

## Solve the Difficult Opening of Sex Education

### -- Feasibility Study on the Model of "Drama Education + Children's Sex Education"

Dianyue Guo<sup>1, a</sup>

<sup>1</sup>Department of Drama Education, The Central Academy of Drama. Beijing, 100000, China

<sup>a</sup>aguodianyue@163.com

#### Abstract

In November 2021, the Ministry of Education issued the "guide to teaching materials for life safety and health education in primary and secondary schools", which also included the content of children's sex education. But generally speaking, children's sex education is still an area that many educators are reluctant to touch. On the premise that the necessity and significance of children's sex education are very obvious, it is particularly important to find a way to meet China's national conditions and solve the difficulty of sex education. Through the author's practice and research, it can be found that drama, as a unique art form, has its unique characteristics of acting, participation, scene experience and participation feeling, which can provide a natural and interesting platform for the development of sex education. Integrating the form of drama education into the teaching of children's sex education can optimize the form and process of children's sex education. It can break through the original thinking of sex education. It can develop drama education classroom, which is a teaching path of sex education based on a safe environment. From a more holistic perspective, this paper will look at the necessity of children's sex education in China and the current development bottleneck. Comparing and thinking about the root causes of existing problems, it puts forward feasible solutions that can become solutions to sexual problems. This study is expected to enrich the form and content of children's sex education and promote the development of children's sex education in China.

#### Keywords

Children; Sex education; Drama education.

### 1. Generation of Problem Awareness

#### 1.1. Concerns About the Lack of Sex Education Caused By Social Events

In recent years, a very eye-catching and worrying word can be found in the relevant media reports - child sexual assault cases. The frequent occurrence of such cases has aroused widespread concern in the society. According to the 2019 survey report on statistics and anti sexual abuse education of "girl child protection", there were 317 cases of child sexual assault reported by the media in 2018 and more than 750 people were injured. The proportion of children under 14 years old is 80% [1]. For another example, China has more than 10 million induced abortions and millions of drug abortions every year and about 50% are unmarried women under the age of 25 among them. Sexually transmitted diseases are growing rapidly. For example, the average rate of HIV infection among adolescents has increased by 35% over the past 2012-2016 years. Girls with early breast development in adolescence are vulnerable to ridicule. Inferiority complex and depression caused by acne and other factors and homosexual groups are subject to compulsory treatment. The harm and adverse effects caused

by the lack of sex education are everywhere. Groups of data and experience in practice have aroused public concern.

Affected by the social environment, diet and other factors, people's marriage time is gradually postponed and the time of sexual maturity is advanced. The phenomenon of "precocious puberty" is no longer rare. In today's social environment, the "sexual unemployment period" between sexual maturity and marriage will increase significantly. With the increase of social mobility and the improvement of economic level, people will have more and more sexual resources and opportunities. In the past decades, the lack and loss of sex education will undoubtedly enhance teenagers' desire to explore. The so-called ignorant are fearless. Teenagers often make mistakes due to their lack of understanding and curiosity about sex education knowledge.

## **1.2. The Birth of "Hard to Open Mouth"**

Research shows that today's teenagers are very eager and looking forward to sex education knowledge. They are eager to learn about physiological development, the methods of heterosexual communication, the significance of love and sex to people, and the knowledge and methods of dealing with sexual desire [2]. Due to China's huge population base, under the current education system, it is difficult for schools to specially coordinate the time for sex education courses. They can only integrate teaching with biology, psychology and other subjects. When faced with some so-called "explicit" words in sex education related textbooks, parents will show an unacceptable attitude that it undermines children's "purity". Some people believe that sex education will become a sexual abetting behavior for children, or teach teenagers sexual skills. Some people believe that there is no need to set up special courses for sex education, which will naturally be solved in the process of children's growth. Such traditional concepts have virtually slowed down the progress of sex education. Therefore, under the dual constraints of parents' questioning and school pressure, many relevant professional courses have been controversial or stopped, and the development of children's sex education is still in the Yellow unsafe area.

## **2. The Need for Sex Education for Children**

### **2.1. Sex Education? Large Scale Restricted Area?**

Based on the above problems, the author believes that it is very necessary to popularize what sex education is to a wider population. First of all, we should clarify a concept. Whether male or female, young or old, healthy or disabled, homosexual or heterosexual, the so-called sex education is a thing that everyone must learn and will grow up with people for a lifetime. At different growth stages, a person will face different sex problems. Learning is to better understand ourselves, to learn to communicate with others, to recognize the positive role of sex for each individual and to make responsible choices. Therefore, good sex education must be based on self understanding. This requires us to ignore any label of gender, make decisions on the basis of communication and cooperation, and find our independent value in the real society. The teaching of sex education knowledge can not only be reflected in the fields of medicine, pedagogy and sociology, but also enable people to produce their own values and judgment on the basis of understanding sexual knowledge, produce reasonable self-restraint and self-protection mechanism, establish better moral standards, and maintain a responsible and respectful attitude towards each individual. Therefore, the so-called "sex education is large-scale" is actually a very one-sided statement. In fact, sex education includes all aspects, such as understanding the body, accepting the changes of the body, adolescent education, the choice of marriage and love ideas, individual respect and so on. This requires people to face it and learn it objectively, because only relative ignorance can produce overall resistance.

