



Educational Curriculum Reform: The Need for Sex Education

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Abstract. Although the 2022 compulsory education curriculum revision incorporates former experience and improves curriculum plans and standards, the curriculum design content of compulsory education for middle and high school students in the key stage of adolescent development is still dominated by examination subjects, supplemented by comprehensive subjects. Compared with the curriculum content in western countries, China's revised compulsory education curriculum plan does not include sex education as a compulsory course. However, with the rapid development of media technology and the increasingly younger age of students accessing the internet, the necessity of sex education has become increasingly prominent. This paper mainly discusses whether the revolution of the curriculum in China should focus on sex education, and finds that it is necessary to consider the needs and significance of the sex education curriculum while implementing the new curriculum plan because exposing students to sex education at a critical time can not only help them identify inappropriate pornographic content on the internet, but also establish correct gender and sexual concepts, which will help students respect others and protect themselves.

Keywords: Sex Education · Curriculum · Revolution · Adolescent students

1 Introduction

The 2022 compulsory education curriculum plan, in accordance with the new deployment made by the central Government and the education policy of the Communist Party of China, implements the new standard of promoting educational equity with virtue and quality education as the core and highlights the future talent training objectives and teaching content trend of China, which has strong guiding significance. Compared with domestic, the education management system in western countries is mainly based on decentralization. Local governments have the right to formulate and design local curriculum plans. The state rarely intervenes in specific curriculum issues, and the provisions of various states are relatively broad and flexible [1]. In the country's macro curriculum structure, local and school curriculum decision-making power is great, especially compulsory education led to the national primary and secondary schools' curriculum is multifarious, curriculum goal, curriculum content, and curriculum structure differ greatly. Therefore, the promulgation of the national curriculum and its legal basis in

western countries aims to greatly strengthen the curriculum and education decision-making power of the central or federal government, relatively weaken the power of local and schools, and constitute a new education management system.

The government's design of subjects is similar to the curriculums in China such as math, language, science, and arts, which fully reflects the characteristics of contemporary education, which is a comprehensive education model that considers the combination of basic subjects and quality subjects. It takes into account not only students' academic performance but also students' comprehensive quality and ability. Nevertheless, along with the development of society and technology, the students have more opportunities to connect with the internet and be exposed to the environment about sex with a higher probability. But at the same time, they lack the correct understanding of sexual and reproductive health knowledge, on the question of gender also lack the knowledge base, in the process of growth may be facing a sexually transmitted disease and gender violence, gender inequality, and so on the various risks, therefore, through the school curriculum in primary and middle school students' sexual education is very imperative.

This paper summarizes the content of China's 2022 education curriculum reform and the curriculum design of other countries, and discuss the universality of sex issues in the contemporary social environment and the significance of sex education for students. By comparing the implementation of sex education in various countries, it proposes that China's education curriculum reform should make sex education a compulsory course, which will bring various benefits to students' concepts and lives.

2 Comparison of Compulsory Education Curriculum Design in China and Foreign Countries

2.1 Compulsory Education Curriculum Design in China

The new revision of the Chinese curriculum mainly includes three orientations: 1) adhering to the goal orientation; 2) the problem orientation; 3) adhering to the innovation orientation [2]. First, the government mentions that people need to accurately understand the requirements of educational reform, make overall plans and systematic arrangements for education on major themes, and fully reflect the thought on Socialism with Chinese characteristics for a new era. Second, people should comprehensively sort out and analyze the difficulties and problems in curriculum improvement and focus on effective responses to practical problems. Follow the law of students' physical and mental development, optimize the curriculum setting, and enhance the guidance and operability of the curriculum. Third, further deepen the reform, make full use of the new achievements of the international curriculum reform, update the educational concept, keep pace with the times, reflect on the new changes in economic and social development, new achievements in scientific and technological progress, and reflect the contemporary nature of the curriculum.

Besides these changes, the improvements in curriculum standards include perfecting training objectives and optimizing curriculum setting [3]. Integrating the original moral character and life of the primary school, moral character and society, and the original ideological character of junior high school as "moral and rule of law", carrying out a nine-year integrated design. The art curriculums were renewed, the starting grade of scientific

Table 1. Class schedule and curriculum [16]

Category	Subject	Grade
National curriculum	Morality and Law	1–9
	Chinese	1–9
	Math	1–9
	English	3–9
	History/Geography	7–9
	Science	1–6
	Physics/Biology/Chemistry	7–9
	Technology	3–8
	Physical education	1–9
	Arts	1–9
	Labour	1–9
General Practice	1–9	

and comprehensive practical activities was advanced to the first grade, and the science and technology were separated from the comprehensive practical activities' curriculum. Moreover, it includes refining the implementation requirements by increasing the basic requirements for compiling curriculum standards and textbooks, putting forward specific requirements for training, teaching and research, improving the implementation mechanism, and strengthening monitoring and supervision requirements [4]. The government also tries to enhance guidance. Through the students from primary school to middle school to high school, the cognitive, emotional, social, and other aspects of the development change, grasp the depth and breadth of the curriculum changes, and reflect the continuity and progression of learning objectives.

