

# A Comprehensive Plan for Sexual Education in Schools

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## **Abstract:**

With the U.S. having no national guidelines for sexual education, there are many inconsistencies in education depending on location. This has led to the United States having a generally ineffective sexual education program in comparison to other developed countries. In order to solve this problem, this project has created a comprehensive plan for sexual education in schools. The goal of this plan is to create a sexual education program that benefits adolescents by giving them factual, medically-accurate information about sexuality and related issues, without shame or judgement, that they can use to make healthier decisions for themselves. There are six components of a sexual education that are covered in this comprehensive program: body development, sexually transmitted infections (STIs), contraception, sexual orientation and gender identity, relationships, and consent and sexual violence prevention. The main information that should be taught for each of these components and at what age this information should be shared is outlined in this project, along with research on why these topics should be addressed. This program should be taught as part of a health or wellness class starting in kindergarten and continuing to build upon itself, getting more in-depth as students progress through grades K through 12. Sexual education should be a continuing process in schools because sexuality is something that is key to identity and health and is always developing. A concentrated sexual education class should be taught in sophomore year of high school, as this is about the age that teens engage in sexual intercourse. This comprehensive plan for sexual education has the potential to improve multiple issues that face youth today: high STI rates, teen pregnancy, sexual violence, dating abuse, and discrimination against the LGBTQ community, while also promoting positive body image, sexual health, healthy relationships, and inclusion.