comes from the United States and Western Europe, represented by the Netherlands, Sweden and other countries [6]. It is also a form of sex education for adolescents recommended by UNESCO at this stage. This type of sex education is more open and inclusive, including not only sex education but also love education and personality education. The course module includes sexual physiology, sexual psychology, gender temperament, gender identity, prevention of sexual assault, sex and love, AIDS cognition, contraception, etc. This kind of comprehensive sex education is still rare in China [5]. It is very difficult to give children comprehensive sex education. At present, China lacks such talent to teach children comprehensive sex education. Moreover, due to the influence of Chinese culture, not every parent is willing to let their children receive such education, so it is very difficult to promote this sex education method. At present, only a few NGO organizations, companies and individuals are doing it, such as Maristedep, Xinjinsai, and sex. Mr. Fang Gang of Beijing Forestry University, Liu Wenli of Beijing Normal University, Mr. Hu Ping and others are doing it. And the audience is very small.

Three forms of sex education exist in China at present, but the first is mainly, the second is occasionally there, and the third is rare.

2.3. Impact on adolescents

At present, sex education in China is very scarce. Whether in family or school, sex education in China has been lagging behind for a long time. At home, it is difficult for parents to talk about sex problems and can't teach them to their children. In primary and secondary schools, teachers encounter sexual content in teaching, which often passes. In society, the dissemination of scientific sexual knowledge and sex education channels is not smooth [7]. In this case, teenagers are easily affected by the same age group. If parents and schools rarely talk about sex education, then when the child reaches adolescence, the sudden changes in psychology and body make him stretch out curious and confused tentacles. Parents and schools are unwilling to tell teenagers too much about the correct sexuality, but they cannot avoid the spread of peer groups. Many of the so-called prophetic preconceptions of children in the peer group do not come from the correct communication channels that are exaggerated or distorted. The sexual knowledge and life education received in such an environment are extreme. And children will also receive the spread and influence of the Internet. The power of online communication is far beyond what we can imagine, and the corrosion and impact on teenagers is also

amplified. In particular, some greed groups distort facts, exaggerate propaganda, induce crime, and put these ignorant youth clouds. In the fog, you can't tell the good from the bad and the direction. Once you are obsessed with it, you can't extricate yourself. It has led to frequent physical and psychological events, and even crimes.

3. Will Sex Education Reduce the Chance of Unwanted Pregnancies for Women in Different Situations?

3.1. The Impact of Sex Education on Unwanted Pregnancies During the Marriage

Married women, usually meet the situation that is unwillingly pregnancies. The first option is to have an abortion, and the other is to calmly welcome the arrival of the baby. More than 80% of women said that they would consider giving birth to a child if they had an unwanted pregnancy. In the face of unwanted pregnancies, couples are not ready to be parents in all aspects. At this time, women are more likely to be overwhelmed, but most people will give birth to children out of love and responsibility. Only nearly 20% of women do not give birth to children for reasons [8]. A married woman who has an abortion is chosen by more than one factor, and sometimes several factors are combined to choose abortion. The basic factor has four. They choose to give up their children for the sake of life, feel that children will interfere with life, and feel that they can't afford children because of their poor lives. These are because of their own reasons and conditions [9].

Sex education has an impact on unwanted pregnancies for married women. In the family, parents will tell married children how to contraceptives and tell them that marital pregnancy is normal, and will tell them to take care of their bodies because multiple abortions will affect their health. The sexual knowledge taught in school will also be used in this regard, such as how to contraception, and the physiological structure of boys and girls. But teaching sex at home and in school does not make newlyweds really understand sexual behavior. However, the most basic contraceptive methods reduce the risk of unwanted pregnancies.

3.2. The Impact of Sex Education for Adolescents on Unwanted Pregnancies in an Adult Unmarried Woman

Unmarried women were 17 percent more likely than currently married women to choose abortion to prevent others from knowing they had had sex or became pregnant [9]. The Institute of Science and Technology of the National Population and Family Planning Commission conducted a survey on the current situation of 1,008 young women born after August 1, 1980, who volunteered for abortion in Beijing. According to the survey results, the average age of first sexual intermission was 20.70 ± 1.95 years old, and 54% of people began sex before the age of 20; the average age of first abortion was 21.96 ± 1.81 years old, and 17.0% of the first abortion before the age of 20. Among Chinese girls aged 20 to 29, 6% have had an abortion, which is more than seven times that of Western developed countries. It can be seen how little sex education is in China, and Chinese children before the age of 18 have little sex knowledge [10].

