



presentation 2

contents

Review

Understanding the Focus

Research

System mapping

Next steps

contents

Review and an (almost) Fresh Start

Understanding the Focus

Research

System mapping

Next steps

contents

Review

Understanding the Focus ——— Global Attitudes

Research Indian Attitudes

System mapping Problem Area

Next steps Defining our Goal

Understanding Spheres of Influence

contents

Review

Understanding the Focus

Research

 Secondary

System mapping Primary

Next steps

contents

Review

Understanding the Focus

Research

System mapping

Next steps



review

feedback

Don't worry about output yet!

Broaden scope of thought

Look at sources of problems, not just solution searching

Understand the systems-level potential of the problem

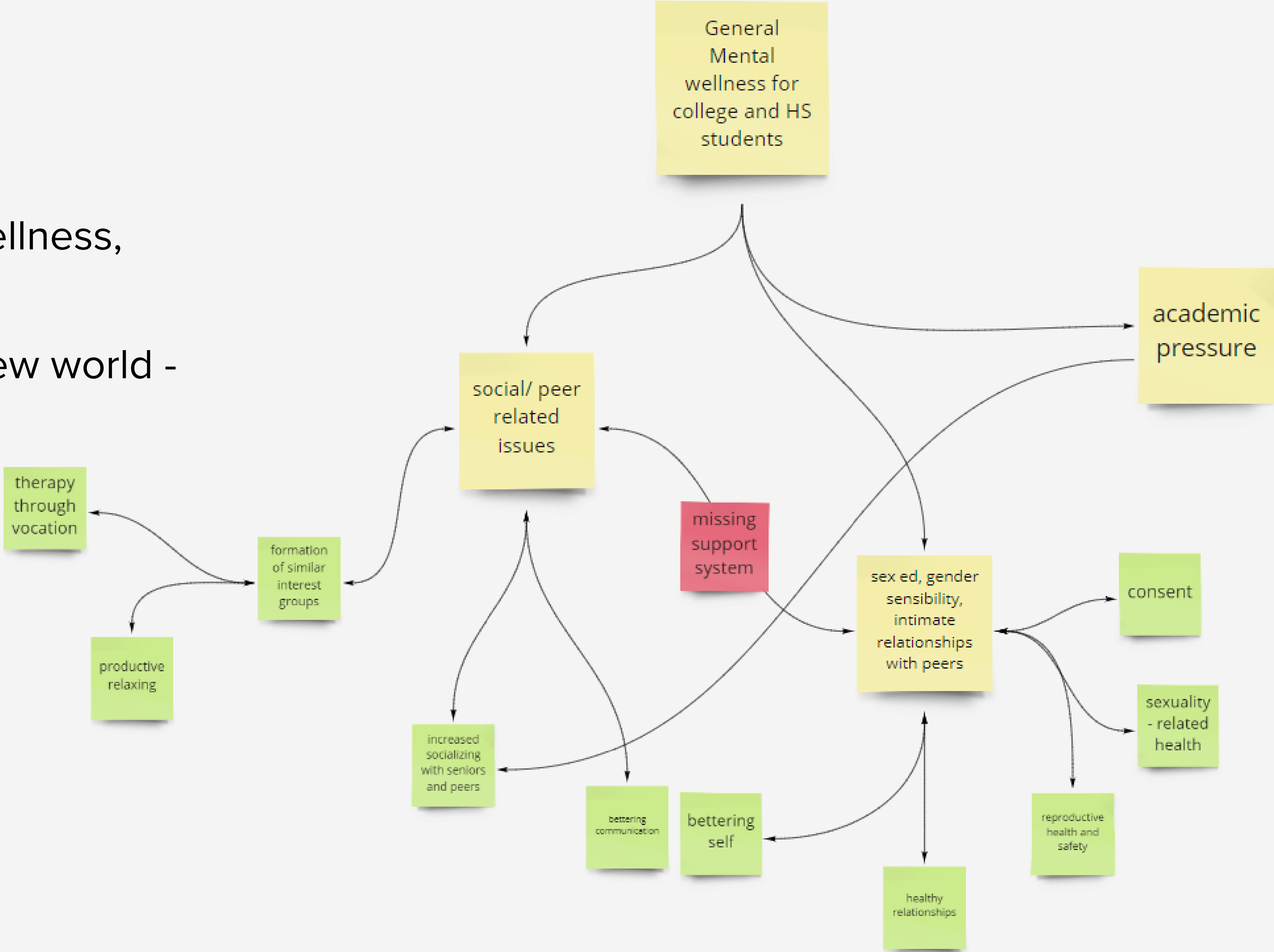
true focus

Three main spheres of mental wellness for adolescents

Missing support system to bridge social wellness, sex education and gender sensibility

Academic pressure an additional, whole new world - not our focus this time

However, benefitting social wellness helps with academic pressure as well





understanding the focus

global attitudes

understanding the focus

East and South-East Asian Countries

Conservative societies hamper sex-education efforts

China: sex ed books were removed

Alarming rising rate of STIs

Often integrated into moral and religious studies (eg. Malaysia)

Recent movement for change in Indonesia

West European Nations

Very casual and comfortable attitudes towards sex education in some nations

Some backlash over being too liberal

Belgium: pamphlets were recommended to 7 y/o children

Sweden: systemic gender equality, such as 450 days of paid parental leave for either parent, only if both take at least 90

global attitudes

understanding the focus



Netherlands

Compulsory, age appropriate curriculum

taught in detail about sexual and emotional maturity early on

low teen pregnancy rates

global attitudes

understanding the focus



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low teen pregnancy rates



Uganda

Soccer Without Borders

Tackle Africa

NGO cooperation and collaboration

Resistance from the government

global attitudes

understanding the focus

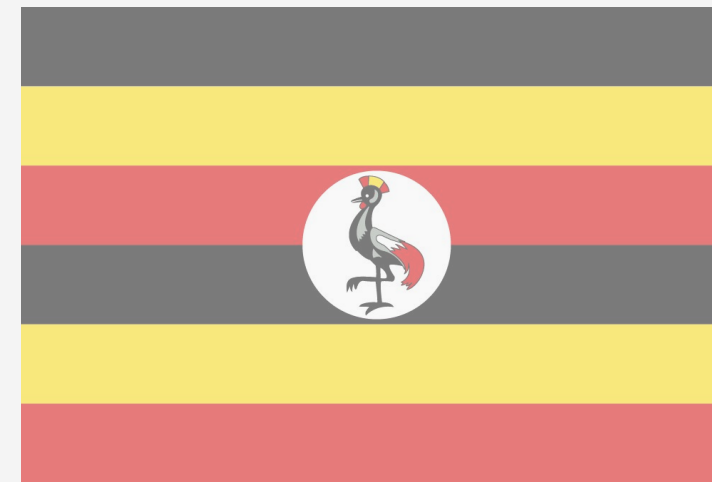


Netherlands

Compulsory, age appropriate curriculum

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Resistance from the government



Indonesia

Independent bodies attempting to make a difference

Strong government resistance to efforts

Contraception is difficult to obtain, abortions near- impossible

indian attitudes

understanding the focus

Marriage System

arranged marriage
strong family support after marriage (often)
marital rape not recognized
brides not treated equally
child marriage

Sex Education

strong resistance from conservative society
sex education mostly from independent efforts
limited to biological information

Gender Roles

firm ideas of gender roles in conservative society
strong belief in separating boys and girls till adulthood
lots of change seen in recent years towards breaking norms

indian attitudes

understanding the focus

Gender Roles

wives to be younger than husbands

till date, displeasure at the birth of a girl in many families

Law

sex work legal, strictly regulated

section 377 verdict

liberal abortion code

penal code for rape and molestation does not consider assault on men

Regressive Traits

rape culture

toxic relationships

strict moral policing

problem area

An Asian and Indian problem:

Emotional and social maturity are paused in high school, students dedicate their efforts towards **academic maturity**

Students end up with unhealthy attitudes towards sex, sexualities, relationships, and the opposite sex

Most of these students carry these attitudes into adulthood

understanding the focus

Banda/Bandi

Women as objects

Lack of understanding of sex and consent

Toxic relationships

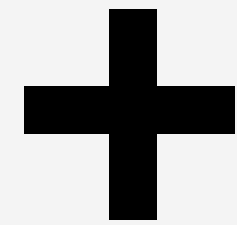
Men as carnal

Reinforced gender stereotypes

defining the goal

understanding the focus

Sexual Health and Education



Social and Emotional Education

defining the goal

understanding the focus

Sexual Health and Education

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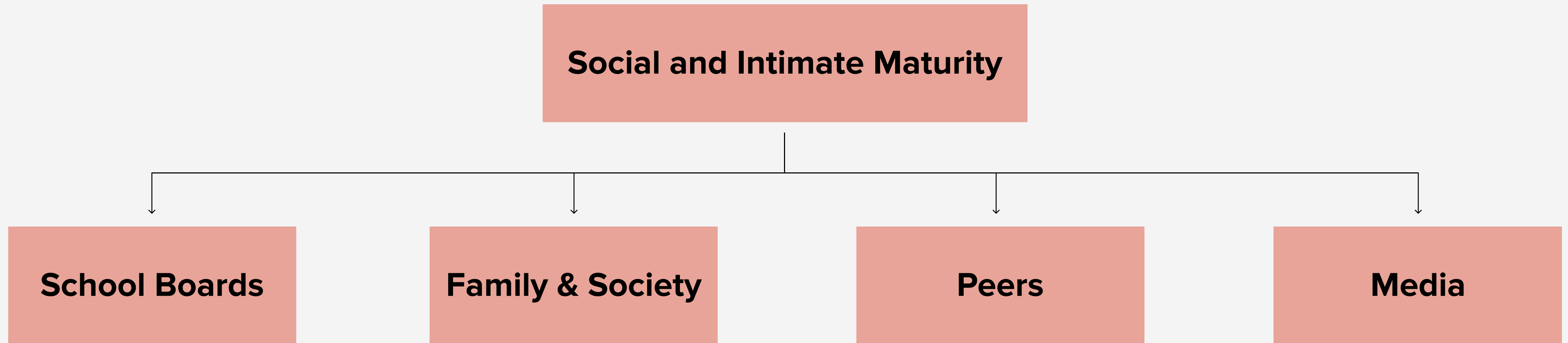
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Social and Emotional Education

