

Sexuality Education More Than The Facts of Life



What is Sexuality Education?

Sexuality education is a life-long process that begins at birth. It includes a variety of learning experiences that affect the way we think, feel and act in relation to our sexual well-being and identity. Young people learn about sexuality all the time.

Today we tend to talk about sexuality education as distinct from sex education. Many people will remember occasional, clumsy discussions about sex, where the emphasis was more on reproductive information than interpersonal and emotional issues like intimacy, attraction, sensuality or gender.

In Victoria, the health component of the Personal Development Framework states that “Sexuality is an integral part of our selfhood” and so involves more “than being anatomical and genetically female or male.”