



Concepts of sexual and reproductive health in the school curricula in the Arab Republic of Egypt

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Head of the Central Administration for Curriculum Development

The Regional Conference for Joint Knowledge Production in the Field of Comprehensive Sexual Education and the extent of Integrating Sexual and Reproductive Health Concepts into School Curricula - Amman (22-23) April



**The development of Egypt's experience
in integrating the concepts of
sexual and reproductive health and
reproductive rights into school curricula.**

The Ministry of Education and Technical Education believes in its role in educating young people about the dimensions of sexual and reproductive health, and integrating these issues in general in curricula and the population and health issues in particular, under which a number of sub-issues fall, such as: sexual and reproductive health, family planning... and others.

The new curricula have been designed to address a matrix of issues



The issue of sexual and reproductive health receives great
attention in the new education system on several levels:

First level:
curricula
at all
education
al levels.

Second
level:
extra-
curricular
activities.

Third
level:
teacher
awarenes
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Fourth
level:
Educating
parents.

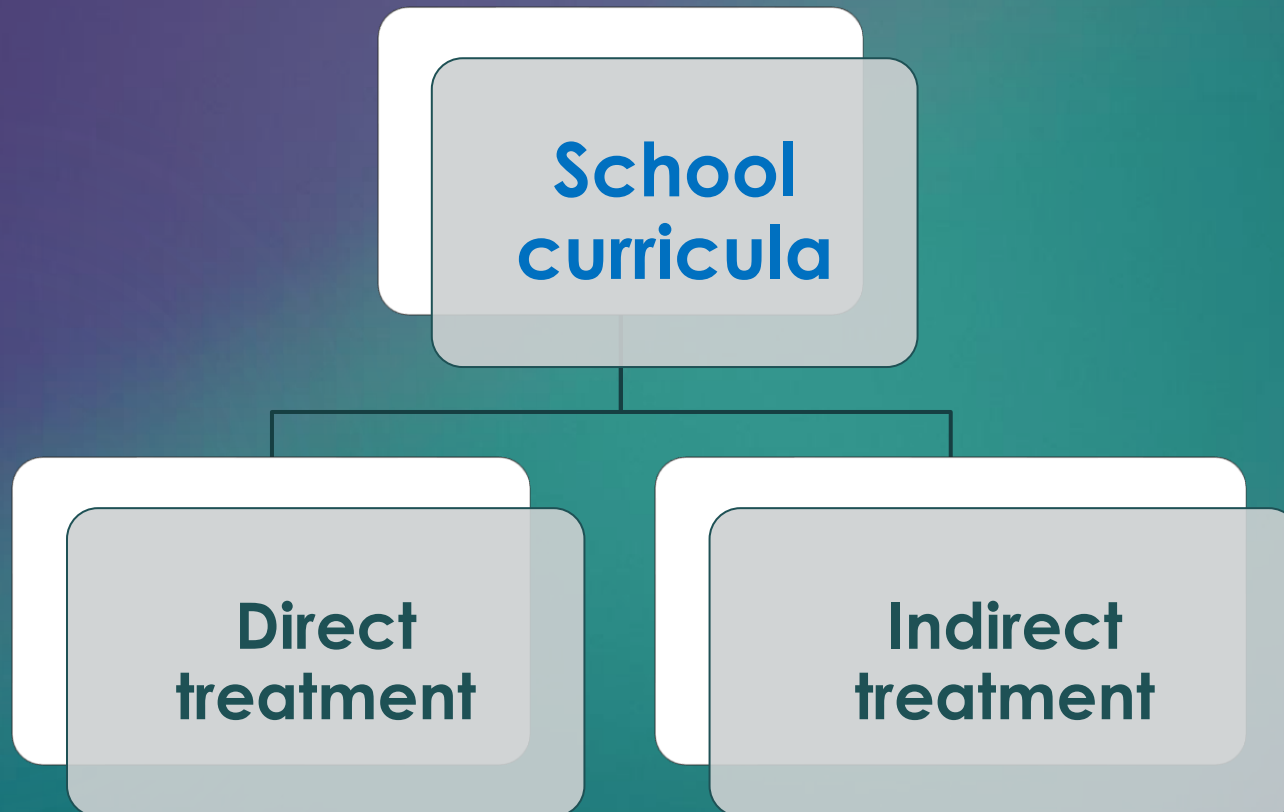


Supporting and participating parties





Integrating the concepts of sexual and reproductive health and reproductive rights