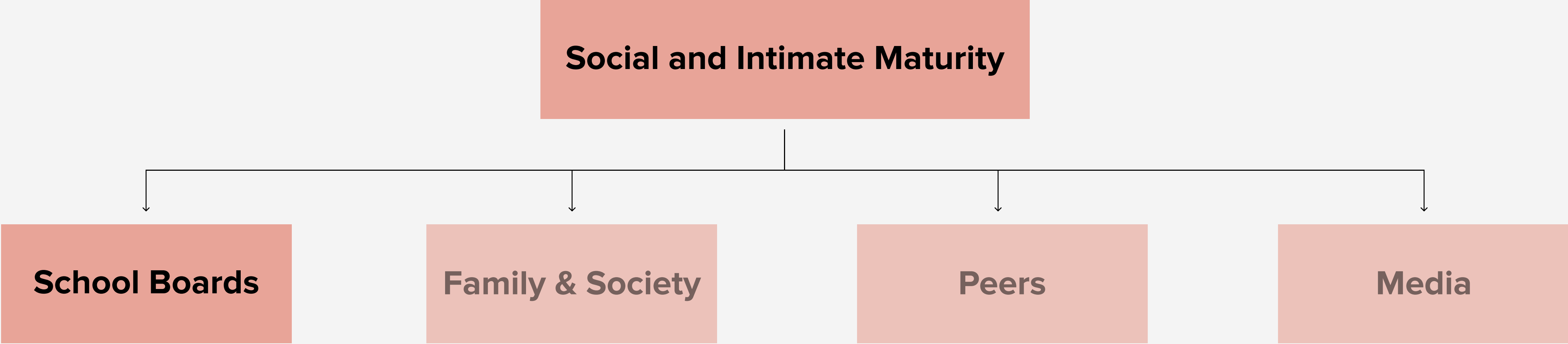
Social and Intimate Maturity

spheres of influence

review



spheres of influence



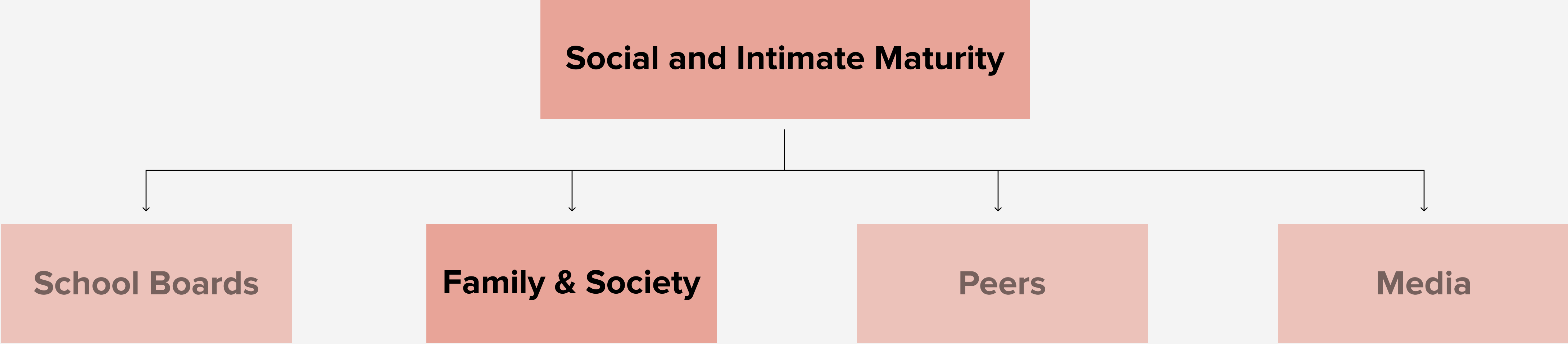
Board Mandated
Syllabus

Value Based Education

Textbooks

Survey

spheres of influence



Board Mandated Syllabus
Value Based Education
Textbooks
Survey

Survey
Traditional and ancient indian outlooks on sexuality
Cultural and historical treatment of sex

spheres of influence

review

Social and Intimate Maturity

School Boards

Board Mandated Syllabus
Value Based Education
Textbooks
Survey

Family & Society

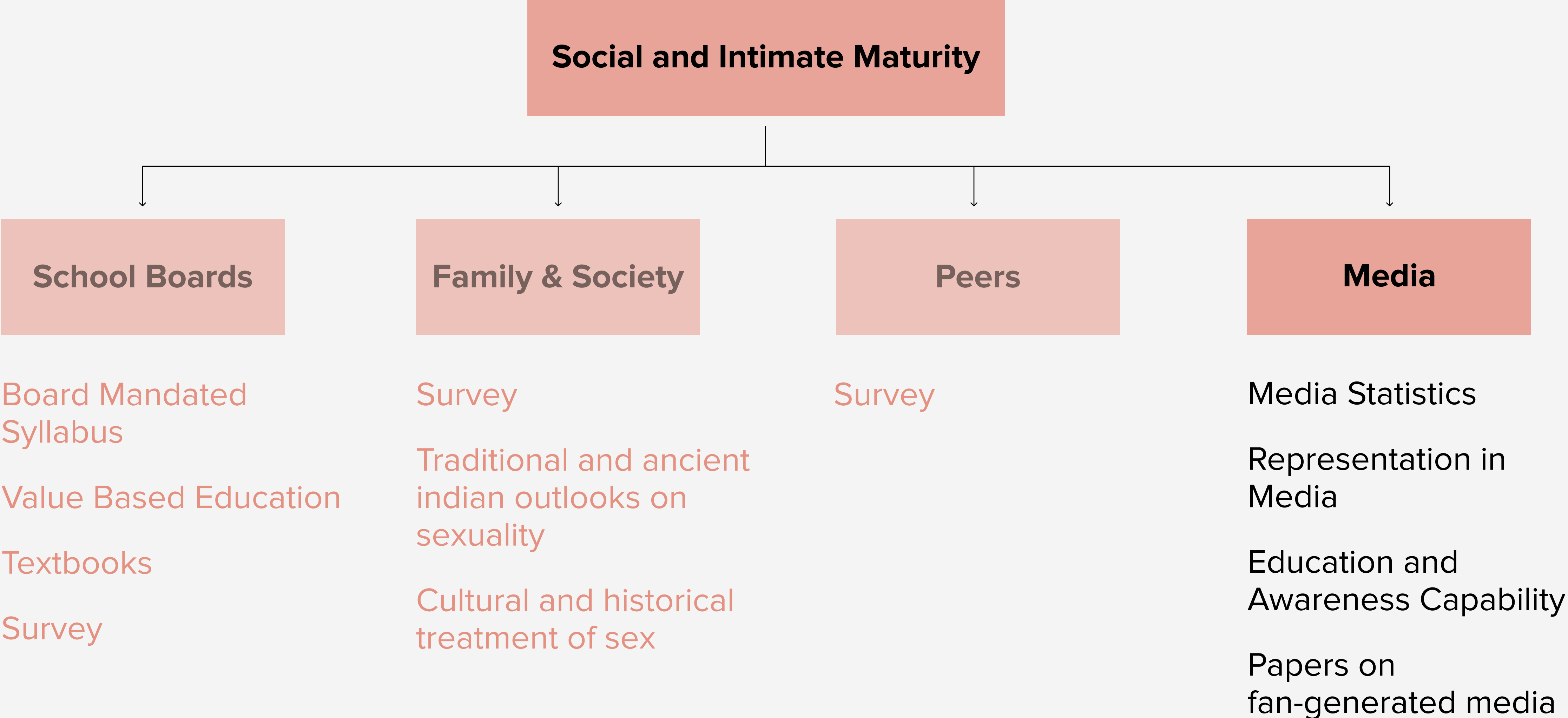
Survey
Traditional and ancient indian outlooks on sexuality
Cultural and historical treatment of sex

Peers

Survey

Media

spheres of influence





secondary research

SIM through school board

secondary research

Adolescent Education Program (AEP)-

It addresses the criticality of sex education for adolescents and recognises that the age group cannot be treated as a homogeneous group.

Younger adolescents deal with problems of **puberty, growth, and self identity.**

Older adolescents need to be educated on **healthy relationships and consent.**

Faced heavy backlash and protests by politicians, conservative groups and teachers.



SIM through media

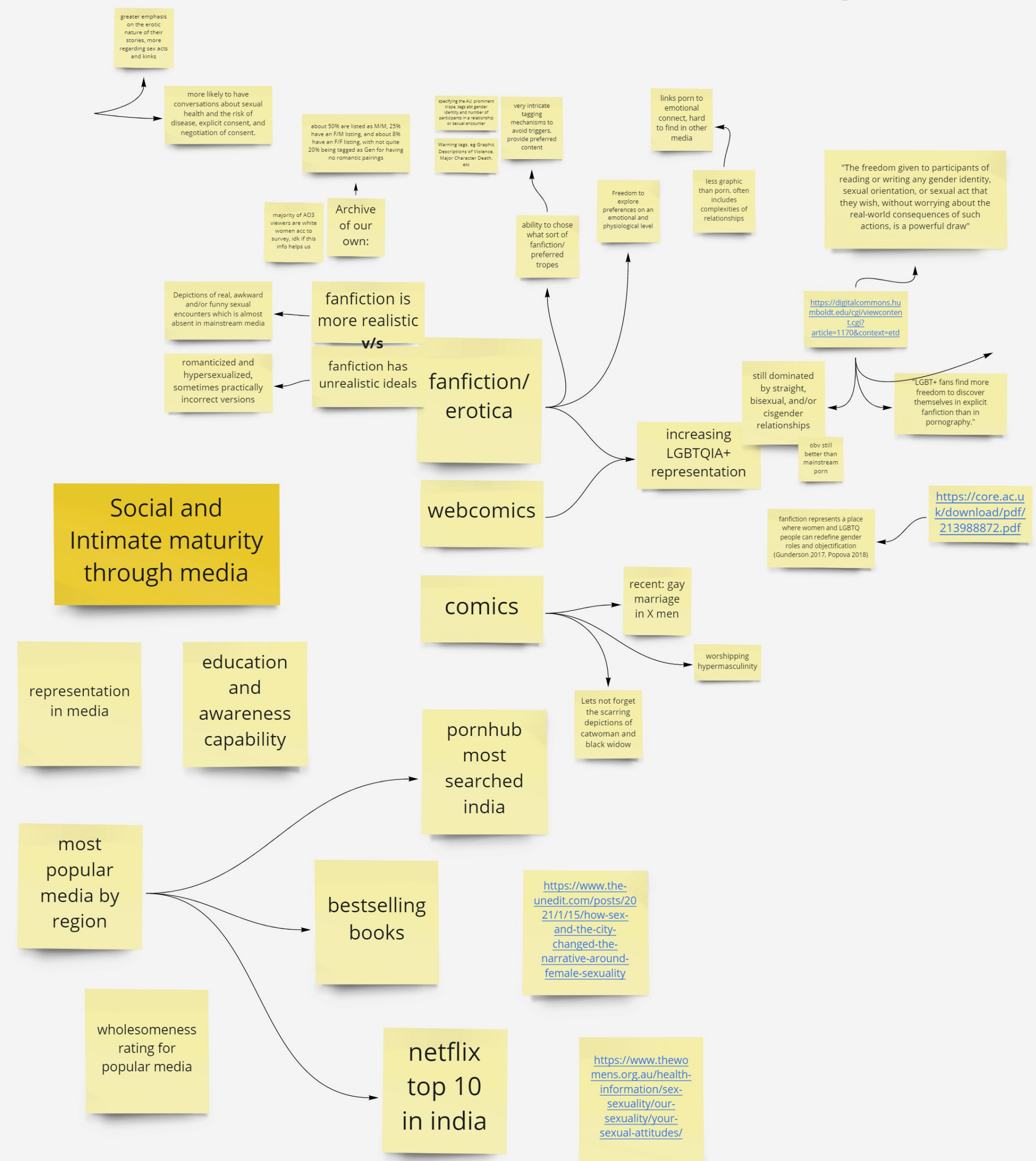
Representation of intimate relationships in movies, TV shows, comics and books-