According to the 2022 years of compulsory education curriculum scheme [5], the students in grades one to nine will accept language numbers outside the political history of materialized subjects and sports and health, art, labor, and comprehensive practice activities such as extracurricular quality courses, these subjects of also have significant improvement, even more than political history occupies the proportion of class, among them, students will also be exposed to information science related teaching (Figs. 1 and 2). It can be seen that the reform of compulsory education achieves a relatively benign balance between examination subject education and comprehensive quality education, and fully implements the new educational policy.

However, psychological and sex education, which need to be paid more attention to during adolescence, have not been widely paid attention to and solved. The education authorities do not see these issues as problems that students are facing or need to solve, nor do they think they need to be included in the compulsory curriculum of education (Tables 1 and 2).

Table 2. The arrangement of each subject and the proportion of the total class hours in nine years [17]

National courses	Grade									The proportion of the total class hours in nine years	
	One	two	three	four	five	six	seven	eight	nine		
	Morality and Law									6%-8%	
	Chinese									20%-22%	
	Math									13%-15%	
			English								6%-8%
							History/Geography			3%-4%	
	Science			Physics/Biology/ Chemistry							8%-10%
			Technology								1%-3%
	Physical education									10%-11%	
	Arts									9%-11%	
	Labour									14%-18%	
	General Practice										
Teaching time per week	26	26	30	30	30	30	34	34	34		
Total new class hours	910	910	1050	1050	1050	1050	1190	1190	1122	9522	

2.2 Current Situation of Compulsory Education Curriculum Design in Foreign Countries

Britain's education reform law regulation all schools should learn the basic courses, religion, and national course, the main content of the national curriculum includes ten basic subjects math, English, science, history, geography, technology design, music, art, sports, and modern foreign languages, including mathematics, English and science as a core subject, Primary school mainly study three core subjects, do not have to learn modern foreign languages. Moreover, the teaching objectives and learning syllabus are formulated, stipulating that according to the student's ability and development, the students should achieve the goals of knowledge, skills, and understanding in the ten basic subjects, and design the content, skills, and process of the students' learning. The "Annual Goals" of the United States regard the national curriculum standards as "quality benchmarks to guide local and state curriculum standards. The basic curriculum of the Annual Goals is developed on the basis of the Annual Strategy [6]. The United States places special emphasis on mathematics, science, and English, the so-called "New Three Arts" basic curriculum. By the time of the Bush administration, the national curriculum had identified English, mathematics, science, history, and geography as core subjects, and claimed to have successfully met the challenge in the content of English, mathematics, science, history, and geography [7]. By the Clinton administration, foreign languages and the arts had been added to the list, making seven core subjects that must be included

in state curriculum standards. In Germany, the subject design mainly includes three categories: German, English, Latin/French, Art and music in the field of language, literature, and art; Social sciences: geography, history, Economics and politics, sociology, religion, ethics, philosophy; And mathematics, physics, chemistry, biology, informatics in the natural sciences [8].

3 Analysis of the Necessity of Sex Education

3.1 The Significance of Sex Education

Sex education is about the development of human sexual physiology, psychology, and potential. It not only imparts sexual physiology knowledge to the educated but also inculcates sexual values, moral consciousness, and legal norms suitable for Chinese social culture. The individual growth and change of adolescents, with the coming of puberty, the development of sexual consciousness, and the gradual maturity of sexual physiology, have a huge psychological impact on adolescents. As to the actual situation in our country, the society is experiencing the transition from “traditional” to “modern”, various ideologies are mixed together, and yellow poison is rampant in the social culture, which seriously affects the healthy growth of the young people [9]. In addition, in the previous education, sex education has not been paid enough attention to, and teenagers have relatively little sexual knowledge from the formal way, which has led to many teenagers’ sexual confusion, sexual crimes, premarital sex, sexual discrimination, and other unhealthy social problems. Sex education is conducive to the cultivation of good sexual morality so that teenagers in the sexual knowledge and sexual understanding are more perfect.

Adolescence refers to the special life interval in which a person transitions from childhood to adulthood. During adolescence, the life subject’s self-consciousness, knowledge accumulation, IQ development and physical development can reach the maximum growth rate. In addition, the secondary sexual characteristics of life individuals also begin to develop rapidly in the youth period, and finally enter the mature and stable stage. Junior high school students are often in a state of ignorance in the face of the “sudden changes” in their personal bodies, and they will have a variety of emotions [10]. Therefore, it is the right time to carry out sex education courses at this stage, and help students establish correct sexual concepts through the knowledge education and psychological education of teachers.