First



Integrating the concepts of sexual and reproductive health and reproductive rights

Extra-curricular activities

Second

1. A guide to environmental, population and health activities (towards sustainable development).
2. A framework of concepts of population and reproductive health.
3. Training teachers on the framework of health and population concepts.
4. Enrichment activities for population and reproductive health issues.
5. Awareness raising and educational materials for students.
6. Awareness raising and educational materials for parents.

General framework for curricula

Special frameworks for the curricula in each of the general themes according to the nature of the school subject and the age of the students

Focusing on a number of skills such as: problem solving, creativity, etc., in addition to instilling key values such as participation and respect for laws and rules.



**First: school
curricula**



1 A Guide to environmental, population and health activities (Towards sustainable development)

The guide includes the correct mechanisms for health education for the school community, in order to achieve the appropriate environment for an educational process that achieves the goals.

With the participation of teachers and students and with community support in order to enrich the educational process.

Third:
extra-
curricular
activities



2 Conceptual framework of population and reproductive health

The framework was prepared to include standards, indicators, and messages intended to be integrated into subsequent curricula up to the third year of secondary school.

Second:
extra-
curricular
activities



Photos from workshops meetings



November
22nd, 2022

December 1st,
2022





Population and Reproductive Health Conceptual Framework (Extra-curricular Activities)



- ▶ Integrating concepts into the curricula and activities practiced by the learner.
- ▶ Including special messages in the curricula and activities of the middle and secondary levels.
- ▶ Including the domains, criteria and sub-indicators in all subjects.

Conceptual framework of population and reproductive

health

- The framework included two main domains

Second domain:
reproductive
health

First domain:
population



**Target messages
from the population
domain**

First: (Population domain)

Focuses on population issues and their implications for sexual and reproductive health.



Target messages

Some of the population field messages that are related to the field of sexual and reproductive health include the following messages:



1. The level of childbearing varies from rural to urban, so family planning is necessary for the health of the mother and child.
2. Childhood and motherhood centers provide many services for mothers, children, and people with special needs.
3. Education has a vital role, in cooperation with civil society institutions, in solving population problems.
4. The shape of the population pyramid determines the future development of the country
5. Rapid (uncontrolled) population growth negatively affects natural resources.







Second: (Reproductive health domain)



Focuses on reproductive health concepts and related sub-issues.



**Target messages
from the
Reproductive Health
Domain**



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1. Following personal hygiene rules reduces the risk of contracting many infectious diseases.
 2. Health care during adolescence is essential to promote reproductive health.
 3. Dialogue and understanding between parents and children is important for their development.
 4. Adolescents with good psychological health are more able to resist negative influence from peers



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1. Eating healthy food and exercising are essential to maintaining the health of teenagers.
 2. Teenagers' knowledge of physical and psychological changes helps them get through this stage safely.
 3. Adhering to lofty values and principles protects adolescents from the tendency toward harmful behaviors.
 4. There is no difference between males and females in terms of ability to work and succeed.
 5. Some practices, such as (harmful eating habits - smoking...) negatively affect the health of adolescents.

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1. Female circumcision is a crime punishable by law (Law No. 10 of 2021) Correcting the beliefs and genetics of circumcision and early marriage reduces the size of the problem.
 2. Health education for those about to get married and making them aware of health services is necessary to ensure a successful marriage and healthy children.
 3. Conducting medical examinations before marriage reduces the problems that the couple may encounter.