Media is predominated by cisgender characters and straight relationships.

Depictions of intimate relationships and sexual freedom are treated like a taboo.

Community based websites for written media are preferred means of **self-discovery** and **sexual development**.

secondary research





primary research

survey objectives

Understand the varieties in quality of sex education received in India and globally

Gain insight on the efficacy and perceived importance of high-quality sex education

Understand the sources of social and intimate education

Identify problem areas and gaps in existing systems

survey traits

primary research

Divided into sections on:

- Demographics and general information
- Formal Sex Education
- Sex Education through Family
- Sex Education through Peers

Option to fill anonymously

Mostly multiple choice, a few subjective questions

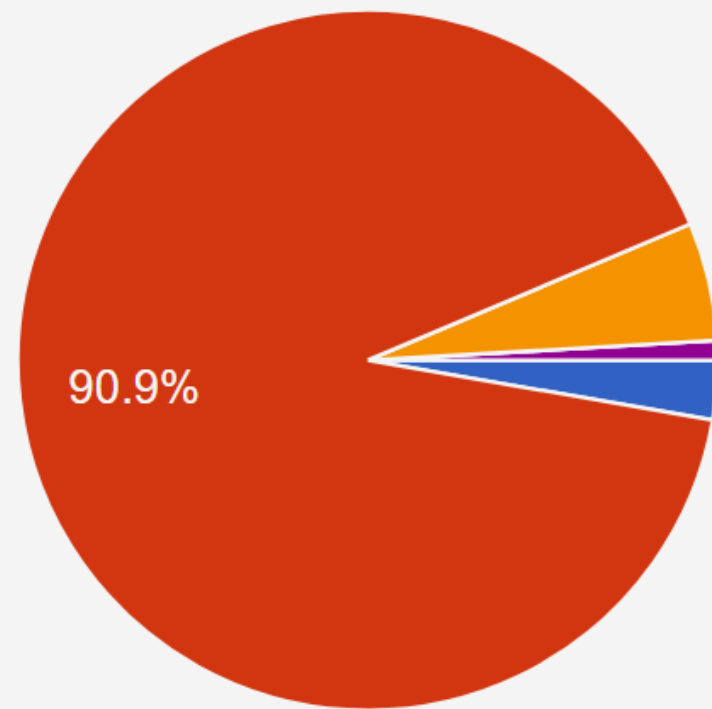
110 responses

demographics

primary research

Age

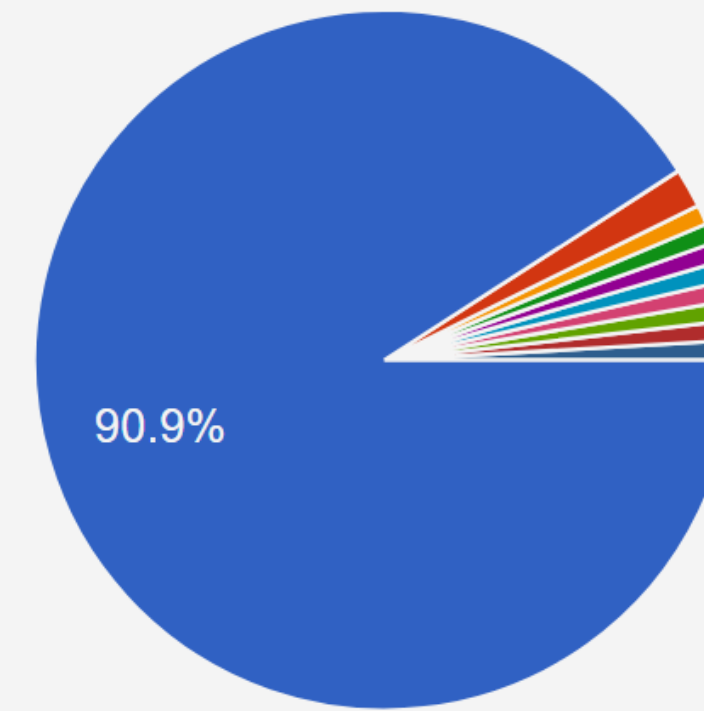
110 responses



- <18
- 18-25
- 26-35
- 36-45
- 46+

Where was your schooling done?

110 responses

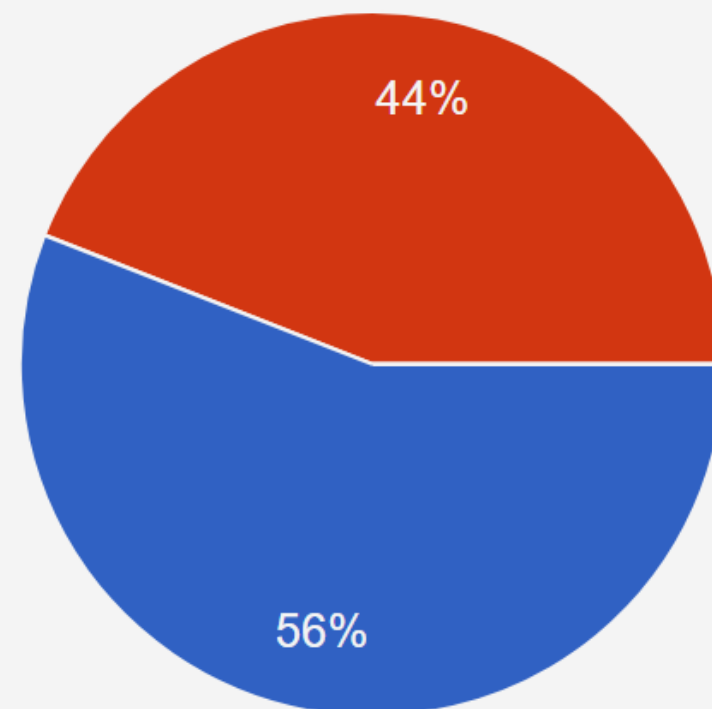


- India
- Singapore
- India, Singapore
- USA till 5th grade, India from then on
- Michigan (USA)
- Kuwait and India
- Argentina
- United States

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Sex

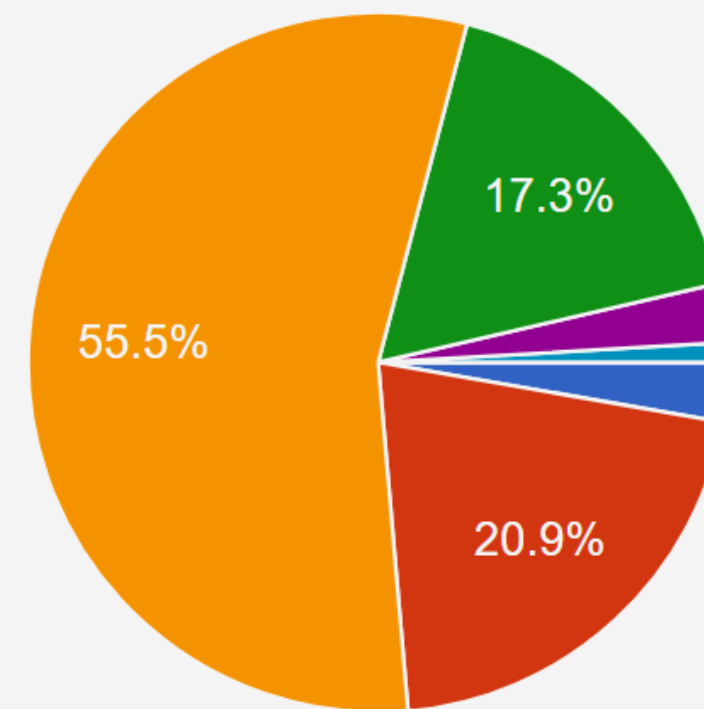
109 responses



- Male
- Female

When was your first introduction to the concept of sex?

