

GOVERNMENT OF INDIA  
MINISTRY OF EDUCATION  
DEPARTMENT OF SCHOOL EDUCATION & LITERACY

**RAJYA SABHA**  
**UNSTARRED QUESTION NO. 3079**  
**ANSWERED ON 20.08.2025**

**Introducing age-appropriate sex education in schools**

**3079 Smt. Sudha Murty:**

Will the Minister of *Education* be pleased to state:

- (a) whether Government is considering the introduction of age-appropriate sex education in schools, starting from an early age, to help children understand their bodies, boundaries and safety in a healthy and informed manner; and
- (b) whether teachers may be trained to deliver such content sensitively and confidently as part of their professional development?

**ANSWER**

**MINISTER OF STATE IN THE MINISTRY OF EDUCATION**  
**(SHRI JAYANT CHAUDHARY)**

(a) & (b) The National Education Policy - 2020 (NEP-2020) highlights the Health and Well-being concerns of the children. NEP – 2020 gives due importance to Holistic health and Well-being which includes Physical as well as Mental health and wellbeing, Health Monitoring, Regular Health Check-ups, Nutrition, Joyful learning environment, equality and other issues and concerns similar to the key concepts.

As a follow up to NEP, 2020, the National Council of Educational Research and Training (NCERT) has developed the National Curriculum Framework for School Education- 2023 (NCFSE-2023) which highlights gradual and sudden changes in physical development, need to prepare teachers for handling growth pains and growth spurts with changes in strength and increased restlessness in their students and good understanding of gender and sexuality to help teachers to understand their students better.

The NCFSE-2023 also advocates for creating educational settings that provide a stimulating, joyful, safe, and secure environment for learners. Schools and Teachers must take care of Physical and Emotional Safety and create a culture of zero tolerance of Child Sexual Abuse. It identifies characteristics of bullying and mental and sexual harassment and describes the protocol to report it to the right person. Teachers and adults in the school must ensure that

students of all ages and genders are protected from physical offences, violence, and sexual offences.

The NCERT covers most of the aspects of sex education through age-appropriate integration in their training and resource materials. The resource materials on health and wellness of school going children under the aegis of School Health Programme, Ayushman Bharat, the concern related to sex education and relationship education are subsumed under the module Growing Up Healthy and Inter- Personal Relationships especially during adolescence.

The textbook *Our Wondrous World* (Grade 3) has a chapter ‘Staying healthy and Happy’ which brings to focus the importance of safety in public spaces, particularly in terms of interacting with strangers.

The textbook *Our Wondrous World* (Grade 4) in the Unit (III) on ‘Health and Wellbeing’ draws attention to the importance of balanced food and exercise for a healthy life in (chapter- 5) on ‘Food for Health’. In the same unit, the chapter (chapter- 6) ‘Happy and Healthy Living’ seeks to create awareness on safe and unsafe touch.

The textbook *Curiosity*, textbook in Science (Grade VII) has a chapter titled ‘Adolescence: A Stage of Growth and Change’. It lays focus on Adolescence as a period of change from childhood to adulthood and seeks to create awareness on significant and characteristic physical, biological, and emotional changes that occur during this period.

Under Ayushman Bharat School Health and Wellness Programme, NCERT and States/UTs have organized Capacity Building Programmes for State Resource Persons, Key Resource Persons, Master Trainers and Health and Wellness Ambassadors to create awareness and develop abilities, facilitative skills for effective implementation of School Health Programme, Ayushman Bharat and to impart life skills among students and to conduct Life Skills development based activities in the schools, classrooms. About 8.6 Lakh Health and Wellness Ambassadors have been trained and oriented in about 529 districts of 36 States/UTs.

The Adolescence Education Programme (AEP) deals with different aspects of sex education in its various programmes for stakeholders. The Central Board of Secondary Education (CBSE) also offers a two-day training programme for teachers on AEP which enable participants to reflect upon concerns and needs of adolescence, identify and educate children about peer pressure and explain the physical, psychological, ethical, lifestyle differences or differences in reference to context. The program is full of interactive learning sessions to equip teachers to deal effectively with various issues concerning adolescents.

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