



Concepts of Sexual and Reproductive Health in the Curriculum of the Arab Republic of Egypt

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Presented to the Regional Conference on

Comprehensive Sex Education and Integration of Sexual and Reproductive Health Concepts in Curricula and Textbooks

"Amman from 22-23 April 2024"

Introduction:

Preserving the health of individuals and citizens in general, and children in particular, is one of the most important determinants and necessary foundations for the future of our country. Therefore, the state, represented by the Ministry of Education, believes that investing in the health of learners - which is one of the foundations of developing pre-university education - is a major goal of the curriculum development plans and educational materials in the Arab Republic of Egypt and its most important goals. Therefore, it was necessary to focus on the role of the school as an educational radiation center that can be used to raise awareness of the concepts and goals of health and reproductive and sexual health. This is done by integrating the concepts related to them into the curricula and educational activities practiced by the learner. Based on the utmost importance of the issue of reproductive and sexual health in society, and what has been confirmed by many organizations concerned with health and economic fields at the global level, and based on the fact that today's children are the cornerstone of tomorrow's society, this issue is being given more attention.

Reproductive and sexual health is a basic right for all and must be sought for all individuals and citizens in life and society. This can be done through health education and awareness. We can improve the health and well-being of individuals and societies alike, and ensure a better life and a healthy and sound environment. Education and awareness about reproductive and sexual health are considered one of the most important factors that contribute to improving health for individuals and societies.

The issue of reproductive health in Egypt and the world faces many challenges, including the lack of information and skills necessary to make informed decisions about reproductive health, social and cultural factors that prevent people from accessing reproductive health services, and the shortage of financial and human resources necessary to provide reproductive health services. Perhaps some of the proposed solutions to address these challenges is that reproductive health can be improved by promoting individual culture, as well as removing social and cultural barriers that prevent people from accessing reproductive health services, and increasing the financial and human resources necessary to provide reproductive and sexual health services.

The issue of health is linked to the development process and its issues. The United Nations Population Fund works within institutions to ensure that sexual and reproductive health and rights remain at the heart of the development process. The International Conference on Population and Development linked reproductive health to human rights and sustainable development. When sexual and reproductive health needs are not met, individuals are deprived of the right to make informed decisions about their bodies and their future, and the well-being of both their families and future generations is affected, which calls for the need to work to improve population characteristics and increase citizens' awareness of their health in general and reproductive and sexual health in particular.

Evolution of Egypt's Experience in Integrating Sexual and Reproductive Health and Rights Concepts into the Curriculum:

In the old curricula, attention to sexual and reproductive health was given through specialized curricula such as the science curriculum. Topics were included according to the nature of the curriculum and the age of the students. Therefore, topics related to sexual and reproductive health were few and were present in the higher educational stages, especially secondary school.

Given the utmost importance of the issue of sexual and reproductive health, as it plays a role in directing human behavior and protecting children from strange ideas that are alien to our society and do not agree with the principles of religion, sexual and reproductive health also helps students to absorb the correct concepts that help them face their problems and play an important role in protecting students from being sexually exploited or abused. By providing them with knowledge and skills in sex education, they will have sufficient awareness to face risks. The school plays an important educational role in raising awareness among learners about the issue of sexual and reproductive health and providing them with the opportunity to ask questions and inquiries and train them on critical thinking so that they do not fall under the influence of wrong ideas. The school also plays an important role in training them on the values of respecting the other sex.

Based on the fact that today's children are the cornerstone of tomorrow's society, preserving their health is one of the most important pillars in building their future and the future of their country. Investing in the health of learners is one of the foundations of developing education and is a major goal of curriculum development plans. This requires us to formulate educational, training, and health policies that aim to improve the health and economic characteristics of the population so that it becomes a driving force for the required economic development. The Ministry of Education and Technical Education has cooperated with the United Nations Population Fund to identify sexual and reproductive health concepts and integrate them into curricula and educational activities.

The focus is on sexual and reproductive health as a comprehensive psychological process that aims to bring about the greatest possible change and refinement in misconceptions and inherited ideas related to sexual concepts, in order to achieve a sound scientific understanding of social relations in society. It is the process through which learners acquire the correct knowledge related to the functions of sex in their lives, which helps them develop the correct attitudes and ethical values associated with the sexual aspect.

