

An Analysis on Family Sex Education for Preschool Children

Ni Yang^{1,a,*}, Wei Wang^{2,b}

¹*School of Marxism, Chengdu Technological University, Chengdu, Sichuan, China*

²*Teaching Affairs Department, Shufang Kindergarten, Chengdu, Sichuan, China*

^a279363370@qq.com, ^b1730246457@qq.com

**Corresponding author*

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Abstract: Sex education is a life-long education. Family is the first place for children to receive sex education, and parents are the first sex education teachers for children. And family is born to be a unique educational place and resource, which provides convenient conditions for children's sex education, and has unique value on carrying out children's family sex education. However, some studies have found that there are the following problems in family sex education for preschool children: parents without fully aware of the importance of child sex education; parents lack of knowledge of children sex education; difficult to carry out child family sex education; relying too much on teachers and cartoon books to carry out child sex education. In view of this, this paper proposes to give full play to the synergistic effect of the national government, the whole society, the schools and the families, jointly commit to the development and improvement of family sex education for preschool children, and build a government-led and multi-participation linkage mechanism for the protection of minors' rights and interests.

1. Introduction

Children are the future of a country and the hope of a nation. Contemporary Chinese young children are not only the witnesses of the realization of the first centenary goal, but also the new force for realizing the second centenary goal and building a great modern socialist country. Promoting the healthy growth of children can provide valuable resources and inexhaustible driving force for the sustainable development of the country, and is an inevitable requirement for building a great modern socialist country and realizing Chinese Dream of the rejuvenation of the Chinese nation. Since 2012, China has been taking children cultivation as a strategic and basic work, The working mechanism for children under the leadership of the Party Committee, upholding the principle of putting children first, vigorously developing undertakings for children, and continuously completing the laws and regulations of protecting children's rights. The working mechanism for children service and cultivation which involves in multi-departmental cooperation, and participation of the whole society has been further consolidated, and the environment for children's development has been further optimized.

Restricted by the level of economic and social development, the development of children's

cultivation in China is still unbalanced and inadequate, especially in the sex education of preschool children. As far as we know, in the development process of children, early childhood is a very important stage. In order to ensure the health of children's sexual morality, sexual psychology and sexual physiology, it is necessary to take the corresponding family sex education for the children. In the last century, China has been gradually implementing sex education. However, because of the deep-rooted traditional ideas, there are still many people who can not carry out sex education frankly, but use a veiled way to deal with it, which is not conducive to the development of preschool children's sex education. Therefore, we should pay more attention to early childhood sex education, and promote the popularization of sex education as much as possible.

2. The necessity of family sex education for preschool children

2.1. To lay a foundation of the early sex education

As we all know, the early childhood is the window phase of enlightenment of children's sexual consciousness, and the children have a strong curiosity and desire to explore their bodies. Usually it is said that preschool is a sensitive period for the initial formation of children's sexual consciousness, and a key period for the germination of children's sexual consciousness. Their curiosity and desire to explore the body are gradually enhanced, and the concepts of gender differences, reproductive organs and fertility begin to produce vague cognition.^[1] As the earliest educational environment for children as well as the most intimate and trusted environment for children, the family can provide a safe and stress-free atmosphere for children to gradually understand these sensitive and important topics in natural interaction, and can inadvertently guide children to understand the body and gender differences in a right way, which will lay a good foundation for subsequent sex education.

2.2. To cultivate children correct gender concept and self-awareness

Through family sex education, parents can guide their children to establish a correct gender identity and self-concept and understand the importance of gender equality, so as to avoid the influence of gender stereotypes. At the same time, through parental guidance, children can learn to respect their own bodies and those of others, have a basic understanding of gender equality, and lay a healthy foundation for future social interactions and relationships.

2.3. To prevent sexual assault and improving self-protection capabilities

The family is the first line of defense against sexual assault. Through simple sex safety education, parents can let their children understand the private parts of the body, enable them to learn to distinguish discomfort and danger, and know how to turn to their families for help when they encounter sexual problems. This kind of education is essential to improve children's awareness and ability to protect themselves.

2.4. To deepen emotional communication and parent-child relationship

Family sex education is a continuous process. It is not only the imparting of knowledge, but also the process of emotional communication between parents and children. Through parents' patient and meticulous education, parents and children can enhance their mutual relationship between them and establish a closer and more trusting parent-child relationship.^[2] This relationship has a profound impact on a child's mental health and overall development.

2.5. To shape children's value

Family sex education also involves in sexual morality, sexual ethics and other aspects of education, which has a long-term impact on the formation of children's values. Through parents' own words and actions and teachings, parents can help their children establish positive and healthy sexual attitudes and values, lay a solid foundation for their future growth and development, and provide guidance for their future growth and life choices.

3. The current status of family sex education for preschool children

3.1. Parents lack of awareness: neglecting the importance of early sex education

In the current social background, many parents' cognition of sex education for children still stays in the traditional conservative concept, thinking that sex education is a matter of adolescence or even adulthood, ignoring the importance of early sex education enlightenment and children's self-protection consciousness cultivation. This misunderstanding leads to parents' failure to timely and effectively intervene in the process of children's sex education, missing the critical period of shaping healthy sexual concepts.^[3]

3.2. Parent lack of knowledge: Lacking sexual education literacy

Due to the lack of systematic learning and professional training, many parents often feel at a loss when facing children's sex-related questions, and it is difficult to give children scientific and reasonable answers. Parents may avoid the topic because of their lack of sexual knowledge, and even pass on the wrong information, which is not conducive to the formation of correct sexual concepts for children. At the same time, some families in the process of sex education, lack of scientific and systematic, often only pay attention to the teaching of physiological knowledge, but ignore the psychological and social level of education. This kind of biased educational content can not meet the needs of children's all-round development.^[4]