Since ancient times, China's traditional culture has been ashamed to talk about sex. How much is China's lack of sex education? According to statistics, only 6% of sexual knowledge comes from classroom education. The way of sex education from Chinese parents is generally: shut up, try to suppress it, or it is done. More than 50% of the means are through adult books, periodicals, the Internet, TV media, etc., which increases the probability of juvenile sex crimes. It is also because of the lack of sex education that unwanted pregnancies are emerging one after another [11]. Many efforts have been made in China to make sex education. At that time, Beijing Normal University released a sex textbook to promote it to the whole country, and the principal of a middle school also published a kind of comic sex education book. Subsequently, the child brought the book to his parents but was

complained about by violent parents, and the principal was so scared that he immediately withdrew the publication. Under the suppression of traditional Chinese culture, the development of sex education is quite difficult.

And it is precisely because those girls who are unmarried and pregnant lack knowledge of sex education and they don't even know what menstruation is going on and what are the symptoms of pregnancy. What should I do after pregnancy? More generally, these girls lack basic contraceptive knowledge, do not know how to protect themselves, and rarely use any contraceptive measures when they have sex, which makes many teenagers pregnant repeatedly after abortion surgery. The experience of repeated abortions also makes their attitude towards abortion slowly numb, and a large number of girls will show an indifferent attitude when they undergo an abortion. What they don't know is that abortion will also lose health. Many girls lack correct knowledge of abortion and even regard abortion as a common contraceptive method, which will have a great impact on their bodies.

3.3. The Impact of Sex Education for Adolescents on Unwanted Pregnancies

According to the data, about 60% of unmarried teenagers in China are more tolerant of premarital sex, 22.4% have had sex, and more than half of them did not use any contraceptive methods during their first sex. More than 20% of female teenagers who have premarital sex have had unwilling to get pregnant, 91% of them ending in miscarriage. In terms of the reproductive health service needs of unmarried adolescents, about 60% of the consultation needs and more than 50% of treatment needs have not been met, mainly because adolescents think they are "so embarrassed" or feel that the problem is "not serious". In addition, only 4.4% of unmarried adolescents have the right knowledge of reproductive health, and only 14.4% of unmarried adolescents have the right knowledge of AIDS prevention [12]. This also proves that Chinese teenagers lack sex education. Although every family in China attaches great importance to their children's education, most parents only attach importance to their children's learning, which is easy to ignore other aspects. Sex education is the easiest to be ignored, and many parents are unwilling to communicate "sex" with their children. In the eyes of Chinese parents, sex is an unspeakable topic. They don't know how to talk to their children, and school is just a simple physiological hygiene class. This has led many Chinese children to know nothing about sex. However, after entering puberty, both boys and girls will have great curiosity about sex. At this time, if parents do not guide them in time, it is easy to go astray and cause tragedies and unwanted pregnancies.

In recent years, there has been precocious sexual puberty among Chinese teenagers, and there is a serious lack of relevant knowledge about sexual physiology. Under this trend, teenagers do not fully understand the relevant knowledge of sex. Most parents believe that discussing this topic with their children will have a negative impact on their children, and school teachers are very sensitive to planning enterprises, and they always pass by in their lectures, which causes teenagers to There is a serious lack of knowledge about sex, lack of high self-control, and in today's open environment, premarital behavior often occurs, which leads to an increased probability of unwanted pregnancies. And affected by the bad atmosphere in society, teenagers' ideological and moral views on love and marriage values have had a serious negative impact. Teenagers' new concept is also gradually diluted, resulting in an increase in China's unmarried cohabitation rate and the probability of unwanted pregnancies increasing year by year. Moreover, there is a serious lack of education in new morality in China. With the continuous development of society and the gradual broadening of communication, teenagers' concept of sex has gradually opened up, and the previous moral shame is gradually faded, and families and schools cannot fully educate children about "sex" morality, which leads to teenagers. The lack of knowledge in this area also increases the probability of unwanted pregnancies [13].

