



Sex education reduces the rates of sexually transmitted infections and unintended pregnancies

## Description

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## Sex Education Reduces the Rates of Sexually Transmitted Infections and Unintended Pregnancies

Sex education is an important part of any comprehensive health education program. It is essential for young people to understand the risks associated with sexual activity and to be equipped with the knowledge and skills to make informed decisions about their sexual health. This article will discuss the importance of sex education in reducing the rates of sexually transmitted infections (STIs) and unintended pregnancies. It will also explore the Christian perspective on sex education and provide some practical tips for parents and educators.

## The Need for Sex Education

The Centers for Disease Control and Prevention (CDC) estimates that there are approximately 20 million new cases of STIs each year in the United States. In addition, nearly half of all pregnancies in the United States are unintended. These statistics demonstrate the need for comprehensive sex education that is tailored to the needs of young people.

Sex education can help young people understand the risks associated with sexual activity and make informed decisions about their sexual health. It can also provide information about contraception and other methods of preventing STIs and unintended pregnancies.

## **The Christian Perspective on Sex Education**

The Bible is clear that sex is a gift from God and is to be enjoyed within the context of marriage. In the book of Genesis, God says, "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh" (Genesis 2:24).

The Bible also speaks to the importance of self-control and abstinence. In 1 Corinthians 6:18, Paul writes, "Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body."

These passages demonstrate that God desires for us to use self-control and to abstain from sexual activity outside of marriage. Sex education should reflect this biblical perspective and emphasize the importance of abstinence and self-control.

## **Practical Tips for Parents and Educators**

Parents and educators can play an important role in providing comprehensive sex education to young people. Here are some practical tips for parents and educators:

• **Start early.** It is important to start talking to children about sex and relationships at an early age. This will help them to develop a healthy understanding of sex and relationships.

• **Be honest.** It is important to be honest with children about sex and

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relationships. This will help them to make informed decisions about their sexual health.

• Be open. It is important to be open to questions and to provide accurate information about sex and relationships.

• Be supportive. It is important to provide a supportive environment for children to ask questions and to discuss their concerns.

• Be proactive. It is important to be proactive in providing sex education to young people. This can include providing information about contraception and other methods of preventing STIs and unintended pregnancies.

### Quiz

1. What does the Bible say about sex?

- A. It is a sin
- B. It is a gift from God to be enjoyed within the context of marriage
- C. It is to be avoided
- D. It is a necessary evil

2. What is the purpose of sex education?

- A. To provide information about contraception and other methods of preventing STIs and unintended pregnancies
- B. To encourage sexual activity
- C. To discourage sexual activity
- D. To provide information about sexual health

3. What is one practical tip for parents and educators when providing sex education?

- A. Start early
- B. Be dishonest
- C. Be closed off
- D. Be judgmental

4. What is the estimated number of new cases of STIs in the United States each

year?

- A. 5 million
- B. 10 million
- C. 15 million
- D. 20 million

5. What is the estimated percentage of unintended pregnancies in the United States?

- A. 10%
- B. 25%
- C. 40%
- D. 50%

### **Discussion Questions**

1. What are some of the risks associated with sexual activity?
2. How can sex education help young people make informed decisions about their sexual health?
3. What is the Christian perspective on sex education?
4. What are some practical tips for parents and educators when providing sex education?
5. How can sex education help reduce the rates of STIs and unintended pregnancies?

### **FAQs**

Q: What is sex education?

A: Sex education is an important part of any comprehensive health education program. It is essential for young people to understand the risks associated with sexual activity and to be equipped with the knowledge and skills to make informed decisions about their sexual health.

Q: What does the Bible say about sex?

A: The Bible is clear that sex is a gift from God and is to be enjoyed within the context of marriage. In the book of Genesis, God says, "Therefore a man shall leave his father and his mother and hold fast to his wife, and they shall become one flesh" (Genesis 2:24). The Bible also speaks to the importance of self-control and abstinence. In 1 Corinthians 6:18, Paul writes, "Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body."

Q: What is the purpose of sex education?

A: The purpose of sex education is to provide young people with the knowledge and skills to make informed decisions about their sexual health. It can also provide information about contraception and other methods of preventing STIs and unintended pregnancies.

Q: What are some practical tips for parents and educators when providing sex education?

A: Some practical tips for parents and educators when providing sex education include starting early, being honest, being open, being supportive, and being proactive.

## Quiz Answers

1. B
2. D
3. A
4. D
5. D

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