In the belief of the Ministry of Health and Education in its role in raising awareness among young people about the dimensions of sexual and reproductive health, the new curricula have been built on a matrix of contemporary issues (as shown in the figure). The population and health issue has been placed as a main issue, and a number of issues fall under it, such as sexual and reproductive health, early marriage, family planning,

preventive health, curative health, rights and duties, and others.



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

- ✚ 1st The level of curricula at all educational stages
- ✚ 2nd Extracurricular Activities Level
- ✚ 3rd Teacher Awareness Level
- ✚ 4th Parent Awareness Level

This comprehensive approach is achieved through close collaboration with specialized entities, including the Ministry of Health and Population, the National Population Council, and the United Nations Population Fund.

The integration of sexual and reproductive health concepts into the curriculum is evident in various aspects, including textbooks, classroom activities, and teacher development programs.

First : Curriculum Frameworks:

- Sexual and reproductive health is incorporated into the general curriculum framework as a critical health issue and a challenge that must be addressed in various subjects. This integration is linked to life skills and target values. The overarching concept under which sexual and reproductive health falls is "Health and Population," as mentioned in the issues map within the general curriculum framework.
- The qualitative frameworks of the curricula included the issue of health and population in each of the general axes upon which the content of the educational materials in the new system is built, according to the subject's nature and the learner's age stage. It was not limited to a specific subject or grade level, but this issue was integrated in various forms and ways. The focus was not merely on raising the learner's awareness of the concepts related to sexual and reproductive health; instead, emphasis was placed on a number of skills that help them deal with these issues, such as problem-solving, decision-making, creativity, accountability, and productivity. Additionally, a set of core values was instilled, such as participation and cooperation, respect for others' rights, and respect for laws and rules.
- The approaches to addressing the issue of sexual and reproductive health and sexual health varied between explicit and direct methods according to the nature of the learner, their educational stage, and the nature of the subject, as follows:
 - **Direct Approach:** This involves explicitly presenting sexual and reproductive health and family planning concepts through explanations, analyses, and clarifications, emphasizing the importance of family planning and the impact of population growth on individuals and society.
 - **Indirect Approach:** This involves subtly incorporating sexual and reproductive health and family planning concepts into all subjects, focusing on skills and values related to these issues, such as hygiene, self-preservation, critical thinking, problem-solving, and others.

Second: Extracurricular Activities

Given that the curriculum may not have sufficient space to include all sexual and reproductive health concepts while adhering to the allotted teaching time, some of these concepts are addressed through extracurricular activities as follows:

1. Environmental, Population & Health Activities Guide (for Sustainability)



The guide covers various health and population issues through extracurricular activities targeting all educational stages, from kindergarten to secondary school. The activities are designed progressively to suit the appropriate age group. Some activities focus on the positive aspects of family planning, sexual and reproductive health, controlled population growth, and their impact on the well-being of families and society.

The guide serves as an educational framework for implementing educational activities in schools to maximize their role in the educational

process. It promotes an activity-based learning approach that aims to create positive interaction between educational institutions and the surrounding environment, including its environmental, health, and social challenges.

The first draft of the document was presented to various relevant bodies and institutions for review and feedback. The document was then revised and developed based on the opinions of specialists in those bodies. The revised version was issued and implemented during the 2014/2015 academic year.

The guide represents a non-traditional methodological approach that aims to promote activity-based learning, moving away from traditional methods that educators advocate for breaking their molds and freeing themselves from their constraints.

The guide encompasses three important educational areas: environmental education, population education, and health education. Each area includes a set of relevant standards, and each standard is translated into a group of diverse educational activities that contribute to achieving the standard. The activities are designed to be progressive and appropriate for the target age group.

The guide includes models for environmental projects that can be implemented practically in schools. It also includes mechanisms for dealing with the most important basic life skills that we hope to develop among students at different educational stages through the implementation of the activities included in the document.

The guide provides mechanisms for proper health education for the school community to achieve an integrated and appropriate environment for a successful educational process. The document translates these mechanisms into clear procedures for activating the activities that contribute to this, and teachers and learners participate in their implementation with community support to enrich the educational process.