110 responses



- Pre-primary
- Elementary school (3rd-5th)
- Middle school (6th-8th)
- High School (9th-12th)
- College
- I don't remember

sources of sex ed

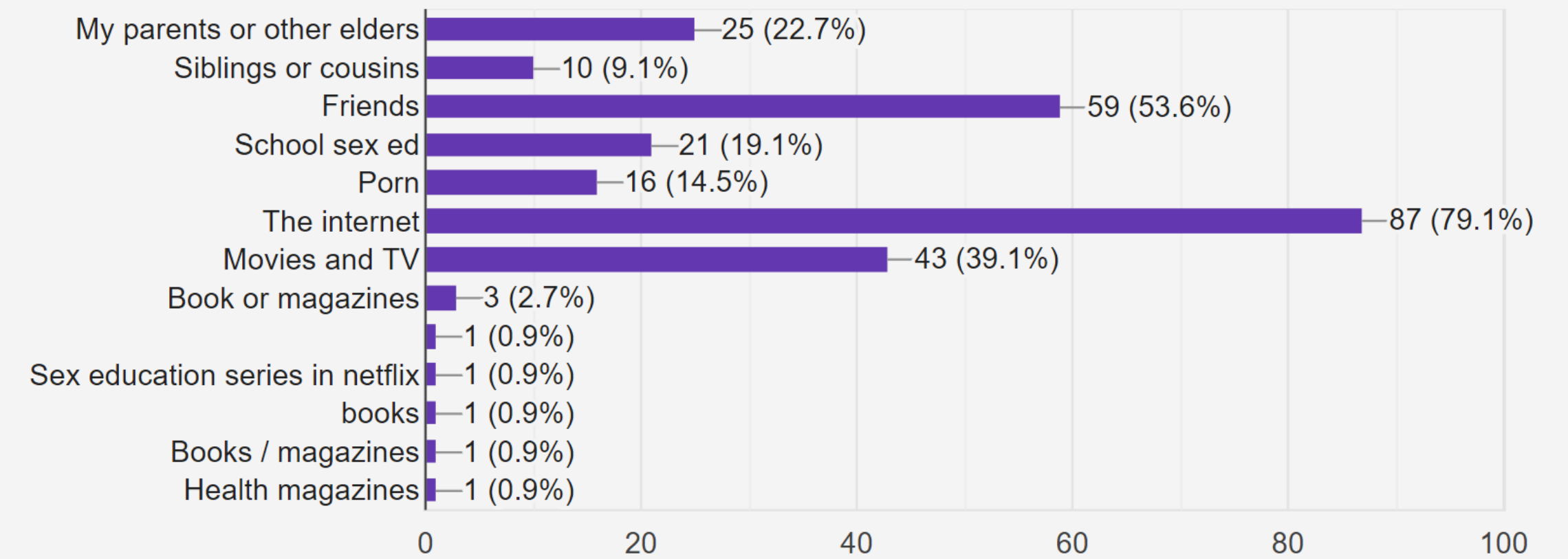
The Internet is the prime source of social and sexual education for most

Closely followed by **friends and peers**

Only 19% of responders learned about consent, relationships and social health from school.

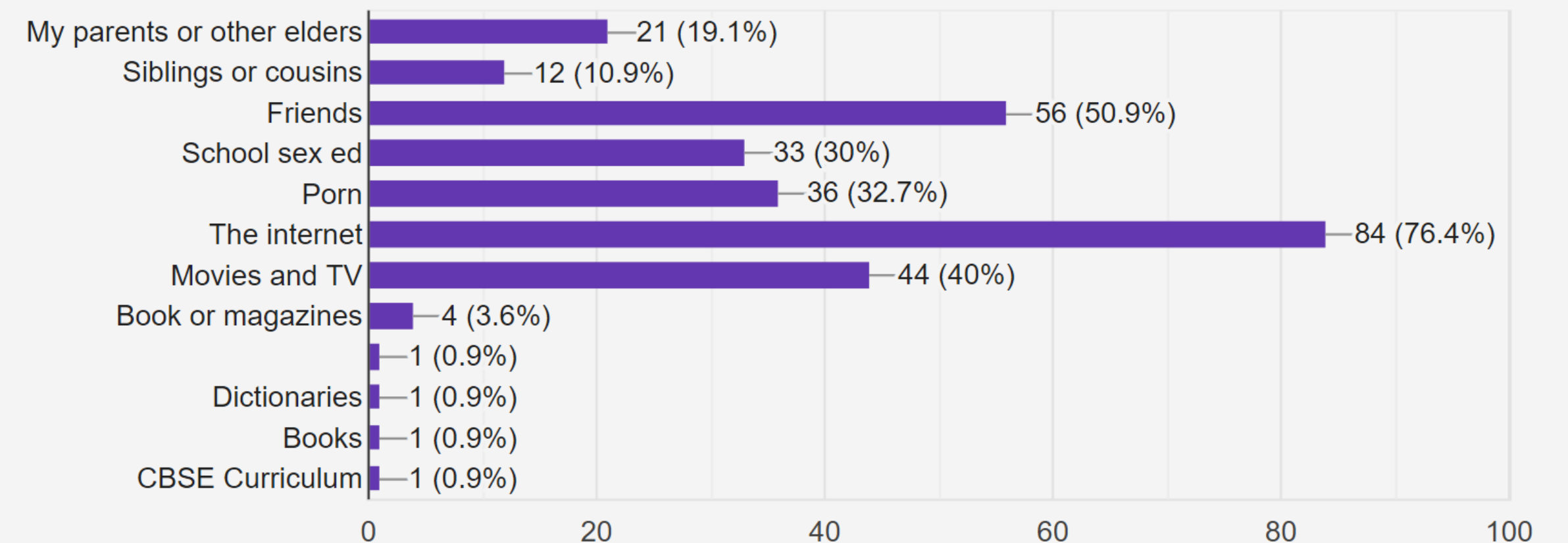
What have been the prime sources of sexual health education in your life? (consent, relationships, safety)

110 responses



What have been the prime sources of sex education in your life? (birds and bees)

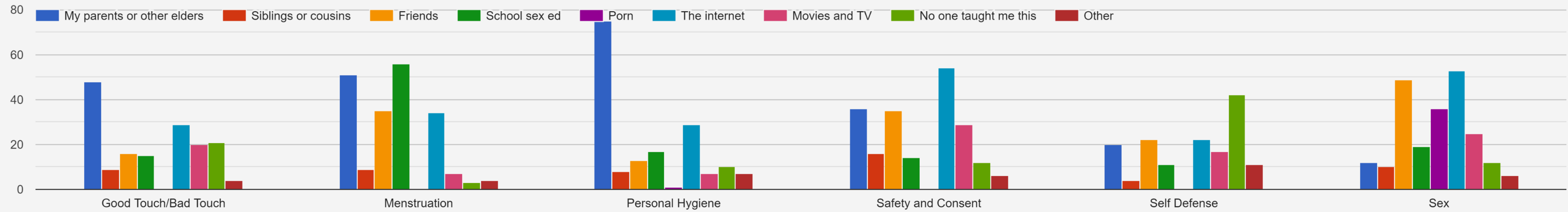
110 responses



sources of sex ed

primary research

Of these following topics, which have you been taught, and by whom?



formal sex ed

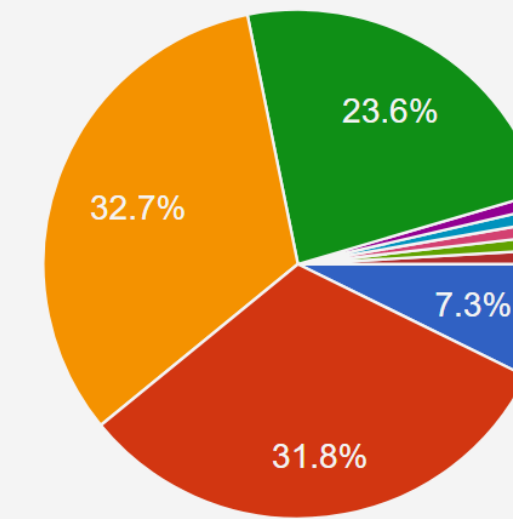
Only **7.3%** of responders felt they had comprehensive sex education

All but 14% were introduced to sexual concepts outside of sex education

Shared that quality of sex ed varies based on attitudes of school authorities

Did you have formal sex education in school?

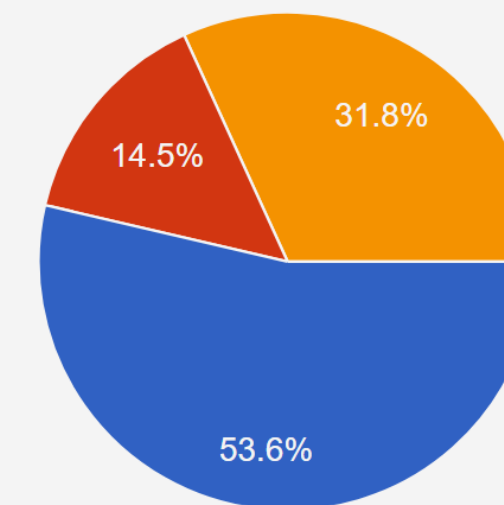
110 responses



- Yes, and it was comprehensive
- Yes, but it was selective
- Yes, but it was kinda useless
- No
- Yes but it was one, one day workshop
- Does the chapters in science NCERT for class 8 & 10 count?
- We only had a chapter as sex educati...
- Yes, but it was extremely misleading
- Girls only had ONE "workshop" before...

Was your first introduction to sex before formal sex education or was that the beginning?

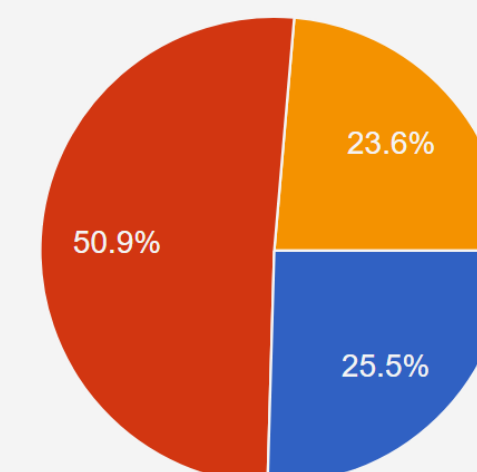
110 responses



- I was introduced before
- Formal sex ed was my introduction
- I never had formal sex ed

Did your school only teach what was mandated by your boards and textbooks, or did it make independent efforts towards sex ed as well?

110 responses



- Our school made independently organized efforts
- We were only taught what was in the books
- We weren't even taught what was in the books

formal sex ed

Independent efforts made by schools of **25.5%** of the responders.

Which were limited to information about **menstruation (62.5%)** and **self defence (29.7%)**.

