



# Analysis on the Current Situation and Countermeasures of Family Sex Education for Preschool Children

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## ABSTRACT

*The Development and progress of the society and the improvement of the living standard determine the different speed and degree of children's physical and mental development. Sex Education for children is an aspect that cannot be ignored in the whole education. The family is the primary place of Children's sexual identification, and the family sex education has certain significance and function to children's development. Family sex education is an important topic in children's pre-school period, which plays a key role in children's adolescence, future and life. Based on the current situation of family sex education for preschool children, this paper analyzes the current situation of family sex education for preschool children.*

**Keywords:** Preschool Children, Family Sex Education, Current Situation, Countermeasure Analysis

## I. INTRODUCTION

Pre-school children's sex education, not only refers to the knowledge of sex education, but also the growth of personality education, it is very important for the growth of human life. Influenced by traditional Chinese culture, many Chinese parents shy away from talking about sex with their children, believing that when they grow up, the knowledge will come naturally to them. Many parents even take an evasive attitude or a wrong attitude when their children ask questions about sex, which is not good for their children's sex education. The purpose of this paper is to appeal parents to attach importance to the sex education of preschool children and to guide children's growth in a correct and scientific way.

## II. RESEARCH METHOD

This study uses a quantitative research method, through interviews with kindergarten teachers and parents, as well as observing children's knowledge about "Sex", to get the current situation of pre-school children's sex education in China, according to the present situation, the paper puts forward the feasible improvement measures and suggestions.

## III. DISCUSSION

### 3.1 Current situation of sex education for preschool children.

- 1) Avoidance of sexual problems in family life often have children ask their parents to approach "Sex" questions. For example, where did I come from? Why is daddy standing up to go to the bathroom? Some children even ask what is rape on TV? The list goes on and on. Where did you get it, the parent would say, of course? What do kids know? Obviously, the parents' answer is wrong and does not answer the children's questions directly, which is detrimental to the children's understanding and understanding of sex.
- 2) The concept of sex education is a lack of understanding of the need for sex education, the importance of understanding and how to carry out sex education. In today's family life, parents are not sufficiently aware of children's early sex education and believe that there is no need for sex education in childhood and that sex education can wait until the child reaches puberty, think children grow up with the growth of age and scientific knowledge will naturally have some knowledge and understanding of sex.
- 3) On the other hand, with the development of Children's psychology, children have more and more questions, will also have questions about sex. But because parents are too embarrassed to talk to their children about sex, they may feel anxious when faced with their children's problems and change the subject in a hurry. Some parents resort to deception to answer their children's questions. Some parents think that too early to let the child understand the knowledge of sex, will let the child have sex, cause sexual stimulation, that the child's knowledge of sex will make

the child interested in sex. A few parents face the child to the question of sex still can beat scold the child, feel sex is the area that the child cannot explore, increased the child's question thereby.

- 4) The parents of sex education object think that sex education is adolescent education, teachers should carry out sex education in schools. Sex Education in adolescence is the key period of sex education. From the physiological and psychological point of view, it began to be questioned that three-to four-year-old children have different bodies between men and women. Sex Education in preschool children has an important influence on people's life, parents need to be clear about who they want to educate about sex.
- 5) The incorrectness of sex education method because of parents' weak awareness of children's sex education, parents do not have the right way to children's sex education. The parents face the sex problem to escape blindly, causes the child to have more questions to the sex. It is believed that girls are taught about sex by their mothers and boys are taught by their fathers, and that parents do not know the right way to teach their children about sex.

Parents should not instill the negative effects of sex in their children, such as premarital pregnancy, childhood sexual harassment, AIDS and other negative factors. To make kids afraid of sex. Teach your child that sex is good in moderation. Parents should not shout when children touch their own bodies. This will make the children feel guilty and ashamed, which is not good for their mental health. Parents should guide children into some useful, beautiful activities, so that children can vent excess energy.

### 3.2. Family sex education for pre-school children.

- 1) Parents on children's sex education initiative parents to sex education should take the initiative to teach their children what is sex and related questions, do not wait until the children ask the answer. Sex Education covers all aspects, sex education is also love education, parents can take the initiative to tell their children the gender identity of boys and girls, the differences between boys and girls, for example, in the bath time can be appropriate education, teach your child about the functions and differences of the various organs in the body, keep them clean, and don't wait for your child to ask. You can tell your child that the body part covered by the swimsuit is not for others to see or touch while swimming.