2. Population and Reproductive Health Concepts Framework:

Within the framework of the fruitful cooperation between the Ministry of Health and Population, represented by the Central Administration for Curriculum Development, and the United Nations Population Fund, to implement activities to support community participation in sexual and reproductive health and population issues, a framework for population and reproductive health concepts was prepared.

This framework includes the standards, indicators, and messages targeted for integration into the curriculum to serve as a guide when preparing subsequent curriculum frameworks from the first preparatory grade to the third secondary grade.



The framework was presented to civil society through a conference that included representatives from the House of Representatives, the Shura Council, a number of ministries, journalists, and specialized councils. Several workshops were also held to discuss the framework with representatives from different ministries, civil society representatives, supervisors, and teachers in the educational directorates until the final form of the framework was finalized.

Care was taken to include some indicators related to sexual and reproductive health in the frameworks of the preparatory stage in some curricula according to the requirements and nature of the subject. Therefore, the concepts of population and reproductive health included in the framework are binding, as the same experts who developed this framework are the ones who participate in the preparation of the curriculum frameworks. Therefore, the curricula will be saturated with concepts of population and reproductive health according to the nature of the learners' age group.

Workshop & Meeting Pics: Discussing the Framework - Nov 22, 2022



The framework aims to achieve a set of objectives that the Ministry of Education and Technical Education has been keen to activate, including:

- Effectively incorporate population and reproductive health concepts into the curricula and activities that learners engage in, recognizing these issues as some of today's most important and pressing topics.
- Integrate messages related to population, sexual and reproductive health, and the desired outcomes into the curricula and activities of the preparatory and secondary stages.
- Include the main areas, standards, and sub-indicators of each main area (population and reproductive health) to ensure their integration into the preparatory and secondary stages curricula in all subjects according to appropriate topics and the context in which they are included.

The guide is divided into two main areas:

- **Population:** This area focuses on the population issue and its impact on individual and community health, including its subsequent effects on sexual and reproductive health.
- **Reproductive Health:** This area focuses on reproductive health concepts and related sub-issues, such as adolescent health, family planning, female genital mutilation, early marriage, and its impact on maternal and child health, among others. The framework includes numerous messages in each area, as follows

Most Targeted Population Messages Related to Sexual and Reproductive Health are:

- Population growth is a double-edged sword.
- Uncontrolled population growth negatively affects the individual's share of food, education, and health.
- Rapid (uncontrolled) population growth negatively impacts natural resources and is an encroachment on the rights of future generations.
- Uncontrolled population growth negatively affects food and water security and national security in the country.
- Caring for women and children is a necessity to support the nation's future.
- Birth and death rates are an indicator of the level of healthcare in the country.
- The fertility level (average number of children per woman) varies between rural and urban areas.
- The shape of the population pyramid determines the future of development in the country.
- There is a close relationship between demographic characteristics and the problems of poverty, unemployment, and slums in the country.
- There is a relationship between the distribution of the country's resources and the distribution of the population.
- The cultures of the population between (rural, urban, and nomadic) affect the reproductive behavior of the family.
- National initiatives for the development of rural Egypt contribute to achieving comprehensive development for society.

- Motherhood and childhood centers provide many services for mothers, children, and people with special needs.
- Raising female education rates, especially in rural areas, reduces the population growth rate.
- Family planning is essential for maternal and child health and the success of development plans.
- The need to criticize misconceptions (in texts and heritage) that support the culture of increasing fertility.
- The state and the individual have a role in raising awareness of the dangers of the population problem.
- Education plays a vital role in reducing the population problem and its consequences.
- Civil society institutions play an active role in solving population problems.
- There is a direct relationship between family size, poverty level, and dependency rate.
- Gender discrimination (such as preferring males over females) has many negative social and economic consequences for the population.