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1. The necessity of complete physical and mental maturity as a condition to ensure that the female is not exposed to the risks of pregnancy and childbirth and to ensure that children are raised properly.
 2. Early marriage has social and legal consequences resulting from the failure to legally document the marriage.
 3. Early marriage before the age of eighteen causes health damage to the mother and fetus.
 4. Early marriage violates children's rights and deprives girls of their right to make decisions about their health.

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1. Maternal malnutrition affects pregnancy and the physical and mental development of the child.
 2. A healthy lifestyle prevents the risks of pregnancy complications and helps maintain the health of the mother and child.
 3. Cooperation and participation between spouses, exchanging responsibilities, and making reproductive decisions together, which enhances the psychological health of the family.
 4. Family planning and birth spacing have economic, social and health benefits for the mother, the child, the family and society.
 5. Pregnancy spacing and family planning do not mean preventing childbirth, but it means having the right number of children at the right time.

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1. There are many family planning methods, most of which are highly effective for family planning, but one must receive medical advice to choose the most appropriate method for health conditions.
 2. Do not resort to caesarean section except for medical reasons.
 3. The birth must take place in an equipped health institution.
 4. Breastfeeding contributes to supporting the health of the child and mother.

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1. The competent authorities must be consulted in cases of inability to reproduce (infertility).The services provided by maternity and childhood centers help maintain the health of the mother and child and early detection of hereditary diseases.
 2. People with special needs have the right to marry and have children in light of their abilities and pre-marital examinations.

3 Enrichment activities for population and reproductive health issues



A set of enrichment activities were prepared aimed at developing awareness of the population issue and reproductive health, and modifying wrong ideas and beliefs among prep and secondary school students.

الأنشطة الإثرائية للضحايا السكانية والصحة الإيجابية

إعداد

- د. أحمد محلي: استشاري نوعية صحبة
- د. أمية العوي: استشاري التطوير المؤسسي والمتابعة والتقييم
- م. مصطفى ربيع: استشاري التريب حر
- أ. تومين محلي: مشق مشروعات التوعية واستشاري التريب حر.

مراجعة

- د. منحت كمال محمد
- د. جيزيل أنور حميدة
- د. نداء جمعة
- د. حنان أبو العباس

إشراف

- د. أنور حسن

المحتويات

٢	القائمة.....
٤	حول التليل.....
٥	الزيادة السكانية.....
٢١	تنظيم الأسرة.....
٢٣	التغيرات المتصاحبة لمرحلة المراهقة.....
٤٧	الصحة الإيجابية.....
٥٥	صحة الأم والطفل.....

معا نعيش حياة أفضل

مواقف حياتية وأنشطة تطبيقية للتوعية
بقضايا الصحة والسكان

إعداد

د. ثناء أحمد جمعة د. إسماعيل عبد العاطي
د. كمال عوض الله د. مدحت كمال

إشراف

د. أكرم حسن
رئيس الإدارة المركزية لتطوير المناهج

مراجعة

د. جبريل أنور حميدة



4. Preparing awareness raising and educational materials (booklets) for students

Materials were prepared to raise awareness and educate students about population issues, sexual and reproductive health; Through life skills

It included an awareness raising booklet for prep school students entitled (“Together towards a better life”), worksheets, a pre-test, a post-test, and films.



5- Educating students about health and population issues

A training package was prepared to implement the activities of the “Together towards a Better Life” booklet, which included a facilitator’s guide, worksheets, and educational tools.

تمويل من الاتحاد الأوروبي

UNFPA
مستشفى الأمم المتحدة للسكان

مركز بحوث ودراسات
مركز بحوث ودراسات

مركز بحوث ودراسات

مركز بحوث ودراسات

دليل الميسر'
للتوعية بقضايا السكان والصحة الإيجابية

إعداد

د. ثناء أحمد جمعة د. إسماعيل عبد العاطي

د. مدحت كمال د كمال عوض الله

مراجعة

د. جبريل أنور

إشراف

د. أكرم حسن

رئيس الإدارة المركزية لتطوير المناهج

In continuation of the efforts of extracurricular activities, students were trained to raise awareness of health and population issues