First, seize the opportunity for education. Talk about sex all the time in your life, but don't talk about it formally. Talking formally about the child will not be how much impact, will not feel interesting, is not his learning content. Parents can have sex education at will, such as watching movies, television, newspapers, magazines and so on. As Dr. Pilsach once said, it's important to deliver educational opportunities in a focused way rather than in a long, drawn-out way. Sex Education runs through one's life. Correct sex education in early childhood will help children form a good cognition of sex physiology and sex psychology. The best time for family SEX EDUCATION OF PRESCHOOL CHILDREN IS FROM 3 to 5 years old. It is analyzed from the psychological aspect that children have a high degree of sexual curiosity in this age group.

Second, sex education is not for parents. Family sex education is not a matter for parents. Mothers can talk to their sons. Fathers can talk to their daughters. In the kindergarten, male and female teachers have hired the reason is conducive to the development of children. Both parents are better at educating children about sex, because parents are the best role models when it comes to talking about sex. The most disadvantageous factor of sex and love education is the difference between parents in the process of sex education, which leads to the inconsistency of education. If parents do not agree, it is difficult to receive good sex education. Both parents should attach importance to sex education to a certain extent, and attach importance to sex education in ideology, so as to better sex education.

- 2) The life-oriented education of Children's family sex education runs through every aspect of family life. Harmonious and happy relationships are the most powerful sexual influences parents can pass on to their children. A conscious concern for each other and physical contact between the couple will make the child look forward to a good marriage. A harmonious family is the best cradle for a child's growth. In early childhood, parents are the best target of children's gender identification, parents should regulate their own behavior, because they are the object of Children's imitation, to establish a good learning object for children. In life, instead of boys learning from their fathers, girls learning from their mothers, girls are also influenced by their fathers' bravery, whereas boys are influenced by their mothers' patience. Sex Education for children is closely linked and mutually reinforcing for both parents.

## IV. CONCLUSIONS

In the face of children's questions about sex, as a parent to explain patiently to the child, do not hide, do not be embarrassed, to know that their avoidance of the problem will make the child more interested in this issue; On the other hand, it can discourage your child. Parents keep a balance to face the problem, sexual problem is not shameful, cannot speak, cover up is not conducive to the growth of children. The ambiguity of a parent facing a child's sexual problems may be more attractive to the child, making the child want to know more and want to explore more.

First, develop good living habits. Good living habits benefit one's own life and the lives of others. Both parents and children should develop good living habits. Good living habits of parents can reduce the adverse stimulation to children. Parents to cultivate a child's good self-care habits, children to a certain age and children to sleep in separate rooms, as the child slowly grow up, the parents wash and change clothes also try to avoid children. The family cannot store low-grade books and periodicals, while watching TV, in the face of some passionate scenes, parents can properly

conduct sex education, positive interpretation of the scene, do not let the film influence the growth of children, to avoid children to imitate and learn.

Second, correct bad behavior. Parents should be the first to correct their children's bad behavior, such as watching other children go to the toilet, changing clothes, or touching their own genitals, these practices will more or less occur. Parents will face such a thing, cannot beat and scold children, harsh criticism. To carefully explain to the child, you can also use objects, games to distract the child's attention, after all, the child's effective attention time is limited, after a while the child will forget what he has just done; But if this is the parents beat and scold the child, will cause the disadvantageous influence to his growth, will leave the shadow for his later life. Parents should Seek truth from facts to help their children to get rid of bad living habits, take good care of their children and care for their growth.

Third, pay attention to diet. The improvement of economic level and living standard determines the improvement of contemporary children's Diet. As a parent, we should pay attention to the cultivation of children's good eating habits, and provide supplementary education on children's sex education from the aspect of Diet. We should pay attention to the following foods as far as possible so that children do not eat or eat less, such as foreign fast food, out-of-season fruit, nourishing soup, poultry with accelerant, bean food, etc. , these foods can lead to children's sexual precocity, the market has appeared some nutrition oral liquid to promote the growth of children, etc. , also can cause the child's sexual precocity, the parent must make the science reasonable nutrition diet plan for the child.

Fourth, give full play to the educational value of Children's works. Children's literary works have the characteristics of vivid images, which are beneficial to children's understanding. In the process of family sex education, parents can make use of literary works suitable for children to carry out sex education. For example, there are some books on the market about where I came from, parents can buy home to read. If there is no good way of sex education, you can refer to the book on the method of sex education for children. The development of children's sex education is slow in our country. When parents educate children about sex, they can refer to the ways and means of sex education abroad, and learn from some foreign books on children's sex education, so as to give full play to the educational value of Children's works.

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