4. Countermeasures and Improvident on the Current Situation of Adolescent Sex Education in China

4.1. Suggestions for Adolescent Sex Education in Families in China

In the family, there should be obvious gender orientation in the child's name, gender and dress. And with the improvement of their children's language function in daily life, parents should integrate sex education into daily life, such as through books, pictorials, stories, etc., so that their children can understand natural reproduction. As children grow up, children's interest in their own bodies is a good start for parents to carry out sex education. Children understand that their bodies are natural before going to bed and before taking a shower, especially to maintain a natural attitude towards their reproductive organs, do not give them the mystery of shame, and teach their children sex. When giving birth, children should be guided to develop good hygiene habits. It is very normal for children to be very curious about their bodies when they grow up. Parents should not avoid their children's questions about sex and answer them in language that their children can understand and accept. Especially on how I got this question, I am often asked by their children, so parents should use science. To answer the child's question. Parents are the best mentors for their children, and their behavior is also the best role model. The sincerity of parents' feelings can set a very good example for their children so that children can love life and deal with sexual problems correctly.

4.2. Suggestions for Adolescent Sex Education in Schools in China

Sex education can no longer be silent in school. Instead of covering up, it's better to take the initiative until the problem arises. Incorporate sexual health education into the education curriculum system for secondary school students, so as to improve the sexual health level of adolescents. First of all, to tell students' parents about the importance of sex education and make a clear curriculum schedule according to the age and gender of students. Second, strengthen the construction of sex education teachers and establish sexual health, education teachers. Third, set some standards for the national sex education curriculum and actively organize research on sex education. Fourth, establish evaluation and monitoring indicators of sex education, integrate the teaching evaluation of sex education curriculum into the quality monitoring and evaluation system of compulsory education, and monitor the teaching effect of sex education. And it is necessary for families and schools to teach children about sex together, and play a key role in adolescent sex education. Based on the cooperation between campus, classroom, family and community, sexual physiology, sexual concept and sexual moral education are integrated into the daily life of teenagers. At the same time, the network environment should be purified from the root cause. Establish a special Internet regulatory agency to standardize Internet behavior, purify network air, focus on games, audio-visual materials and website advertising, and eliminate bad information on the Internet. Sex education should not be shy if you want to say it. You should talk to your child frankly about sex and help them get through the budding and restless rainy season healthily [14].

4.3. Prospects for Adolescent Sex Education in China in the Future

In the future, the teaching time of sex education should not rely on the growth of children. It is necessary for children growing up in puberty to universalize sex education. Knowledge about sex is granted in kindergartens and primary schools, and the correct concept of sexuality and sexual morality are established to reduce the tragedy of sexual crimes. When the child enters puberty, he will be curious about sex, which is normal. At this time, parents do not want to stop it immediately, but to find some euphemistic ways to guide their children correctly. At the same time, some abnormal phenomena should be corrected. In addition, parents of girls always tell their children to protect

themselves and communicate with their parents in a time when they encounter problems. This reduces the occurrence of unwanted pregnancies and the abortion rate. Let girls and boys have a correct understanding of themselves in puberty. They are not shy about sex, but at the right age to do the right thing. However, if teenagers or unmarried women get pregnant unexpectedly, parents should also understand and use examples to guide their children to pay attention to sex, warn them that this is not a trivial matter, and let them remember this lesson deeply, but not rely on beating and scolding. This is the right sex education. Sex education in China will become like this in the future.

5. Conclusion

In today's new era of gradually enlightened thinking, China is still silent on the topic of sex. No matter how serious sex education materials are, they are not good in the eyes of adults, and even some of these books are complained that they are not suitable for children to watch. Children always curiously ask their parents how they were born. Parents are always vague about these questions, are unwilling to answer them seriously, and use jokes to resist the past. When children have a gender concept, they will be curious about the physical differences between men and women. At this time, children will seek answers from the outside world and answer their doubts. In modern society with rapid information development, children have easy access to sexual information, but because the Internet is full of bad information, the sexual knowledge available to children is often one-sided and distorted. In this case, children are prone to misconceptions and may also lead to unintentional sexual crimes. Correct sex education is very important in this case. Under the plan proposed in this article, it may be possible to reduce unmarried pregnancies and teenage pregnancies, and it is necessary to increase sexual ethics and protect your own body.

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