Pictures from the reality of training and interaction in the training halls



تمويل من الاتحاد الأوروبي UNFPA وزارة الصحة الفلسطينية

1

كليل الميسر *
للتوعية بقضايا السكان والصحة الإنجابية

إعداد

د. نداء أحمد جمعة د. إسماعيل عبد العاطي

د. مدحت كمال د. كمال عوض الله


مراجعة
د. جبريل أنور

إشراف
د. أكرم حسن

رئيس الإدارة المركزية لتطوير المناهج

The Central Administration for Curriculum Development cooperates with the Central Administration for Student Activities

6- Competitions, scientific groups, school radio, and free readings



Cooperation takes place through holding artistic and research competitions on “the population problem: its causes, repercussions, and future visions” for all grades from first primary to third secondary.

Third: Educating teachers

1. Training teachers on the framework of health and population concepts.



A training package has been prepared that includes concepts, standards, indicators, and suggestions for activation mechanisms by providing a trainer's guide and a trainee's guide.



Logo of the Ministry of Health and the UNFPA logo.

رؤية لتفعيل وتوظيف مفاهيم الزيادة السكانية والصحة الإنجابية في المناهج
نحو تنمية مستدامة

الحقيبة التدريبية
دليل المدرب





إعداد
الإدارة العامة لتخطيط وصياغة المناهج
2023م

Logo of the Ministry of Health and the UNFPA logo.

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2023م

Training teachers on the concept framework of population and reproductive health



Fourth: Educating parents

1- Preparing awareness and educational materials for parents

The Parents' Guide "Towards a Better Life for Our Children" was prepared in cooperation between the Central Administration for Curriculum Development and the Roots for Development Foundation- 2023 .



Training parents to raise awareness of population and reproductive health issues





Reproductive and sexual health in kindergarten, primary, middle and secondary levels

Secondary stage

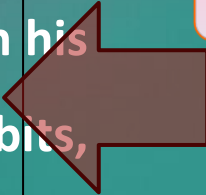
Prep stage

Primary stage

Kindergarten stage

Models of sexual and reproductive health concepts in school curricula

- The similarities and differences between him and others, boys and girls, how to maintain his cleanliness and health, acquiring good habits, the concept of the family and the number of its members as a beginning to raise awareness of the importance of the family, its organization, and the age spacing of children.



Secondary stage

Prep stage

Primary stage

Kindergarten stage

The concept of the family, rights and duties in the world of the young child, whether (their family, school, community), avoiding harmful eating habits that affect public health, the “Decent Life” initiative, which aims to plan the family, develop the Egyptian countryside, and clarify the ratio of males and females in Egypt.