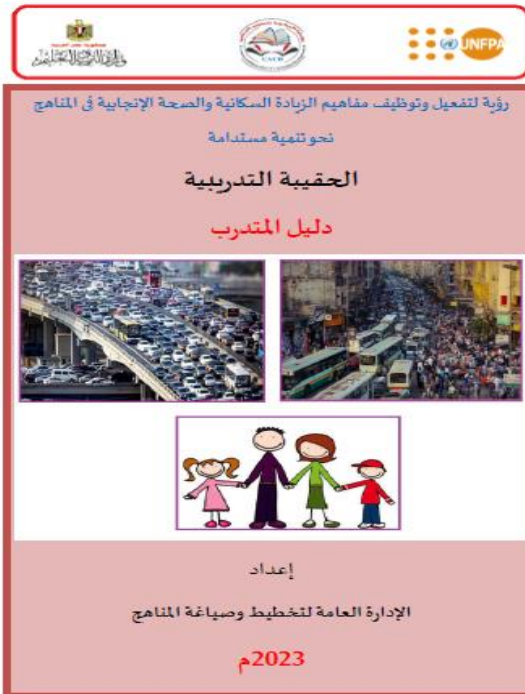
The framework incorporates the most important targeted messages in the field of reproductive health, including:

- Personal hygiene practices reduce the risk of many infectious diseases.
- Healthcare during adolescence is essential for promoting reproductive health.
- Open communication and understanding between parents and children are crucial for their growth.
- Mentally healthy adolescents are better able to resist negative peer influences.
- A healthy diet and regular exercise are essential for maintaining adolescent health.
- Awareness of physical and emotional changes helps adolescents navigate this stage safely.
- Upholding high values and principles protects adolescents from engaging in harmful behaviors.
- There is no difference between males and females in their capacity for work and success.
- Certain practices, such as unhealthy eating habits and smoking, negatively impact adolescent health.
- Female genital mutilation is a crime punishable by law (Law No. 10 of 2021).
- Correcting misconceptions and beliefs about female genital mutilation and early marriage can reduce the prevalence of these issues.
- Health education and awareness of available services for those preparing for marriage are essential for ensuring successful marriages and healthy children.
- Premarital medical examinations reduce the risk of problems for couples.
- Physical and mental maturity are prerequisites for safe pregnancy and childbirth and for raising children effectively.
- Early marriage has social and legal consequences due to the lack of legal documentation.
- Early marriage before the age of eighteen causes health risks for the mother and fetus.

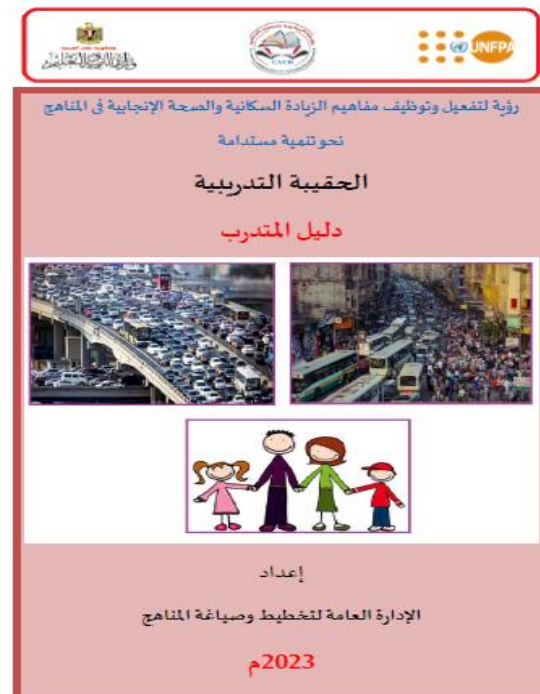
- Early marriage violates children's rights and deprives girls of their right to make decisions about their health.
- Maternal malnutrition affects pregnancy and the child's physical and mental development.
- A healthy lifestyle prevents complications during pregnancy and helps maintain the health of the mother and child.
- Cooperation, shared responsibilities, and joint decision-making between spouses regarding reproductive matters strengthen family mental health.
- Family planning and spacing between births have economic, social, and health benefits for the mother, child, family, and community.
- Spacing pregnancies and family planning do not mean preventing childbearing but rather having the appropriate number of children at the right time.
- There are various family planning methods, most of which are highly effective, but medical advice should be sought to choose the most suitable method for individual health circumstances.
- C-sections should only be performed for medical reasons.
- Delivery should take place in an equipped healthcare facility.
- Breastfeeding contributes to the health of both the child and the mother.
- Consultation with specialists is necessary in cases of infertility.
- Services provided by motherhood and childhood centers help maintain maternal and child health and detect genetic diseases early.
- Individuals with special needs have the right to marry and have children within their capabilities and after premarital examinations.