3.3. Implementation difficulty: Facing realistic challenges of family sex education

Usually, the implementation of family sex education is complicated, since it requires parents to have a high degree of sensitivity and flexibility, and to develop appropriate educational strategies according to the cognitive level and psychological needs of children of different ages. However, in practice, parents often hesitate because of their concerns about harming their children, worrying about improper statements or worrying about causing children to be too curious. In addition, differences between family members on sex education methods can also increase the difficulty of implementation.^[5]

3.4. Over-dependence: imbalance between external resources and family education

At present, some parents rely too much on external resources such as teachers and cartoon books when carrying out child sex education, ignoring the foundation and irreplaceability of family sex education. Although teachers and tools such as cartoon books can provide professional guidance and rich materials, the family, as the first classroom for children's growth, has a unique parent-child relationship and emotional bond that cannot be replaced by any external resources.^[6]

4. Pathways to carry out family sex education for preschool children

In the critical period of preschool children's growth, family sex education, as an important link in shaping children's gender cognition and cultivating self-protection ability, is of self-evident importance. In order to effectively improve the quality of family sex education for preschool children, it is necessary to work closely with the government, the whole society, schools and families to build a comprehensive and multi-level protection and education network.

4.1. National government level: policy guidance and resource support

1) Legislative guarantee and policy support

The national government should issue relevant laws and regulations to clarify the status and requirements of family early sex education, provide legal guidance for parents, and ensure the scientific and appropriate content of education. The government should also formulate preferential policies to encourage and support the development and application of family early sex education resources for preschool children.

2) Resource integration and allocation

The government should increase investment in family sex education resources, including the development of high-quality sex education textbooks, videos, games and other multimedia materials suitable for preschool children, and provide them to families free of charge. In addition, the government can set up a special fund to support the training of sex education teachers and enhance the professional quality of parents and educators. Meanwhile, high-quality education resources will be delivered to remote and poor areas through government purchase of services and other means to ensure education equity.

3) Publicity guidance and public opinion environment

The government should realize the importance of family early sex education, and encourage the media, network platforms and other channels to widely publicize it, so as to raise social awareness and identity of this issue. Also, the government should organize expert lectures and seminars to share advanced ideas and practical experience, and promote the understanding and support of the whole society for family early sex education. Through positive guidance, it is helpful to create a public opinion environment conducive to the healthy growth of children.

4.2. Society level: atmosphere creation and participation support

1) Linkage between community and family

The community should become an important support platform for family sex education. Community should carry out some parent-child activities, parents salon and other activities, to enhance family communication and learning, and to share early sex education experience. Besides, community can establish a family sex education consultation hotline or service center to provide parents with personalized guidance and help.

2) Public welfare organization and volunteer service

Community can encourage and support public welfare organizations, volunteer teams and other social forces to participate in family sex education, and carry out various forms of public welfare activities, such as sex education lectures, workshops, picture book reading meetings, etc., to enrich the forms and contents of family early sex education. Still, community can provide personalized and professional help for families through the provision of consulting services, education programs and other ways.

3) Media responsibility and public opinion guidance

The media should assume social responsibilities, actively disseminate scientific and correct

knowledge of sex education, advocate correct concepts of sex education, transmit positive energy, and avoid the dissemination of content that may have adverse effects on children. And the media should strengthen the supervision of the network environment, and create a clear network space for family sex education.

4.3. Kindergarten level: professional guidance and home-school cooperation

1) Offer sex education courses

Kindergartens should gradually introduce sex education courses suitable for children's age characteristics, and guide children to correctly understand their bodies, gender and interpersonal relationships through games, stories, role playing and other ways.

2) Strengthen teacher training

Kindergartens should regularly organize teachers to participate in sex education training, improve teachers' professional quality and teaching ability, and ensure that they can impart sex knowledge to children in a scientific and appropriate way. Teachers are encouraged to establish close contact with parents, pay attention to children's sexual development, and provide targeted guidance and suggestions.

3) Enhance home-school cooperation

We suggest attaching importance to home-school cooperation and establishing a home-school cooperation mechanism to communicate and exchange on family sex education issues through parent-teacher meetings, home visits and other forms, and jointly develop education plans. Kindergartens can invite experts to provide sex education guidance to parents to help parents master the correct education methods and skills. Meanwhile, kindergartens can invite experts to organize talks or workshops for parents to impart methods and techniques of sex education and promote home-school co-parenting.

4.4. Family level: subject responsibility and parent-child interaction

1) Enhance parents' awareness

Parents should fully realize the importance of family early sex education and take the initiative to assume the responsibility of education. Continuous learning, communication and practice will contribute to improve parents' sex education literacy and ability.

2) Parent-child interaction and guidance

Parents should establish a close parent-child relationship with their children, and guide their children to understand their bodies and gender through little things in daily life. When appropriate, parents should teach sexual knowledge in a way that is easy for children to understand and develop their awareness and ability to protect themselves.

3) Create a good family atmosphere

The family should be a warm harbor for the growth of children. Parents should strive to create a harmonious, open and inclusive family atmosphere, encourage children to express their thoughts and feelings, and enhance their self-confidence and self-esteem.

Through the synergies of government policy guidance, social resource support, kindergarten professional guidance and entity responsibilities of the family, we can create a healthier and safer growth environment for children and promote their all-round development, especially in the field of sex education. Looking forward to 2035, in line with the country's basic realization of socialist modernization, the principle of children first has been fully implemented. Under the full force of family early sex education for preschool children, the comprehensive development of children has made more obvious substantive progress, and the majority of children have grown into the new era of building a modern socialist country and taking on the great responsibility of national

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