

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**SPOLNA VZGOJA V OSNOVNIH IN SREDNJIH ŠOLAH – VLOGA
MEDICINSKE SESTRE PRI POUČEVANJU SPOLNE VZGOJE**

**SEX EDUCATION IN ELEMETARY AND SECONDARY SCHOOLS –
ROLE OF THE NURSE IN TEACHING SEX EDUCATION**

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IZVLEČEK

Uvod: Mladostniki v današnjem času vstopajo v partnerske zveze v povprečju mlajši in posledično prej pričenjajo s spolnim življenjem. Zgodnja spolna dejavnost je povezana z bolj tveganim spolnim vedenjem. Zato je še toliko bolj pomembno zdravstveno-vzgojno delo medicinskih sester, učiteljev in drugih usposobljenih delavcev, ki skušajo osveščati mladostnike o pomenu zdrave in varne spolnosti.

Namen: Namen diplomskega dela je bil predstaviti poučevanje spolne vzgoje v osnovnih in srednjih šolah.

Metode dela: Raziskava temelji na deskriptivni metodi dela s študijem domače in tuje literature. Podatke smo pridobili s pomočjo anketnega vprašalnika odprtega in zaprtega tipa. Raziskovalni vzorec je zajel 60 izvajalcev spolne vzgoje zaposlenih v tridesetih osnovnih in tridesetih srednjih šolah v okolici Celja. Dobljene podatke smo obdelali in prikazali s pomočjo računalniških programov Microsoft Office Word in Microsoft Office Excel.

Rezultati: Ugotovili smo, da vsebinski sklop tem o spolnosti v šolskem kurikulumu zajema različne vsebine o spolnosti vendar je glavni poudarek na anatomski in fiziološki zgradbi telesa. V šolskem kurikulumu ni določena števila ur namenjenega spolni vzgoji. V 30% teme o spolnosti poučujejo učitelji naravoslovnih predmetov največkrat v okviru pouka biologije. Učitelji, ki predavajo vsebine spolne vzgoje so pri tem sproščeni, na teme dobro pripravljeni, si v 63% želijo sodelovanja strokovnih delavcev, kot so zdravstveni delavci ali ginekologi, da bi mladostnikom predstavili teme, ki zahtevajo več strokovnega in praktičnega znanja. 80 % učiteljev se je strinjalo, da bi bilo spolno vzgojo smiselno ponovno vključiti v šolski kurikulum kot obvezni predmet.

Razprava in sklep: Učitelji so na teme o spolnosti dobro pripravljeni, vendar potrebujejo dodatno podporo zdravstvenih strokovnjakov. Potreba po vključitvi spolne vzgoje kot obveznega predmeta je nujna in zahteva timski pristop tako učiteljev kot tudi medicinskih sester.

Ključne besede: puberteta, mladostniki, medicinska sestra, spolnost, spolna vzgoja.

ABSTRACT

Introduction: Adolescents are becoming more and more sexually active, and are at the same time becoming more and more aware regarding the use of contraceptives to prevent unwanted pregnancies, and are also using them more frequently. This is positive, but it is concerning, that sexual education in our country is becoming teaching about contraception and neglects information about partnership.

Purpose: The purpose of the diploma thesis is to introduce sex education in primary and secondary schools with emphasis on the role of providers of sex education for healthy sexuality of adolescents.

Methods: The study is based on a descriptive method of work by studying national and foreign literature. Information was obtained through a questionnaire of open and closed type. The research sample consisted of 60 surveyed providers of sex education employed in thirty primary and thirty secondary schools around Celje. The obtained data was processed and displayed using computer programs Microsoft Office Word and Microsoft Excel.

Results: Research has shown that teachers have a positive attitude toward sex education and interdisciplinarily involve it in the school curriculum. Although the teachers, who lecture contents of sex education, are relaxed, well-prepared on the topics, in certain situations they want cooperation with professionals, such as health workers or gynecologists, to present topics to children, that require more technical and practical knowledge. 40 per cent of all interviewed teachers believes that sexual education should be thought by nurses, doctors or sexual advisers.

Discussion and conclusion: Teachers are well prepared on the topics of sexuality, but need additional support of health professionals. The need of including sexual education as mandatory school subject is necessary and requires team approach of teachers and nurses.

Keywords: puberty, sex education in elementary schools, sex education.