3. Teacher Training on the framework of health and population concepts."

Teachers have been trained on the Health and Population Concepts Framework and its effective integration into the curriculum content. A comprehensive toolkit has been developed, encompassing the framework's concepts, messages, standards, indicators, and suggested activation mechanisms. This toolkit includes both a trainer's guide and a trainee's guide, which have been used to train teachers, reflecting the Ministry's commitment to sexual and reproductive health, its importance, and the need to raise awareness among both the community and learners.



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4. Extracurricular activities for population and reproductive health issues

A comprehensive set of enriching activities has been developed to enhance awareness of population issues and reproductive health among secondary school students. These activities are designed to be age-appropriate and encourage critical thinking and problem-solving skills, addressing the prevalence of misconceptions in today's society. The activities incorporate hands-on experiences to effectively convey information

Objectives of the Activities:

- Provide a clear framework for understanding population growth, sexual health, and reproductive health issues.
- Supplement the Population Education Guide with diverse activities that integrate population and reproductive health issues into various strategies.
- Equip students with the necessary knowledge, positive attitudes, and values related to population education and reproductive health.
- Correct prevalent misconceptions and inaccurate concepts related to population issues, sexual health, and reproductive health.

The activities are organized into five main themes, each addressing a specific aspect of population and reproductive health. Within each theme, there is a theoretical section that explains the topic in detail, followed by key messages and examples of enriching activities that can be implemented in secondary schools. The activities are further categorized into five sub-themes, which are population growth, family planning, adolescent changes, reproductive health, maternal and child health:

5. Awareness and Education Materials for Students

| الصفحة | الفضية |
|--------|---|
| | <ul style="list-style-type: none">• مصادر دراسة السكان• المشكلة السكانية وتداعياتها• القضايا الاجتماعية والسكانية• الصحة العامة وعلاقتها بالصحة الإنجابية• الزواج وتكوين الأسرة• توعية ورعاية الأسرة |



A comprehensive set of awareness and educational materials has been developed to inform and educate students about population issues and reproductive health through life skills. These materials include an awareness booklet for secondary school students titled "Together Towards a Better Life," as well as worksheets, heart tests, follow-up tests, and films. The booklet presents real-life situations and practical activities to raise awareness of health and population issues. It addresses various concepts related to population health in an engaging and story-based format. The booklet includes diverse activities and real-life scenarios that allow students to practice various skills such as analysis, comparison, inference, and prediction. It also focuses on developing certain values and changing negative attitudes, leading to convictions that influence students' behavior.

The booklet introduces sources for population studies and emphasizes the importance of accurate census data for effective service planning. It highlights the national duty to assist census officials in their tasks to achieve development.

The booklet addresses the population problem and its repercussions, emphasizing that population growth is a double-edged sword. It highlights the inverse relationship between population growth and food, water, and national security. It underscores the roles of the state and individuals in raising awareness about the dangers of the population problem.

The booklet critiques popular proverbs that support the culture of increased fertility. It highlights national initiatives that contribute to achieving comprehensive societal development.

The booklet includes activities for students to raise awareness about the population problem and its impact on development programs in society. It points out some negative customs that affect society, such as preferring males over females and having large families. It also highlights the state's efforts to raise population awareness, such as door-to-door campaigns for women in governorates with the highest fertility rates and the expansion of family planning clinics. The booklet provides advice and counseling to raise women's awareness and change negative reproductive values, emphasizing the importance of individual cooperation with the state to address the population problem.

The booklet delves into social and population issues such as poverty, unemployment, informal settlements, and the country's demographic characteristics. It highlights the direct relationship between family size, poverty levels, and dependency rates. It presents examples from Egyptian heritage that encourage having large families, allowing students to critique them and develop attitudes towards family planning.

Health and Reproductive Health:

A significant portion of the booklet focuses on public health and its relationship to reproductive health. This section includes activities to educate students about healthy nutrition for adolescents, the importance of regular exercise, and engagement in diverse activities. It highlights the relationship between family size and the extent of care available for children. It also mentions the "Decent Life" initiative in 2019 to improve the standard of living for the most needy segments of society at the national level. The

booklet emphasizes the importance of upholding high values and principles to protect adolescents from engaging in harmful behaviors and educates them about the health harms of smoking and drugs. It stresses the importance of healthcare during adolescence and before marriage to promote overall health.