Notably, most of these programs were held only for girls, not boys

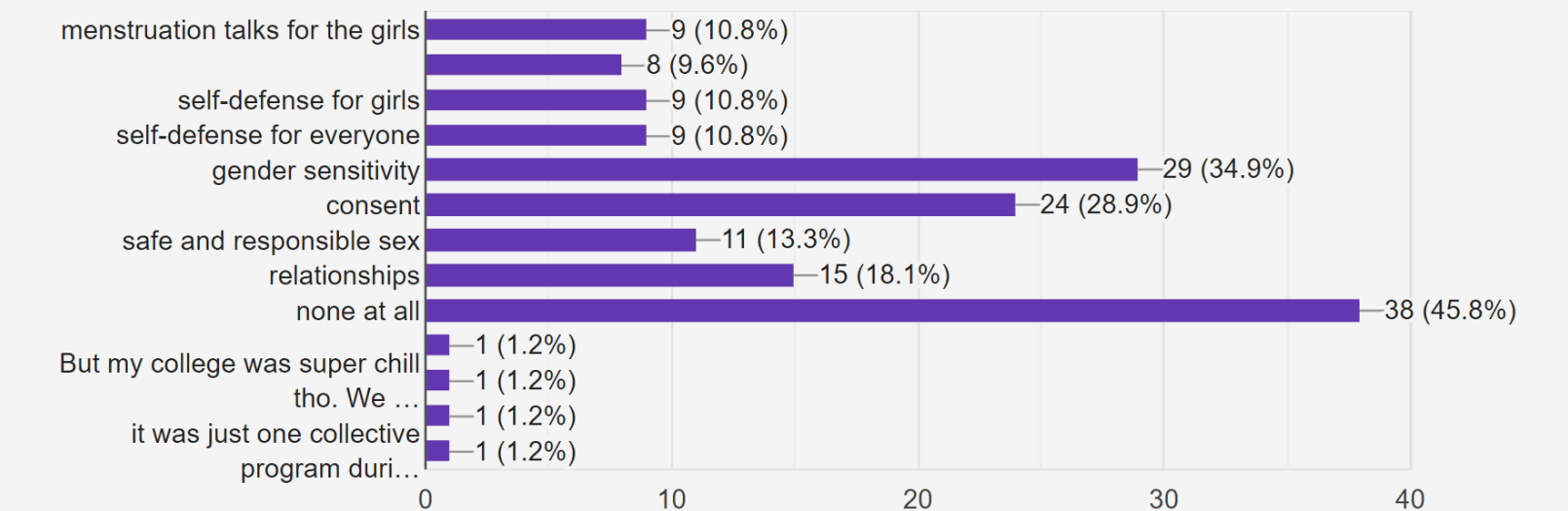
Colleges of **45.8%** of responders did not make any efforts towards sex ed.

The rest discussed issues like **gender sensitivity (34.9%)** and **consent (28.9%)**.

primary research

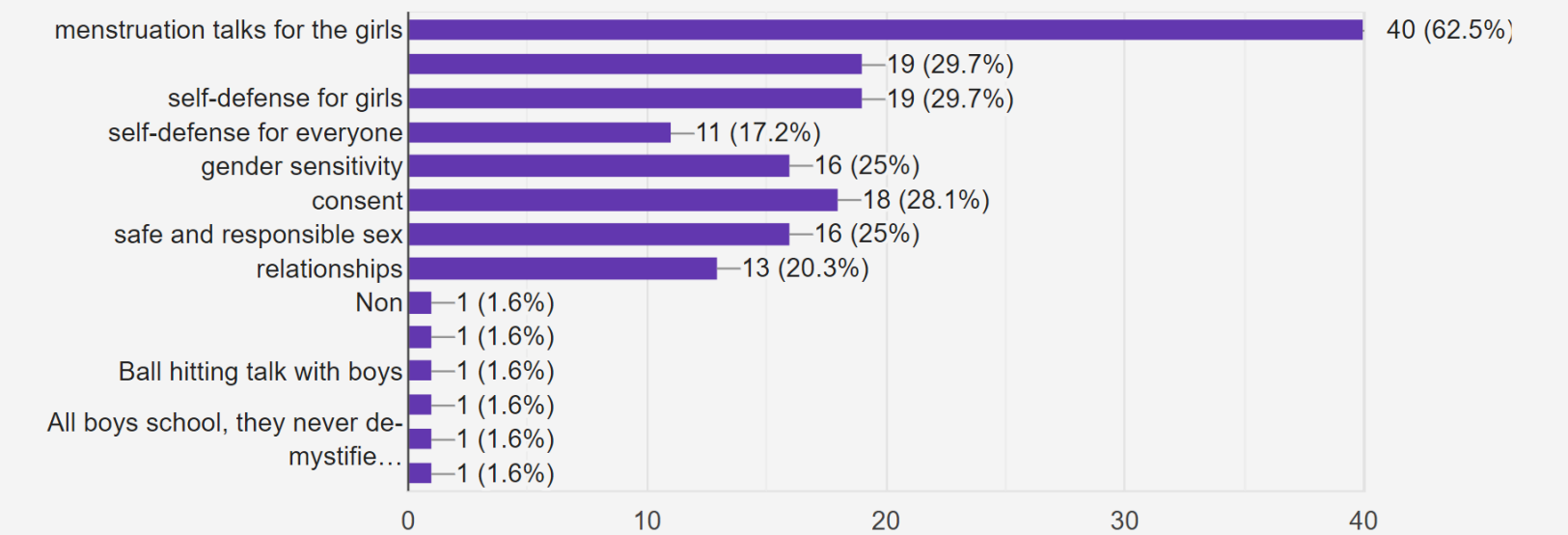
If your college made any efforts for sex ed, what were they?

83 responses



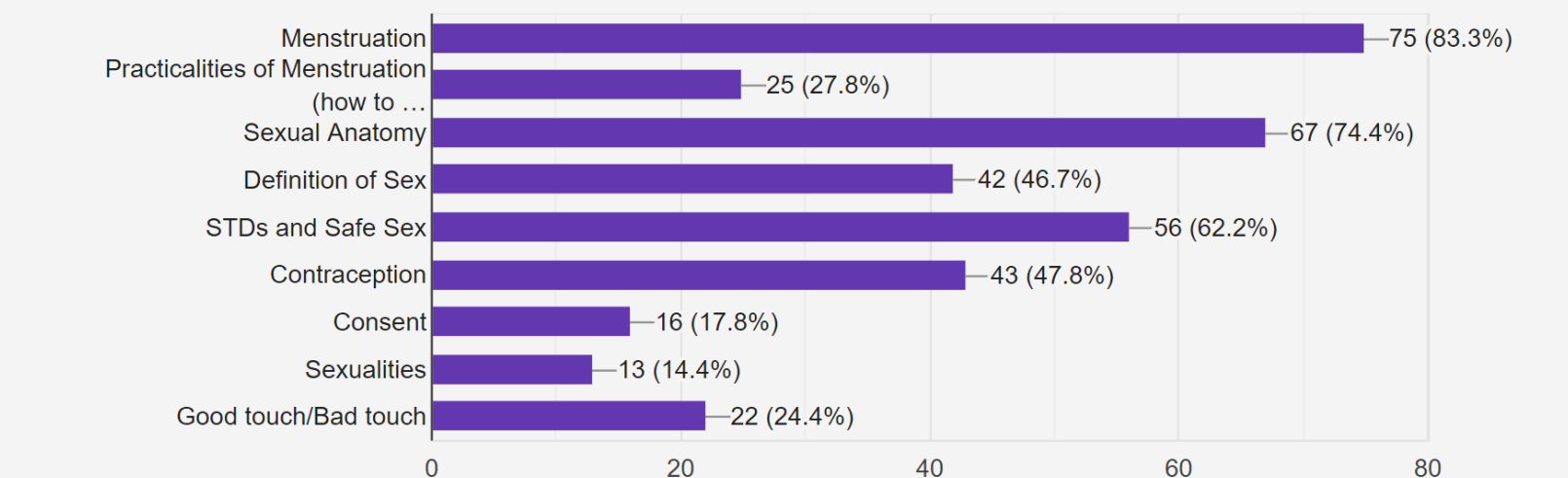
If your school (k-12) made independent efforts, what form did they take/what topics did they cover?

64 responses



If the education was selective, what specific topics were you taught about?

90 responses



social sex ed

primary research

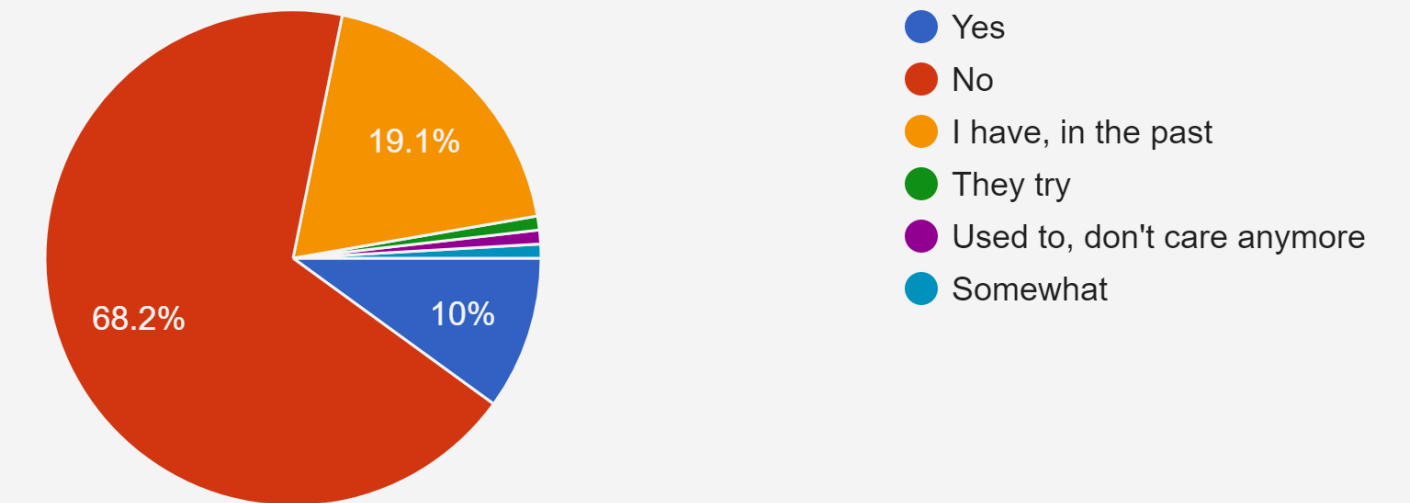
68% of responders felt **no judgement from peer group** regarding their sexual or relationship status

Almost **90%** of responders found it at least a little beneficial to talk to their peers about sexual health matters

Almost half of the responders would rather not discuss sexual health issues with their family, while **30%** wish they could and nearly **20%** **already do**.