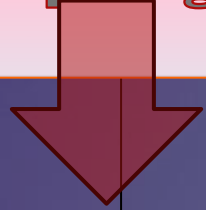


Secondary stage

Prep stage

Primary stage

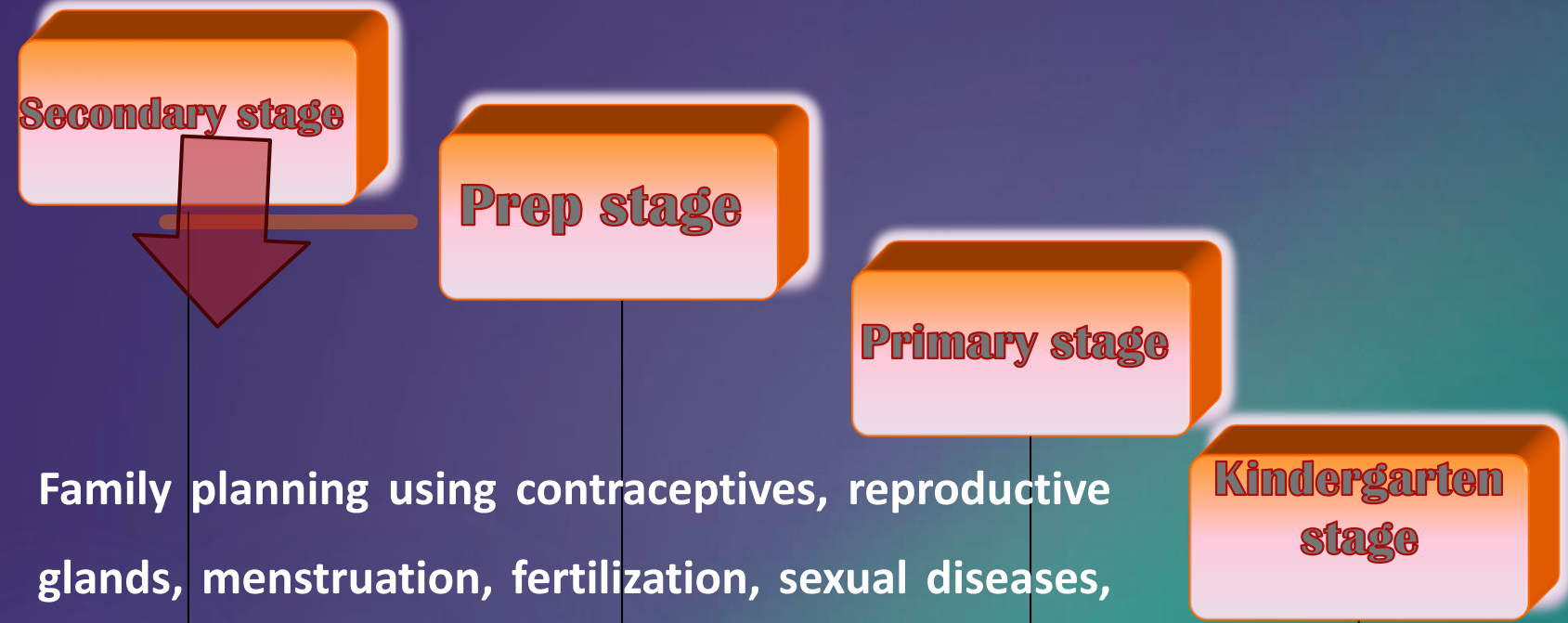
Kindergarten stage



Puberty and its manifestations for both males and females.



Concepts of fertilization in humans and the formation of the fetus, as well as studying the bacteria that cause some reproductive diseases, and learning how to prevent them.





Family planning using contraceptives, reproductive glands, menstruation, fertilization, sexual diseases, sperm transplantation, gamete banks, and female circumcision; common-law marriage and harassment, family disintegration, etc., and the issue of artificial procreation, as well as applications of the concept of family planning by clarifying the numbers in the family, boys and girls.





Since sexual and reproductive health is about achieving a state of complete physical and psychological well-being, and it is also concerned with a person's ability to enjoy a satisfactory and safe reproductive life, it is considered an essential part of public health, and to achieve a better level of reproductive health, it is necessary to present these concepts to young people at an early age.

Population and sexual and reproductive health standards framework and document

Third subdomain-
Public health and its
relationship to sexual and
reproductive health

Second
subdomain-
Marriage and
family formation

First subdomain-
Family
awareness and
care



Public health and its relationship to reproductive health

It is based on interest in reproductive health and its problems, considering it an integral part of public health (physical - psychological - mental - social). It addresses many concepts such as (personal hygiene - nutrition - growth - the changes that accompany them - pregnancy and childbirth...) It also pays attention to digital searches on reliable data and information to raise awareness about public and reproductive health. It also cares about the family and its role in maintaining good health habits.

Standards	Sub-domain
Know the basic requirements for reproductive health and their relationship to public health	Public health and its relationship to reproductive health
Know the changes and problems associated with puberty and overcome them	
Know some reproductive diseases and their impact on health	
Know the basic principles of maintaining reproductive health	

Marriage and family formation

It is concerned with the standards and criteria necessary to form a model family in order to achieve well-being for the family, which is concerned with the care of children in terms of: (Appropriate number of family members - educational level - parity - age - cultural background - pregnant mother - childbirth...) - available resources - family planning - use of contraceptives through conducting appropriate medical examinations and medical advice, as well as It addresses some of the problems that a person about to get married may encounter, especially consanguineous marriage, and how to treat them.