Marriage and Family Formation:

This section addresses important issues such as early marriage and underage girls' marriage and their dangers to the health of the mother and fetus. It highlights the state's initiative to examine premarital couples and the health and social services provided by state institutions for family care. The section includes diverse activities that emphasize the importance of joint decision-making by couples regarding reproductive matters and cooperation in building a healthy and sound family. It stresses the need to promote a culture of reporting female genital mutilation (FGM) and early marriage cases. It reiterates that early marriage is a violation of children's rights and emphasizes the necessity of health education for premarital couples and their awareness of health services to ensure successful marriages and healthy children.

Family Awareness and Care

This section of the booklet aims to raise community awareness about the risks of early marriage, including the social and legal consequences of not legally documenting the marriage. It emphasizes the importance of consulting a healthcare provider before using any family planning method and adhering to follow-up visits at the family planning clinic. The section also highlights the importance of fostering healthy friendships between parents and children for their growth and development. It reiterates that family planning and spacing between births have economic, social, and health benefits for the mother, child, family, and community. It also helps couples plan their lives better.

This section delves into crucial issues related to sexual and reproductive health, including the economic, social, and health benefits of child spacing. It encompasses activities that explore family planning and its role in safeguarding the health of women and their families, alongside activities that highlight the dangers of female genital mutilation (FGM) to a girl's physical and mental well-being.

6. Raising Students' Awareness on Population and Health Issues:

A comprehensive toolkit was prepared to implement the activities of the booklet "Together Towards a Better Life". This toolkit included a facilitator's guide, worksheets, and educational materials. Students were trained on various concepts related to population, sexual and reproductive health in different Egyptian governorates.



Parents' Guide: Towards a Better Life for Our Children



In collaboration with the Central Administration for Curriculum Development and the Roots for Development Foundation, the "Parents' Guide: **Towards a Better Life for Our Children**" was developed in 2023. The guide includes real-life scenarios and practical activities to raise parents' awareness about sexual and reproductive health and population issues. Parents are considered essential partners in supporting students' understanding of correct concepts related to sex education and reproductive health, and in raising their awareness of the nature of the changes that their children go through. This helps children, especially adolescents and young people, to understand these changes and overcome the problems that may arise from not understanding the nature of their age group.

The guide was specifically designed for parents of adolescents, recognizing the unique challenges and opportunities that this stage of life presents. This is to prevent adolescents from engaging in harmful behaviors that could lead to dangers that threaten their current and future health and to raise their awareness so that they can bear their responsibilities towards their health and the families they will form.

The "Parents' Guide: Towards a Better Life for Our Children" is based on a life skills approach to health education, which empowers parents to engage in positive behaviors that enable them to cope with changes, face pressures, and make appropriate decisions in emergencies.

The guide addresses awareness-raising on sexual and reproductive health issues in three main axes:

1. Public health and its relationship to reproductive health
2. Marriage and family formation
3. Adolescent health and the role of various organizations in supporting reproductive health

Each Domain includes a theoretical framework that explains the dimensions of the issues, and a number of activities that help to understand the topics raised in more depth.

Domain 1: Public health and its relationship to reproductive health

ثانياً: الصحة الإنجابية



The first Domain dealt with the relationship between public health and reproductive health, and explained that sexual and reproductive health includes personal health habits, including the process of reproduction and reproductive function and its method at all stages of life, and that sexual and reproductive health is an integral part of public health that reflects the health level of men and women of reproductive age. It also explained that the concept of public health is not limited to females of reproductive age; rather, sexual and reproductive health is a lifestyle that affects both men and women from childhood to old age, with the aim of preventing diseases associated with reproduction and related to the reproductive system

and detecting them early as possible, in addition to providing counseling as an important part of reproductive health services.

This Domain also highlighted the importance of correct education for individuals in society, both male and female, of all ages, on the importance and how to maintain reproductive health, and not limiting this education to a specific age - education on sexual and reproductive health can be started with children under school age by giving them information appropriate for their stage of growth. The guide also pointed to some methods and practices that can be used to improve reproductive health, such as maintaining a healthy weight, regulating sleep hours, and exercising appropriately, etc.