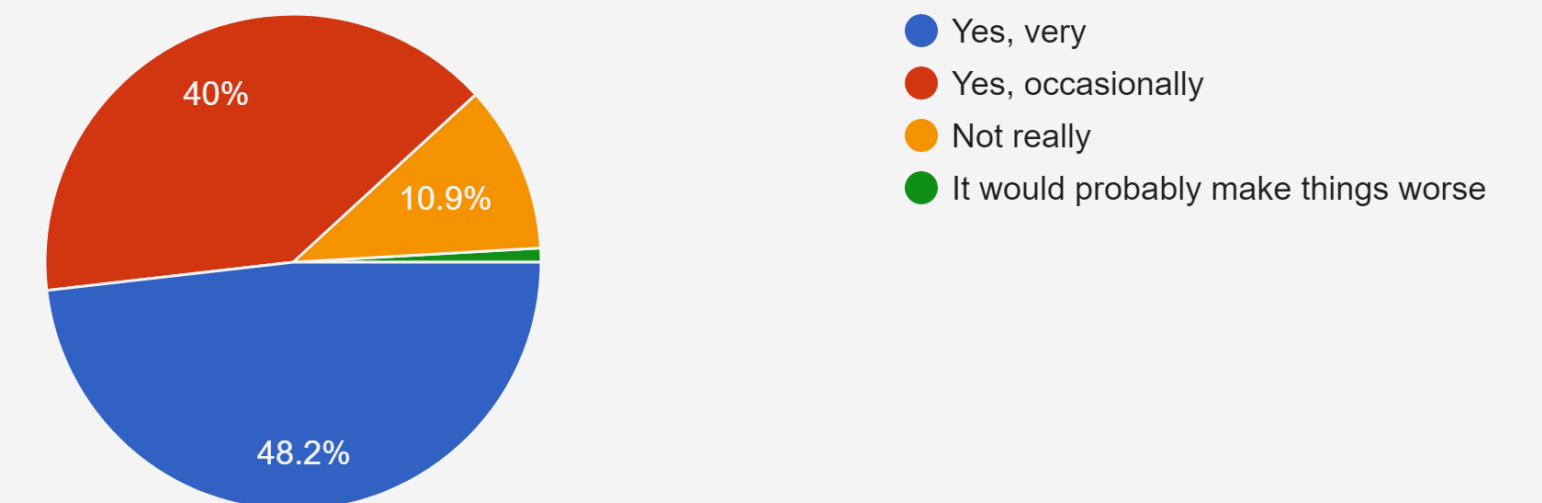
Do you feel judgement from your peer group regarding your sexual/relationship status

110 responses



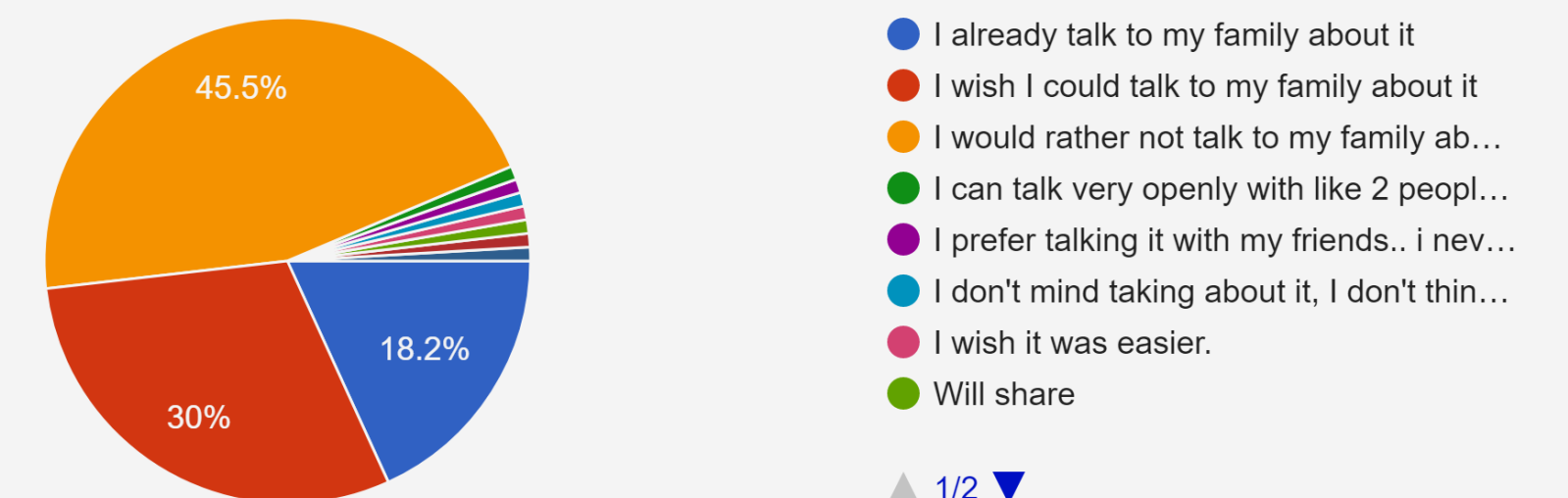
Have you found it beneficial to talk to your peer group about sexual health matters?

110 responses



What is your attitude towards discussing sexual health with your family?

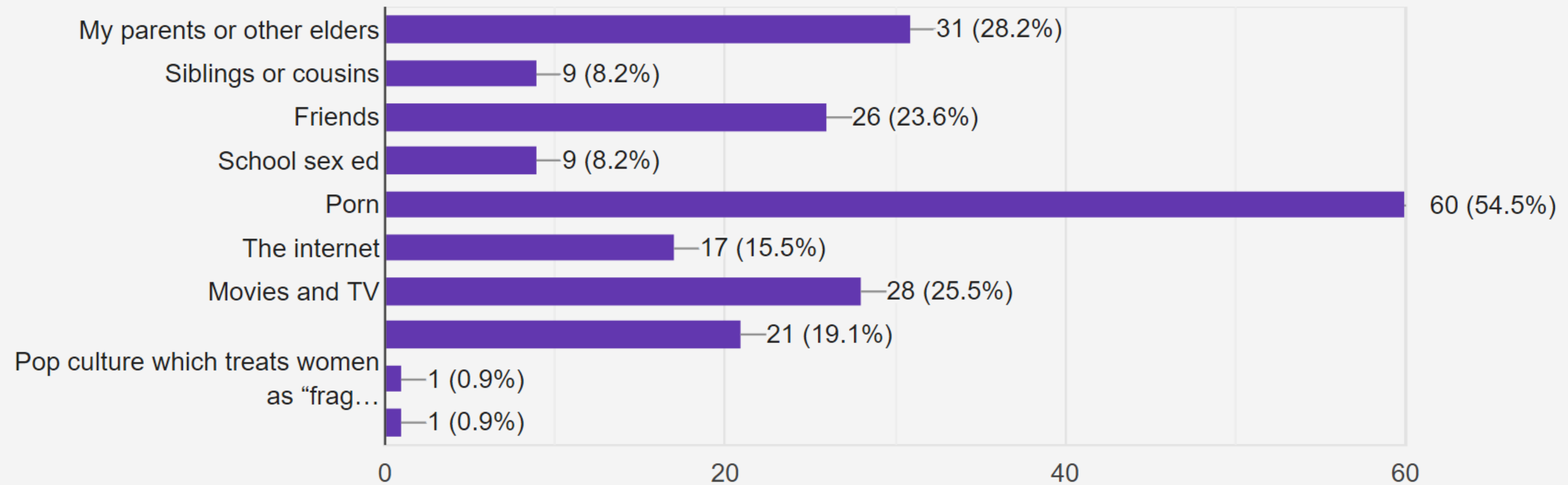
110 responses



sources of misconceptions

What made the most damaging impressions on you regarding sex in the past? (false information, stigma, bad advice, etc.)

