

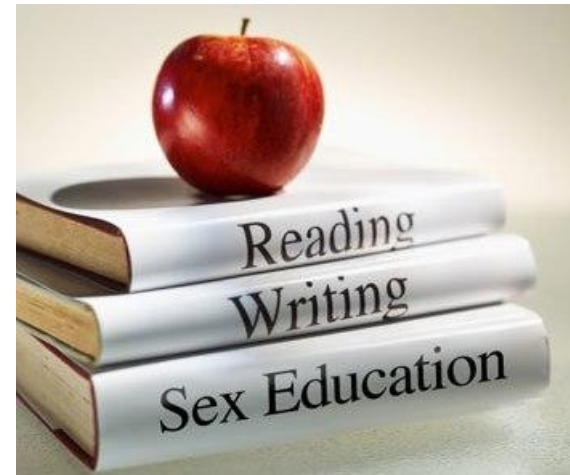


TEACHING SEXUAL HEALTH EDUCATION IN ISLAMIC SCHOOLS

Sadia Virk | 2011

OBJECTIVES AND OVERVIEW


- Why should we teach sexual health education?
- What should we teach in sexual health education?
- How should we teach sexual health education?



WHY DO MUSLIM STUDENTS NEED TO LEARN ABOUT SEXUAL HEALTH EDUCATION?

- Natural part of the religious upbringing of a Muslim child
- Dangers of leaving a vacuum of information
- Was not considered taboo by the Prophet or companions





**WHAT CAN WE LEARN FROM THE
EXAMPLE OF PROPHET
MUHAMMAD ABOUT TEACHING
SEXUAL HEALTH EDUCATION?**

Aisha related that the Messenger of God (peace be upon him) said,

“How good were the women of the Ansar that they did not shy away from learning and understanding religious matters.”

(Sahih Muslim)



Aisha said, “The Messenger of Allaah (peace be upon him) was asked about a man who notices some wetness but does not remember having a wet dream. He said, ‘*He should do ghusl.*’ He was asked about a man who thinks that he had an erotic dream but does not see any wetness. He said, ‘*He does not have to do ghusl.*’

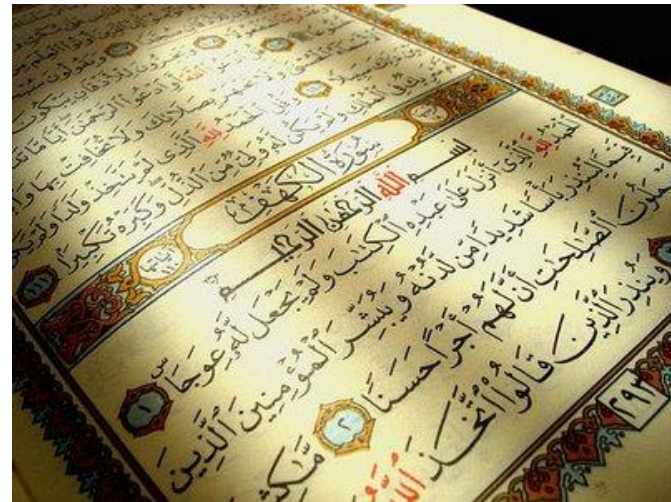
Umm Salamah said, “O Messenger of Allah, does a woman have to do ghusl if she sees something like that?” He said, “*Yes, women are the twin halves of men.*”

(Tirmidhi, Abu Dawood)



EXAMPLES OF SEXUAL HEALTH EDUCATION IN THE QURAN

- Verses related to menstruation
- Verses related to physical intimacy between spouse
- Verses related to purification





DEALING WITH PARENTAL OBJECTIONS

HOW TO DEAL WITH PARENTAL OBJECTIONS TO TEACHING THEIR CHILDREN ABOUT SEXUAL HEALTH EDUCATION?

- Acknowledging and addressing their concerns before starting
- Parental involvement
- Follow-up and review



You're Teaching
My Child **What?**





WHAT AND HOW TO TEACH IN SEXUAL HEALTH EDUCATION?

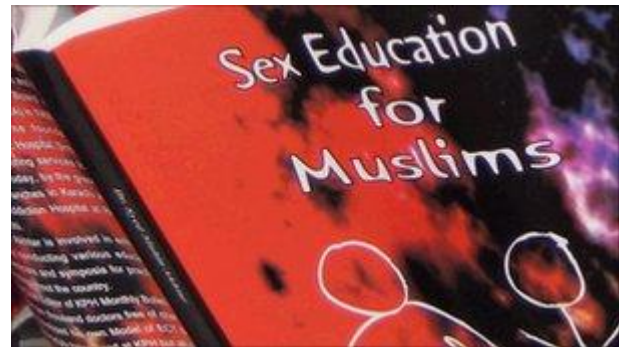
CONTENT AND CURRICULUM

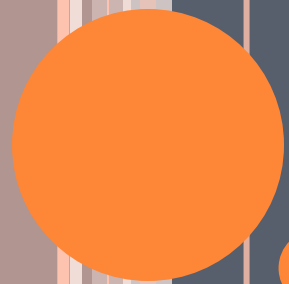
- Flexible curriculum, adapted according to age and maturity level of the students
- Addressing the needs of the students at the various stages they are in
- Open and honest communication
- Covering both health issues and religious issues



HOW TO ENSURE THAT EVERYTHING IS TAUGHT IN ACCORDANCE TO THE VALUES AND PRINCIPLES OF ISLAM?

- Framed in Islamic perspective
- Islamic etiquettes of modesty and decency





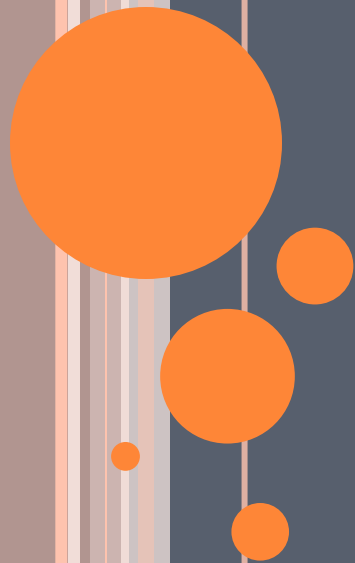
GROUP DISCUSSION

ELEMENTARY / MIDDLE SCHOOL / HIGH SCHOOL AGED STUDENTS:

- What questions students of that level might have
- What information is necessary and obligatory for them to learn
- What information is not essential, but they should be educated about from an Islamic perspective



QUESTIONS, COMMENTS, SUGGESTIONS?



SUGGESTED READINGS AND RESOURCES

BOOKS

- *Sex Education: An Islamic Perspective*, by Shahid Athar
- *Islamic Perspective of Sex*, by AbdurRahman ibn AbdulKarim alSheha
- *Sex Education: The Muslim Perspective*, by Ghulam Sarwar

ONLINE

- *Why Parents need to Provide Sexual Education to their Kids*
<http://muslimmatters.org/2011/01/12/parenting-v-why-parents-need-to-provide-sexual-education-to-their-kids/>
- *Muslimah's Guide to Puberty: How to talk to your daughter about Adolescence*
<http://muslimmatters.org/2010/10/04/muslimah%E2%80%99s-guide-to-puberty-how-to-talk-to-your-daughter-about-adolescence/>



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THANK YOU