

# COMPREHENSIVE SEXUALITY EDUCATION

Comprehensive Sexuality Education (CSE) provides a full range of information, life skills and values to enable young people to make informed choices about their health and sexuality. It is rights-based, age appropriate and gender-sensitive education that covers six key concepts as per the international standard: (1) Relationships; (2) Values, attitudes and skills, (3) Culture, society and human rights; (4) Human development; (5) Sexual behavior; and (6) Sexual and reproductive health.

Good quality sexuality education, particularly education that integrates gender and human rights in a meaningful way, can lead to a decrease in unintended pregnancies and sexually transmitted infections and does not encourage young people to initiate sexual activity earlier. Besides contributing to better sexual and reproductive health, CSE equips young people with communication, critical, analytical and negotiation skills that contribute to the strengthening of overall academic progress and empowers adolescent and young people to advocate for their own rights.

In 2014, the Ministry of Education and UNFPA commissioned a study to review the status of CSE in Nepal against the six standards set out in the ITGSE UNESCO. The study shows the inclusion of CSE topics in lower secondary and secondary levels is encouraging from Grade 6 to 10 even though it is not as comprehensive as given in the ITGSE. It also revealed that there are notable gaps at primary school level. The study further showed CSE topics are rarely included in out-of-school programmes. The most concerning gap in CSE implementation in Nepal is the scarcity of trained teachers delivering CSE, according to the study. The Government of Nepal has taken many positive steps in support of CSE. This includes the establishment of a favorable policy framework, however challenges do exist. UNFPA is working to support the government in this endeavor.



**22%**

of female adolescents and youth dropped out of school and 35% dropped out due to marriage <sup>1</sup>



**36%**

Of young women aged 15-24 can correctly identify ways of preventing HIV and reject major misconception about HIV transmissions <sup>2</sup>



**49%**

of women aged 20-49 were married before age 18 <sup>2</sup>



**47.7%**

of adolescents aged 15-19 have unmet needs for family planning <sup>2</sup>



Delivering a world where every pregnancy is wanted, every birth is safe, and every young person's potential is fulfilled.

# Comprehensive Sexuality Education in Nepal: UNFPA Response

## Advocating for age appropriate CSE

UNFPA advocates extensively with parliamentarians, policy makers and media to create a favorable policy environment for inclusion of age appropriate, consistent CSE in the national school curriculum by analyzing the existing policies environment and providing evidence-based arguments.

## Enhancing capacity of teachers and service providers

UNFPA is supporting the capacity development of teachers and service providers to deliver quality CSE and sexual and reproductive health services. One important barrier to the successful implementation of CSE is the discomfort felt by many teachers in discussing issues that may be sensitive or taboo. Hence UNFPA is supporting teachers to gain the skills necessary to teach CSE more comfortably. This is done through a teacher's training guide and teacher reading materials, which are included in the curriculum of the Educational Training Centers.

## Social and financial skills package (Rupantaran)

UNFPA also reaches out-of-school young people through a comprehensive package on social and financial skills. This package includes information on health, puberty, human rights and human development, gender issues, as well as basic financial, leadership and negotiation skills. The life skills training is often delivered to adolescent girls who are out of school, focusing on their empowerment and helping them to return to school and to resist early marriage.

## Adolescent-friendly information corners

To meet the increasing demand for information from young people, UNFPA is supporting the establishment of adolescent-friendly information corners in schools to ensure access for teachers and students to materials on adolescent sexual and reproductive health. UNFPA is also supporting capacity development of health workers in adolescent-friendly service centers as a part of making sure they provide adolescent friendly and confidential services.

## Menstrual management

Based on the lessons learned after the 2015 Nepal earthquake, which showed that menstrual management was a major challenge for adolescent girls, UNFPA is supporting the Government for Nepal to roll out a Menstrual Hygiene Management Strategy, which includes training teachers to provide accurate information to girls about menstrual management and how to make reusable sanitary napkins.



Sources:

1. Nepal Adolescents and Youth Survey, Government of Nepal 2012
2. Multi Indicator Cluster Survey, Government of Nepal and UNICEF 2014

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