110 responses

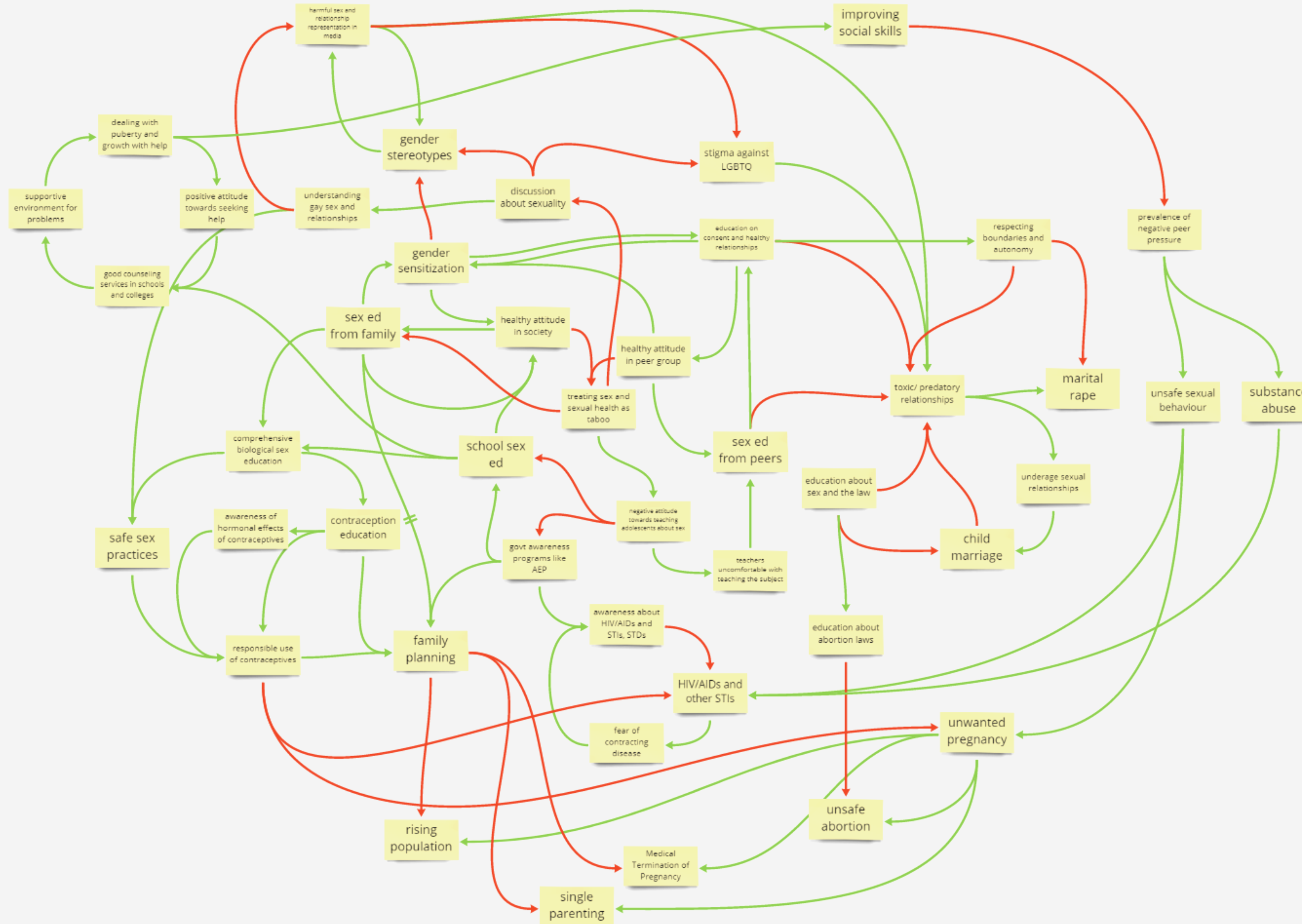




system mapping

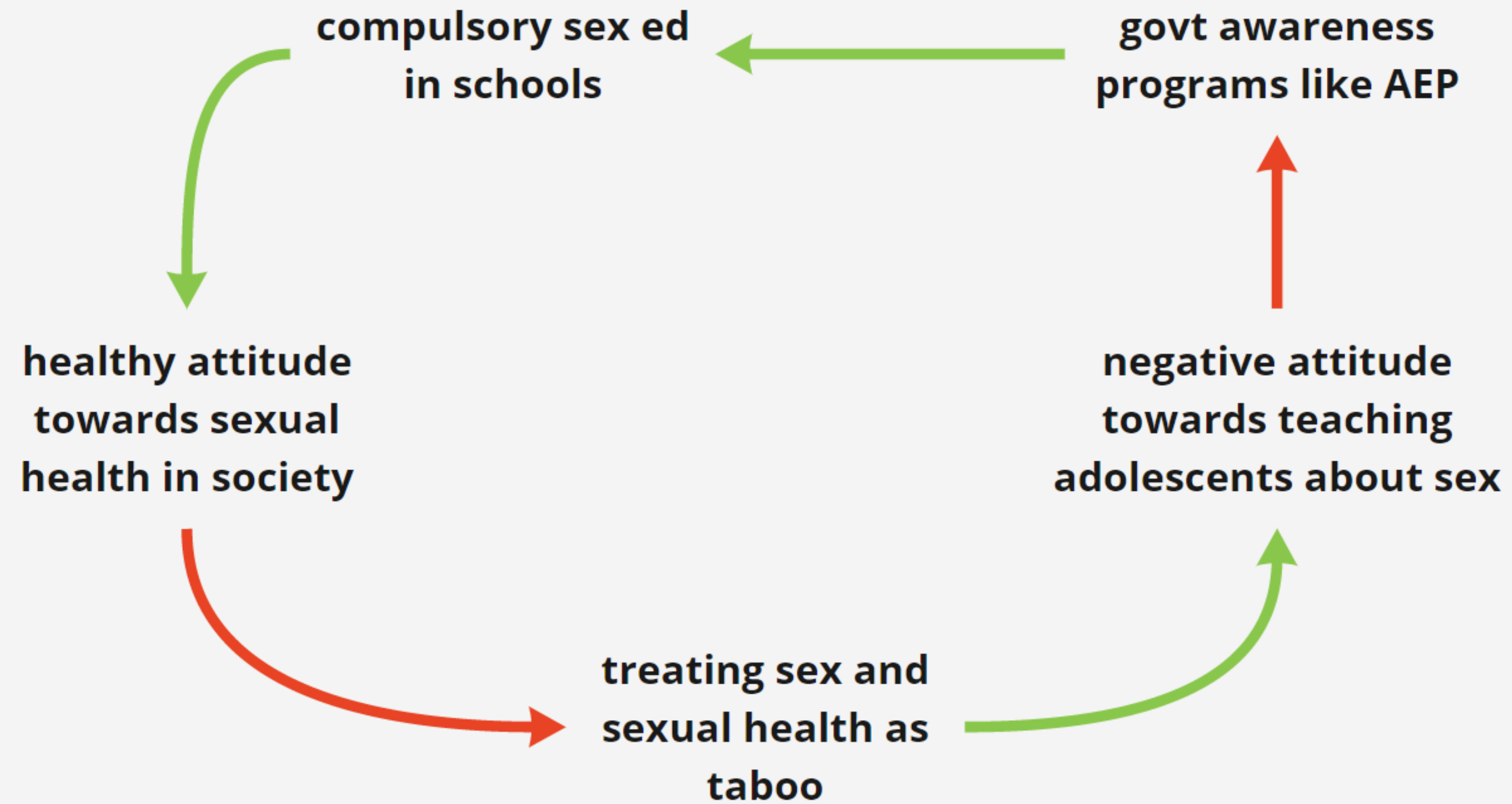
causal loop diagram

system mapping



sub-systems

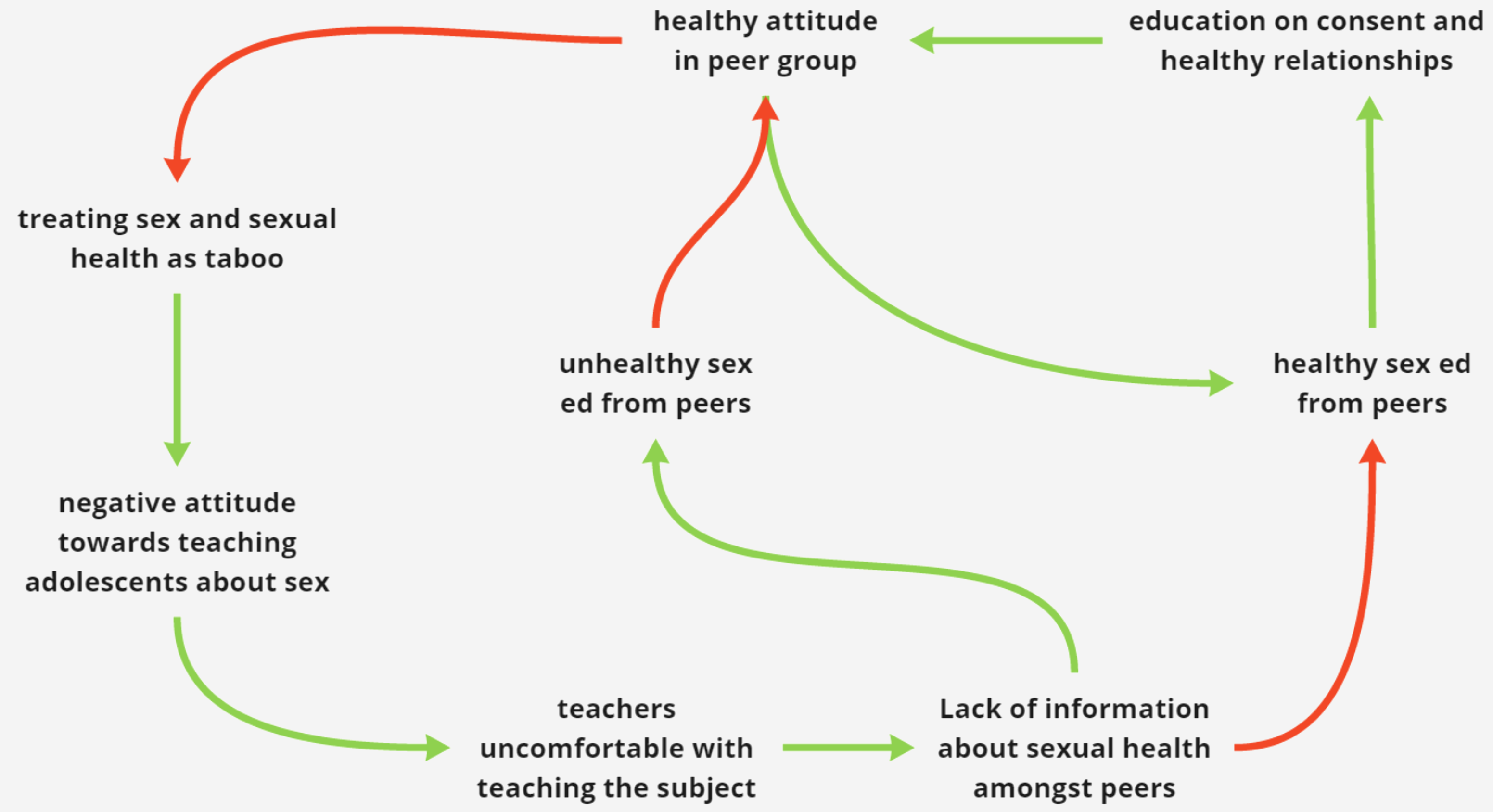
system mapping



effect of government enforced sex ed on society's attitude to sex
(Reinforcement Loop)