## 2.2. Implementation of Children's Right to Sex Education

The earliest sex education in New China was proposed by Premier Zhou Enlai in March 1963. Nowadays, the guidelines for health education for primary and secondary school students issued by the Ministry of education, the basic requirements for the teaching of mental health education courses for students in ordinary colleges and universities, the professional standards for primary school teachers (for Trial Implementation), and the outline for the development of Chinese children (2011-2020) issued by the State Council all include the guarantee requirements for sex education.

At present, more than 80 government documents clearly point out the importance and necessity of sex education. The content of children's sex education is also included in the notice on the textbook guide for life safety and health education into primary and secondary schools issued by the Ministry of education in November 2021. The above documents and regulations on sex education are enough to prove the importance the state attaches to sex education. Children's sex education should be based on promoting children's growth and all-round development, meeting the requirements of children's physical, psychological and intellectual development, promoting the formation of a sound personality and promoting the realization of self achievement [3].

## 3. Findings on Difficulties in Carrying Out Sex Education

First of all, there is a lack of perfect sex education textbooks recognized by the education system and the training system of sex education teachers at the national level. Secondly, China has a large population of children, and social development determines the difficulty of fully integrating sex education into the education system and realizing full coverage of education. Therefore, the contradiction that needs to be solved urgently in China is the difference between demand and resource allocation. Finally, this article will discuss the way of sex education. What kind of educational methods and carriers can adapt to the development and national conditions of today's society. What kind of educational methods and carriers can help more teachers and educatees solve the problem of difficult opening. What kind of educational methods and carriers can realize the safe and objective progress of the classroom environment. This is an urgent problem to be solved now. If such a difficulty is solved, it will help schools, parents, children and others to respond positively to the development of sex education to a great extent. It can achieve multi-party organic cooperation, move closer to a more diverse and open concept of the whole society, build social consensus, improve the inclusiveness of policies, and achieve the goal of breaking the ice as soon as possible.

## 4. Find Ways To "Break the Ice"

Compared with the traditional educational model, drama education pays more attention to the individual of each student in the educational subject. It pays more attention to teaching in the situation. It pays more attention to inspiration and cooperative exploration. This is a more process oriented educational model. It has various forms of educational development, such as impromptu performance, expert coat, still video, educational theater, forum theater, participatory drama, role play, picture book interpretation and so on. The educatee can work with the educator to build a common trust and safe expression environment. Teachers will introduce topics with sexual education significance to better enrich the form of sex education classroom. The combination of drama education and sex education can not only organically enrich the theme of drama course, a comprehensive and interesting aesthetic education course, but also meet the multiple teaching requirements of interaction, process, metaphor and so on.

#### **4.1. Be Good at Using Games**

"Playing is a child's nature". Children can achieve the purpose of education in a natural hypothetical space. For example, you can join the game link of "what do old wolves do?" to popularize children's anti sexual assault knowledge. The teacher designs the dialogue card in advance before class, which is divided into two types: daily language and dangerous language. The teacher controls the rhythm of the card and the students in the game. Students can only move forward after answering the questions on the normal language card. When students hear that words with the nature of seduction, deception and flattery are added, they need to independently judge whether they need to escape and respond. If they do not respond correctly, they will be eliminated. In such a teaching process, children focus their attention to the greatest extent and mobilize their perception and judgment. After the game, teachers should summarize relevant knowledge in time and trigger students' thinking.

#### **4.2. Keep the Course Objectives in Mind**

In the process of designing the course, it is necessary to analyze in advance what the problem is and what causes the problem. For example, in the knowledge teaching of preventing sexual assault on children, teachers should clarify what caused this phenomenon (such as lack of awareness of protecting private parts, lack of judgment, lack of way to ask for help and courage to say "no"). Teachers should break down the causes of the problems one by one. They should adopt relevant interesting drama education courses. They divide large modules into more detailed drama activities and break them one by one.