The significance of children’s sex education mainly includes that it can help children to understand sex, satisfy children’s thirst for knowledge, and help children’s physical and mental health growth. And can also help children establish healthy sexual cognition, appropriate sex education for children, can let the child a correct understanding of sexual physiology and sexual psychology, and realize the equality of men and women, away from the infringement, now the child was sexually assaulted happened frequently, whether boy or girl, education can give children comprehensive sexual knowledge, teach children to protect themselves, right from injury. Therefore, the popularization of sex education should start with children, especially in adolescence when children have some vague concepts of gender. The sex education carried out by schools can make children have a profound understanding.

In China, the influence of feudal consciousness makes people mistake sex science as a decadent ideology, and there is a lot of ignorance of human nature and even regard sex as unclean to reduce children's contact with sexual knowledge; On the other hand, due to some people regardless of sexual morality, marriage instability, venereal disease epidemic, and other problems disturb the social order. This is more needed to popularize scientific sexual knowledge, advocate sexual civilization, let children contact with sexual knowledge as soon as possible to protect themselves, and choose a good lifestyle.

3.2 Student's Current Knowledge of Sex

In Handan city in China [11], the researchers conducted a qualitative study to explore the views of middle school students and their parents on sex education. The data showed that parents who supported sex education thought that the earlier the sex education started, the better. Parents who support sex education tend to agree. They believe that sex physiology education should be carried out in primary school before children begin to develop, sex psychology education and sex ethics education should be carried out in middle school, and sex morality and safe sex education should be emphasized in college. Additionally, students generally have a higher willingness to acquire knowledge of sex education as early as possible. Compared with parents, they have a higher acceptance and expectation.

Through literature survey and related data, although adolescent sex education has begun to gradually be taken seriously, there are still many problems, mainly displayed in three perspectives [12]. First, some schools still pay less attention to sex education, teachers lack teaching materials and teaching methods. The education foundation is weak, and sex education to a contradiction to traditional and students' desire for knowledge. Secondly, a part of middle school students knows nothing about sexual physiology, and because of the lack of correct sexual knowledge, students have a wrong understanding of their normal sexual physiology phenomenon, resulting in psychological confusion and psychological pressure. Thirdly, the mainstream of students' sexual psychological development is healthy, but there are some middle school students who are not ready for puberty and do not comprehend the phenomenon of sexual psychology. Most middle school students have the correct concept of sex, but there are a certain number of middle school students in the concept of sex illogicalities and confusion, the sexual concept is too open, and the deviation is worrying. In addition, male and female middle school students are in the understanding of sexual physiology knowledge, sexual psychology, and sexual concept of some aspects of the state of differences. Middle school students of different grades also have certain differences in some aspects of sexual psychology and sexual concepts [13]. Therefore, sex education is in urgent need of attention and promotion teaching.

Compared with junior high school students, senior high school students are more likely to get sex instruction from friends or strangers. Middle and high school students acquired sexual knowledge mainly from school courses, and senior high school students have more knowledge about sex, but there are differences in the emphasis on sex knowledge, the content of sex education, the sources of sex knowledge, and sexual guidance. It is necessary to carry out effective sexual health education to improve the level of sexual health of adolescents in Chongqing [14].

As the country with the highest teenage pregnancy rate in Europe, the UK has issued a series of laws, policies, and curriculum guidelines to promote the implementation of sex education. The curriculum of sex education in Britain has changed from emphasizing physiology to incorporating emotion and sexual intercourse. The aim is to help children and adolescents understand how to correctly understand the physical and mental changes during puberty and properly deal with interpersonal relationships with a positive and healthy attitude [15]. As one of the first countries in the world to offer sex education courses, Sweden began to offer sex education to children over the age of 7 in 1942. In 1966, Sweden tried to carry out sex education through television, which broke the situation that parents were difficult to talk about “sex”. In junior and senior high schools, every school in Japan has a “facilitator association” composed of experts and scholars, which are responsible for providing students with various sex counseling, sex education, and writing sex education guidance manuals. In the United States, students are taught about fertility, gender differences, and sexual morality from the first grade of elementary school. In junior high school, it goes even further. In high school, students are taught about marriage, family, sexual attraction, and homosexuality, and handed out condoms to students [9]. These countries have added the teaching of sex education into the curriculum design and exposed students to the relevant knowledge in their adolescence. They have not only set up systematic teaching programs but also trained and taught students as early as possible from the perspective of concept. Compared with these countries, it is necessary to pay more attention to and improve the teaching of sex education in China.

4 Conclusions

This paper focuses on the rapid development of information society, there are more ways to contact force students to bad information, so sex education is necessary for the student ideas mature adolescent phase as a compulsory course, lets the student science learning knowledge, cultivating rational sexual mores, able to discern the network information, to protect themselves. Compared with other countries that provide sex education courses, the lack of sex education curriculum design in China needs urgent attention. However, this paper lacks the collection of students’ ideas. If we can understand students’ views on learning sex knowledge, it will be more conducive to the establishment of the theory that sex education should be a compulsory course in curriculum reform.

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