

## NEED OF SEXUALITY AND LIFE SKILLS

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### ABSTRACT

In this paper the main concern is how people want to stay away from the topics and concerns about their own body. People feel that if they talk about sex or their problems related to sex then it is going to affect the culture but we need to understand that it's our body and we are responsible for it. I told how workshops and curriculum can change the whole concept about sexuality and life skill and how it's going to improve our society and mindsets.

### SEXUALITY

We all know what sex is. Sex is basically a small art of who we are as a sexual being but sexuality is basically much more than body parts and reproductive system although it includes these as well. Sexuality includes our thoughts ,ideas, fantasies , our sexual experiences. Sexuality includes how we experience our intimacy, touch, love, compassion, joy and sorrow. It tells about our role in the society and plays a major role in our life as an individual as all of it some or the another way connected to our body, brain and hormones .As sexuality plays major role in our life so it is very obvious that it should be a part of our skills and education.

**Life skill** is the skills that is necessary and required for our full participation in everyday life than why do people feel shame to talk upon it or talked inside four walls. When youngsters get married it's talked everywhere with happiness and sweets than why can't we as human beings talk about fantasy or how do we actually feel about our body openly.

Being one adult of this society i really want to tell and talk about what sexuality is and why it is much needed in our school curriculums and after school hours as well.

## IMPORTANCE TO KNOW ABOUT SEXUALITY AND LIFE SKILLS

People or Parents fear that if we educate young human beings about sexuality, it's going to encourage them to begin having intercourse early. The proof shows sex training both has no impact or younger humans postpone intercourse for longer and when they do begin, they're much more likely to defend themselves from being pregnant, STIs and HIV. Any act before marriage, and lifetime fidelity within it's miles the ethical best of many faiths. Many humans sell this ideal to lessen the spread of HIV. However, some young humans are born with HIV and despite the fact that we may also strive our first-class to have true and secure sexual relationships, our lives are complicated and we do now not always gain our dreams. This puts us at risk of HIV and other problems. as an example, many younger ladies contract HIV of their first yr of marriage from an older partner who had sex earlier than. this is why we want to be open approximately our relationships and able to get entry to HIV trying out and condoms. The risk of setting such tough objectives is that when we fail, we experience terrible and keep it a mystery. We blame others who fail, along with those with HIV. This regularly results in human beings hiding what is going on and feeling unable to take movements which include going for testing or using condoms.

In this environment, condoms are often seen as a device only for people with bad morals and people are reluctant to obtain them or suggest using them. People forget that we are humans and we need sex as unfortunately reproductive organs are our body part. If by chance any person is born with any kind of disease than how is he at fault ?? but our fault is that we don't educate our self or others enough to cure the problem instead of keeping it to our heart.

If proper education or workshops were conducted on time than all the people who are suffering from lack of sexual education would not have suffered. In movies like "PADMAN" it is very well shown how people in village area were using leaves and old clothes during their periods even nurses were feeling shy to talk about this with the man openly.

After having such lack of education in this field it is important to have *workshops and curriculum* made in such a way that our next generation don't feel shy to talk upon it and reduce damaging behavior, feelings such as blame, shame, guilt, stigma and discrimination caused by judging and labelling sexual behaviours that do not match the moral ideal. There has to be workshops organized where each generation can learn about their about their body parts without feeling any shame from

each other. There has to be some kind of toolkit where government of India plans out things and methods to make the project successful.

In these workshops and curriculum we say that directly making an act at that particular time is the safest choice for young people, but time will pass on and at some point those young people will become sexually active. We cannot afford to wait until they do, nor can we afford not to equip them with the information they need to protect themselves. To stay updated with the information on sexual and reproductive health should become a part of the sexual culture of our societies which can be taught through schools, community teachers and parents. Sexuality is such a sensitive issue for all this society. New and controversial issues are being talked about in our countries and in this kind of curriculum. Sometimes it is difficult to face the reality and think everything from a different point of view. We are afraid that if we start talking more about sexuality then it will destroy our culture and values but we should notice that our culture keeps on changing with time, every generation have different things to face and learn from them.