sub-systems

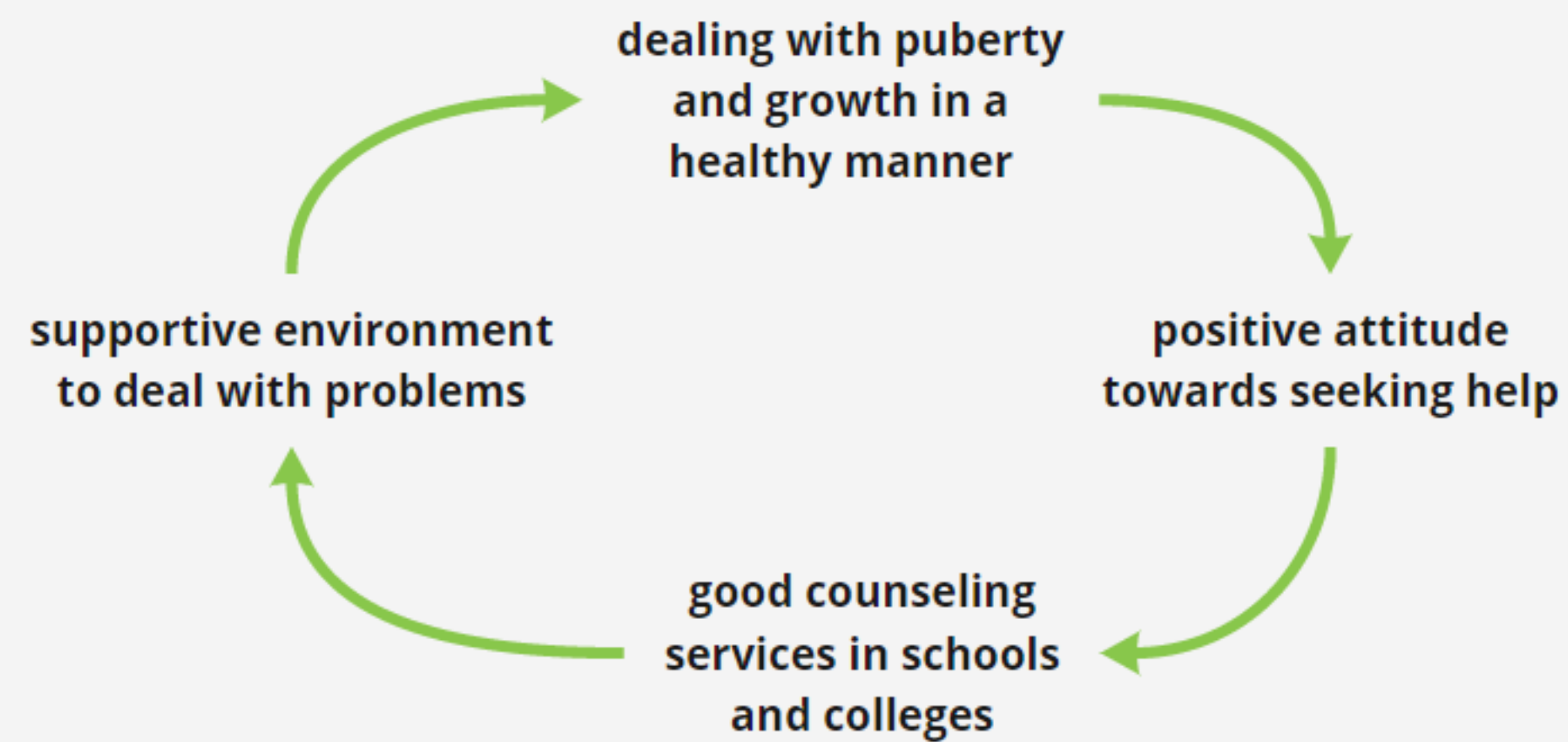
system mapping



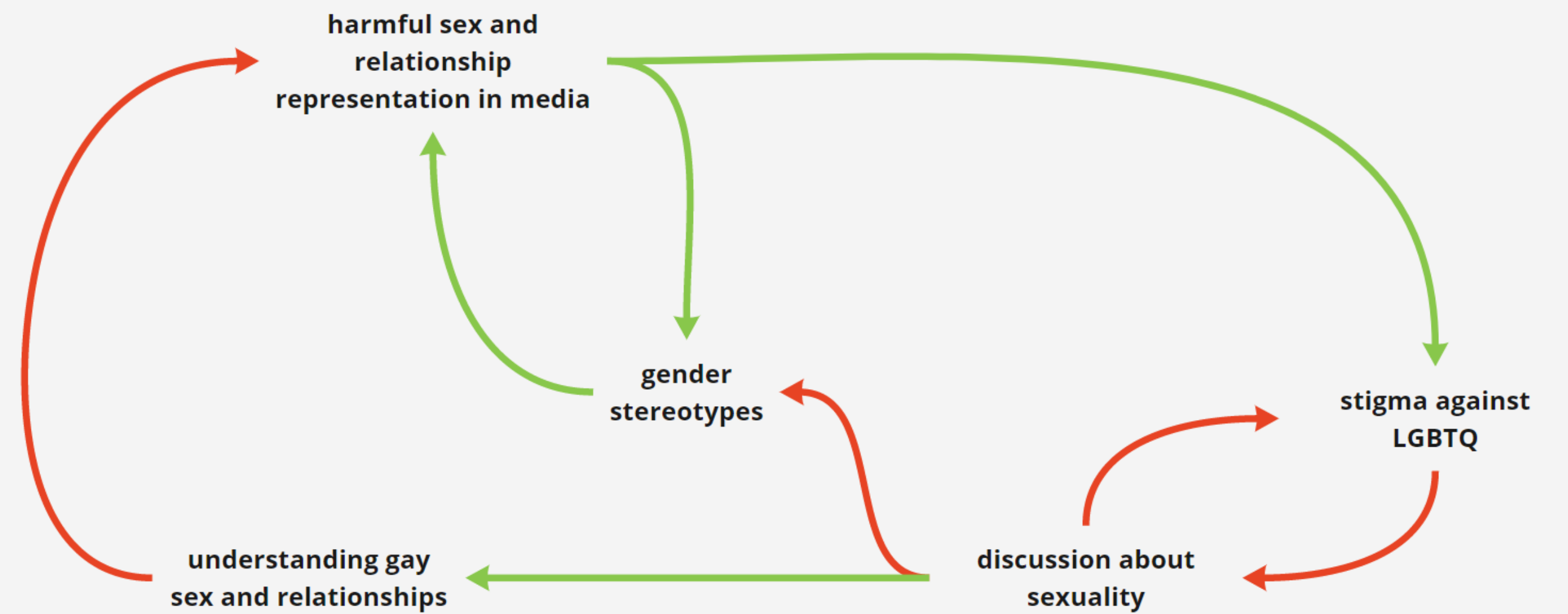
Sub-system of attitudes of peer group and society
(Reinforcement Loop)

sub-systems

system mapping



Development of support systems for dealing with puberty
(Reinforcement Loop)



Effect of media representation on healthy attitudes towards sexualities
(Reinforcement Loop)



future steps

future steps

Thursday, 8th April

Expand Causal Loop diagram

Identify Sub systems

Identify problem space

Monday, 12th April

future steps

Thursday, 8th April

Expand Causal Loop diagram

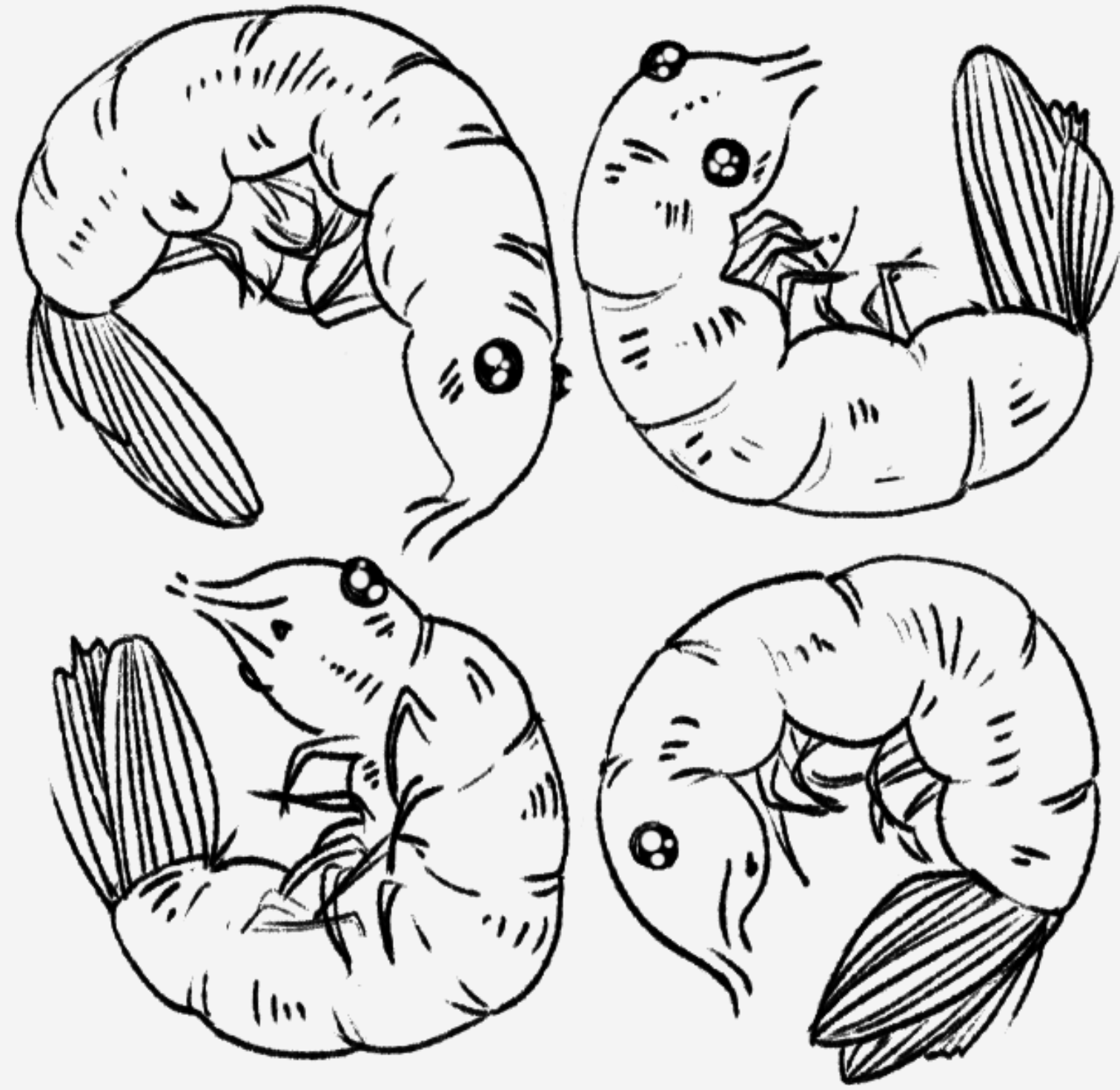
Identify Sub systems

Identify problem space

Monday, 12th April

Further research -
Interviews, papers, etc.
YP foundation

Preliminary Ideation



Q&A