Standards	Sub-domain
<p>Perceive the correct procedures for the marriage preparation period.</p>	<p>Marriage and family formation</p>
<p>Know the stages of pregnancy and childbirth and their relationship to reproductive health</p>	
<p>Know the requirements for safe motherhood and child care</p>	

Family raising awareness and care

It deals with the state's efforts in the field of family raising awareness and care. It is also concerned with presenting the efforts of local, international and regional organizations (governmental / non-governmental) in family care, and mechanisms for digital and direct communication with various parties in the field of family care.

Standards

Know the state's efforts to raise awareness, care for families, and preserve their health

Know the efforts of local, international and regional organizations (governmental / non-governmental) in family care

Sub-domain

**Family raising awareness
and care**

The Egyptian curricula have focused on ensuring that students obtain age-appropriate information about sexual and reproductive health, and integrating these concepts into the curricula, through extended practice across a number of specializations. It is planned to expand the treatment of these concepts with more specialization in subjects where the teaching context allows for this in prep school .

**Ways to implement (include)
sexual education
in school curricula**

It was included starting with the “Multidisciplinary book Discover” in both levels of kindergarten and then the first three grades of the primary stage through topics and activities that address the different stages of growth, the importance of following appropriate health habits that ensure healthy growth, and other topics and activities that call on students to maintain their safe space and protect their bodies, to avoid falling into problems of harassment and the like. The use of this approach has been completed in the fourth to sixth grades of primary school in a more extensive and in-depth manner.

**Ways to implement (include)
sexual education
in school curricula**



**Ways to implement (include)
sexual education
in school curricula**

As for the existing curricula in the preparatory and secondary levels, these concepts have been expanded upon in the secondary stage in school subjects that allow delving into more in-depth and specialized concepts such as science, home economics, and religious education.

1- Integrating concepts related to sexual and health education into the Egyptian curricula.

2. Preparing for physical and psychological changes, and encourage them to report any cases of assault they are exposed to.

3- Forming a positive attitude towards sexual education as an integral part of public health.

The outcomes and competencies that the sexual education program aims to impart to students

4- Training in positivity with friends, and how to confront peer pressure, to know when and how to reject inappropriate behaviors such as bullying.

5- Strengthening relationships with parents and siblings through a fruitful, effective, and safe dialogue with parents.

6- Emphasizing the correct understanding of sexual education by relying on activities and discussions that suit societal culture and build critical thinking among students.

The outcomes and competencies that the sexual education program aims to impart to students

Criteria for integrating concepts related to sexual and reproductive health

Scientific
formulation

Functiona
lity

Evaluation of the country's experience
(Challenges and successes achieved)

Based on the school's responsibility
and its important role in health
education; and in providing a safe
environment for students to properly
discuss health issues, especially with
regard to sexual education

Age group

Parents'
Participati
on



Parents do not accept to talk to their children about some points related to sexual health

Students' fear of speaking on topics related to sexual health

Multiple sources of knowledge from which students obtain their information, most of which may be unreliable.

Intellectual levels of parents

**Evaluation of the country's experience
(Challenges and successes achieved)**



In this way, the Ministry has taken effective and successful steps to integrate concepts, skills and issues related to sexual and reproductive health. The process will continue during the following development stages.

Based on one of the goals of education; It was necessary to raise awareness of the issue of reproductive health and its sub-issues.

The Ministry's strategic plan (2024/2029)

Supporting the educational process is the responsibility of all cooperating parties in the fields of education and sustainable development

Emphasizing the role of civil society organizations

Creating a supportive environment that helps empower young men and women

The country's future aspirations for integrating sexual education into the school curriculum



The efforts and development process will be continued in the coming years to achieve the goals of the issue of sexual and reproductive health for the future of our children and building the nation.



Thank you for listening.

Dr. Akram Hassan

**Head of the Central Administration for
Curriculum Development**

**With sincere appreciation and
respect.**