An essential fundamental ability is basic reasoning about the things that impact our conduct. At that point we can fortify the accommodating pieces of our way of life, change or expel hurtful ones and include some new thoughts. Our definitive point is to assist youngsters with growing up glad, sound and safe. This implies seeing the truth and cooperating to improve things inside that reality just as working for positive change. Working with guardians, community members . Young individuals can't improve sexual and conceptive wellbeing alone. They need the help of companions, families, specialists and the more extensive society. In the event that they meet in gatherings, they can bolster each other in positive ways and take activities together to improve things. On the off chance that they make solid organizations with others, they can motivate backing to make the network a more secure spot for everybody. Guardians and caretakers might frequently want to show their kids about sexual and reproductive issues sometimes it might happen that they are not aware about that issue too, *they also might need more knowledge about before they share any*. Adults will also learn a lot from the topics and activities in the kind of workshops . If parents learn alongside their children, it will bring many benefits to both generations. It is going to increase knowledge and life-skills. This will encourage good relationships and safer sexual behavior. If parents learn to praise more and criticize less, to be good role-models to their children, to teach with love and to critically think about their changing cultural norms, then they can strengthen the socialization that they already do.

## STEPS FOR AN INDIVIDUAL TOWARDS ACCEPTING OUR OWN BODY FIRST

As a facilitator it's very important to take this topic as every other topic we talk upon and feel comfortable. So there has to be some kind of toolkit through which we can reach so many people with some ease like organizing workshops.

There are few criteria to be fulfilled before to make others talk on sex and their feelings.

1. **SELF ACCEPTANCE**- people have to self accept their flaws and their bodies. It should not matter whether they are fat, skinny or anything. The point is that they are humans and they rights to enjoy their body and self as any other person in this society.
2. **SELF CONFIDENCE**- once we self accept our body ,our thoughts , our identity we will be confident our self. We will not mind what others think about us but what matters to us.
3. **SELF AWARENESS**- When we will start exploring our thoughts and our body ,we will be self aware about our flaws and fault. In that way we will be aware about where to make changes and where not.
4. **KNOWLEDGE ON THE TOPIC**- It's important to have knowledge on the topic thoroughly. We just can't have anything for our body or do any kind of experiment. People who don't know much knowledge don't mind using leaves or ashes during their periods also or premature pregnancy is very common issue now a days. So having a proper knowledge is important.

These were some of the ways in which one can be comfortable with the topic first then go on as a facilitator. Spreading knowledge is a very good thing and specially in the context like sex and sexuality it's very appreciating but knowledge should also be the priority. As without knowledge we can't tell anything. It's not about what we feel but what the truth is.

Workshops and curriculum planning should be done in a way that anyone who wants to facilitate participatory learning activities with young people to equip them with the knowledge, positive attitudes and skills to grow up and enjoy sexual and reproductive health and well-being so they are successful in that. This includes peer educators and leaders, outreach workers, teachers, community workers and others. *Such education's aims is to assist facilitators and students both with the:*

1. Correct and complete actual information to young people.

2. Plan appropriate educational activities for groups of young people that enable them to analyse their own situations, resources and needs
3. New knowledge application to their lives.
4. They will be more aware about their values.
5. They will develop their confidence and self esteem.
6. Life skills will be developed like communication and assertiveness skills, problem-solving and decision-making.

**Workshops** which have positive impact on attitudes and behaviour helps people with the following attribute like, It is a two-way learning process between equals that starts from what people already know and what they feel. Everyone is respected and valued, whatever their age and sex. People actively participate where they learn from activities. They experience a new way of doing things or sense of equity is there and this changes them. People develop positive values and behaviour through exploring options, understanding the different influences on their lives and coming to their own views and decisions, rather than being told what to do.

## CONCLUSION

In order to have healthy sexual behavior, every person is need to have proper information about everything, specially young section of the society. They need to have opportunities to apply these within themselves, such kind of value and attitude. They are supposed to feel good about themselves and have that much self esteem that they are worth look after. They need to have that skill and maturity so that they can inculcate such changes in them. It is being seen that young people care more about their health and body than the old ones. If it is told to young people to avoid something as it is going to harm body then they will give up soon. for example young people are more likely to avoid smoking if they believe that it going to decrease their stamina for football rather telling them that smoking can cause cancer in future.

These young people want to be smart, attractive , easy to grab opportunities and be as successful as possible in lives. So giving them proper, correct and on the time information is the need of the society and we should provide these basic requirements by proving workshops and making curriculum like that. Proper involvement of schools and institutes there has to be workshops for other citizens to make this world aware about their body and hormones.

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