#### **4.3. Do Not Rush for Success, But Do It Step by Step**

In the process of curriculum design, teachers should make it clear that any form of education serves the healthy growth of children. Therefore, in the design and selection of courses, we should not be eager for quick success and instant benefit to choose radical methods, but be patient and step by step. We should complete the teaching of a certain personality education theme in a long time. We should make students keep curiosity and desire to explore sex education knowledge in the process of participation. When we find that the teaching goal has not been achieved, we should have the courage to change the form and step back, and move forward in constant attempts.

#### **4.4. Inspiration and Indoctrination**

Everyone has his own values and personal judgment. Even sex educators of the same school may have different views on specific issues. Yuan Lai-Chao put forward : "judgment is like a growing plant, which needs careful cultivation and constant care, so that it can bear fruit in all cases [4]" in "leader's judgment". In the long run, it is more important to inspire the ability and vision of thinking, judgment and examination than to simply instill the values that they think are "right". Therefore, when the target group asks a question related to sex, especially values, it is suggested that teachers first ask "what do you think of this question?". This approach is better than giving a given answer directly.

#### **4.5. Prudent Intervention**

There are two conditions for judging that teachers need human intervention. First, a certain behavior makes you feel "uncomfortable", "unfit" or has a serious impact on your normal life. For example, adolescent girls are ridiculed by others for their chest development and sleep in their coats every day. Second, a certain behavior makes others feel "uncomfortable", "unfit" or has a serious impact on normal life. For example, kindergarten children imitate TV pictures to kiss other students. In case of a personality education problem, it is suggested to give priority to non intervention to observe whether the behavior has a negative impact, and there is no

unified age standard. As long as either child or parent feels uncomfortable, they should express to each other and seek solutions.

## **5. Several Feasible Methods of "Drama Education + Sex Education"**

### **5.1. Combination of Picture Book Reading and Performance Activities**

At present, there are many excellent picture books about children's sex education on the market, such as "little grapefruit looking for brother", "breast story", "learn to love yourself" and so on. Teachers can adapt the above script and complete the rehearsal of the short play within a period of time. Teachers can also compile and adapt picture book stories independently according to their own knowledge accumulation. In the design process of picture books, we should pay special attention to the application of language and the sense of equal treatment of children's identity. In this way, targeted sex education knowledge learning can be carried out for children of different ages. On the basis of picture books, the combination of story reading and impromptu performance is carried out. It allows children to describe the picture book independently on the basis of understanding and interpret it vividly after a period of time.

### **5.2. Participatory Drama Activities**

You can usually write a script for the specific situation of sex education. It is performed by the instructor, and the practice of freeze frame is adopted at the critical moment or when the educatee needs to solve the problem together. Use the paradigm in educational drama to cooperate with teaching, such as freeze frame picture, needle felt, expert coat, etc. A large number of participatory methods such as brainstorming, group discussion, drama games and role play are used to carry out relevant drama activities. For example, in the marching performance, a boy initiated a sexual invitation to his girlfriend. The host guided the participants to discuss what the girl should do next, and invited participants with different views to perform directly on stage instead of girls or boys. After that, various treatment methods are discussed and inspired to think, and finally summarized.

### **5.3. Forum Theater**

Forum theater originated from the "theater of the oppressed" created by the Brazilian theater master Augusto Boal. Its biggest feature is to let the audience replace the actors according to their own opinions, resolve the crisis in the play, and make the audience change from passive spectator to active spectator. If you want to discuss the topic of "sexual consent" with participants, you need to complete the creation of the script before the beginning of the theater and establish an event that can resonate with the audience. The script will be performed twice. The first time is performed by actors, but the first time has a bad ending. In the second performance, the audience needs to participate in it to change the plot trend, so as to change the ending and make the ending better. As the leader, the host designs and guides the audience to rewrite the trend at the appropriate nodes, which has a certain educational significance. It enables the audience to gain from participation and thinking, and reflect and deeply understand the selected topic.

## **6. Conclusion**

The author studies and analyzes the harm and influence caused by the lack of sex education which is caused by social phenomena. The author tries to find a way to break the ice and expects to solve the problem of sex education through the model of "drama education + sex education". It is expected that more and more people will pay attention to the importance of children's sex education, Because this is not only related to the development of children, but also related to social stability and national progress.

## References

- [1] Girls protection fund of China children's culture and art foundation "Girl protection" 2018 children's safety education against sexual assault and statistical report on cases of sexual assault on children [R] Beijing. 2018.
- [2] Wu Junqing, Li Yuyan and Zhao Rui, editor in chief, adolescent sexual and reproductive health education: current situation and evaluation of intervention effect [M] Social Science Literature Press, 2021.
- [3] Chen Wei The constitutional relationship between the state, parents and children in sex education -- Taking the dispute over sex education readings as an example [J] Journal of Suzhou University (Law Edition). February 2020.
- [4] Li Yinhe Sexual problems [M], Inner Mongolia University Press, 2009.