

Adopting New Sex Education into Japanese Schools; Important Life Lessons

Japanese sex education has been recognized as lagging behind. Some foreign countries are actively engaged in sex education from an early age. On the other hand, many school in Japan do not take enough time for these class because there is a rule that teachers must not teach specific about sex. Moreover students think it is embarrassing and therefore they cannot have knowledge about that in right way. Sex education in French schools is not only about contraception and prevention of STDs (sexually transmitted diseases), but also about love, sexism, sexual violence, and differences in sensitivity to sexual others, some states in America, Elementary school students also learn about HIV and sexual violence, and situations surrounding young people such as the authenticity of pornography, date rape, and communication about sex are also covered. If teachers change this regulation and import the way of teaching sex education from other countries, Japan's sex education will be sufficient.

Sex education in Japan is lagging behind because there is a “stopgap” rule that says “the process leading to fertilization and pregnancy” is not to be covered in The Course of Study of Japan. Thus, Japanese children may grow up with incomplete sexual knowledge because they are taught only vague information. According to a survey conducted by NPO Pillcon (Survey on sexual knowledge, sexual awareness, and sexual concerns of high school students), the average percentage of high school students answering correctly on sexual knowledge is 30 %(2016). Furthermore, the Nippon Foundation conducted its sixth "18-Year-Old Awareness Survey" on the theme of sex(2018). The results showed that Websites were the most popular source of information on sex, and smartphones were the most commonly used device for masturbation, accounting for the largest number of respondents (3 out of 4).40 percent of the respondents said that sex education in school was not helpful. In order to change this situation, Japan should change this rule and introduce sex education from other countries which is developed about this subject such as America and France.

In America, teen pregnancy and childbirth has been decreasing in recent years, it is said that this is related to the development of sex education in schools. Some states have comprehensive sex education, although it varies from state to state. Comprehensive sexually education is that Sex education based on respect for human rights, including gender equality and sexual diversity (Japan association for women's education). For example, schools in advanced states cover from reproductive function to libido, pregnancy,

contraception, venereal diseases and sexual communication which relate to students lives closely. In the United States, there are practical classes as students can actually experience the difficulty of raising children using baby dolls and students can learn what it is like to have children. While in France, children learn about their body since from 6 years old and teachers deal with “human sexuality” in the biological area of the “science” subject, explaining about contraception with using specific date and picture in junior high school textbooks. Sex education is seen not only as for ourselves, but also as relationships with others, students learn their own sexual rights and the rights of others, this also leads them to respect the feelings of others. As described, sex education in both countries creates concrete context for students to understand sex. Japanese people may think both sex education is too blunt and fast but telling students what can actually happen will enable them to think clearly and know how their body connects to human relationships.

To improve Japanese sex education, the rule in this field needs to be changed, and the most important thing to change this rule is to alter in the way that people think about sex. Japanese people tend to think “talking about sex is awkward” and some parents believe “If children know about sex, it will have bad effects on their children.”, but this is not always true, and it is very natural to be interested in sex during the process of growing up. Sex education is one of the most controversial subjects, in fact some states in America have emphasized abstinence but according to an article of UNESCO in 2015, sex education in school does not increase sexual ability, sexual risk -taking behavior and STI/HIV infection rates. Japanese school can change the way of thinking about sex by knowing other countries sex education. Advanced countries on “sex education” treat this subject not only teaching “sexual intercourse” but also as teaching “how to communicate with others” and “how protect our mind and health” by featuring diverse topics. Schools in France and America give opportunity for students to discuss this subject, students will not only listen to the teacher. Japanese should arrange a meeting for discussion and conduct practical class, for example classes using the doll in America mentioned above so that school can remove embarrassing feelings about “sex education” for students. If when they hear “sex education”, many people may imagine that it’s only the about sex act or STDs ,but this is not always true, now comprehensive sex education is expanding in the world so Japanese schools adopt these changes, sex education in Japan will be more efficient.

Sex education in Japan is behind and many Japanese students get sex knowledge mainly by smartphones. Students in Japan may grow up without correct sex education, so one way to change this

current situation is to introduce sex education from other countries. From the information presented in this paper, when compared to sex education in America and French, these two countries adopt various subjects and explain information about their bodies and relationships specifically depending on their ages. The findings suggest that learning about sex is not awkward, and it is a very important thing to know ourselves and establish an appropriate relationship with others so school. In Japan should spread this thought and make an opportunity for students to talk about this subject casually. Sex education is the beginning of human life and it has a very big influence on their future, so teaching sex education in school is responsible for protecting their life so schools have to continue pursuing for better sex education to children.

(1025 words)

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