The guide also explained the physical changes that children may go through in adolescence, which are noticeable in females at an earlier age than males, and also differ from one female to another according to environmental, geographical, and climatic factors. It also explained the psychological changes that adolescents may go through, as adolescents are often more prone to changes and psychological disturbances that result from several factors such as hormonal and neurodevelopmental changes. It also explained how parents can protect their children at this stage from disorders and health and psychological problems through advice, guidance, and keeping the dialogue open with their children, and other methods that help to avoid adolescents' health and psychological problems.

This Domain also addressed the issue of female genital mutilation (FGM) as one of the most prominent forms of violence against women resulting from some misconceptions about health, religion, and social acceptance. Some cultures consider it a sign of purity and chastity, a symbol of personal hygiene, and a means of preserving virginity; however, it is in fact a negative phenomenon that causes serious physical and psychological complications for girls.

It also explained, through a number of sources and statistics, the health, psychological, and social complications of FGM on girls and women, and its immediate negative effects that

may lead to death, or long-term effects that include advanced health problems in the urinary or reproductive system, in addition to many psychological problems that are difficult to cure.

This Domain also explained the Islamic legal opinion on the phenomenon of FGM, as it showed that the heavenly laws have agreed to prohibit and criminalize FGM for no reason, because of its physical, psychological, and social effects on the girl's personality in general, and its impact on her family life after marriage in particular, which negatively affects society as a whole.

Domain Two: Marriage and Family Formation

The second Domain of the Parents' Guide dealt with the importance of marriage in organizing society, which is a prerequisite for establishing a new and stable family life, and a fundamental condition for procreating and raising children and bringing them up on sound and righteous foundations. Children are the fruit of married life, and they are the only guarantee for the preservation of the human race from extinction. Therefore, it was necessary to pay attention to giving the necessary care to this important social entity. This attention begins before marriage by educating those who are about to get married and advising and guiding them in this important step.

The guide explained that the main goal of premarital care is to identify any disabilities, diseases, genetic disorders, or ongoing genetic predispositions that may result in many problems and complications after marriage and during motherhood and childhood. This gives us the opportunity to prevent the young man and woman from falling into this predicament by assessing their condition and determining their health efficiency to a clear degree.

The Domain also addressed the issue of early marriage, considering it one of the most important social phenomena that hinder development and its negative impact on reproductive health. The Domain also discussed the various causes of this phenomenon, the most important of which are social customs and traditions, poverty, and lack of educational opportunities. It also pointed to the effects of this dangerous phenomenon, whether on the mother, which may include health effects such as anemia, high blood pressure, the possibility of pregnancy poisoning, postpartum inflammation of the uterine lining, and inflammation of the reproductive system, as well as psychological problems such as disorders in marital relations due to fear. Symptoms of depression and anxiety may also appear on the wife as a result of the many marital problems resulting from the misunderstanding of the other party. It also presented the health and psychological effects that children may be exposed to as a result of the early marriage of their parents, such as the child's physical and mental developmental delay, the increased chance of developing cerebral palsy, blindness, or hearing impairment.

The Domain also discussed how to confront the phenomenon of early marriage, whether by spreading awareness of the danger of this phenomenon, or by the importance of imposing the necessary laws and policies to reduce the marriage of minors, and the importance of delaying marriage until the appropriate time for the spouses.

This Domain also discussed the importance of family planning for the individual, the family, and society.

It explained that family planning methods are health services that help couples make decisions about childbearing and its timing in accordance with their health and social status. The effect of these methods is a temporary effect after which the ability to conceive and bear children returns to its natural state. The idea is to give each of the husband and wife a period of time to arrange the family's living conditions and determine its priorities.

He also pointed to the negative effects of not planning a family on the individual, the family, and society, and the view of heavenly religions that support birth control in order to obtain adequate care and attention for children. He also explained the obstacles that may face family planning efforts, such as some misconceptions about male offspring, and a lack of accurate information about the correct use of contraceptives. He pointed to the importance of resorting to specialists to choose the appropriate method for the spouses, and to deal with it with commitment, and to ensure that it is followed up on time and not neglected, so that the desired fruits are borne.

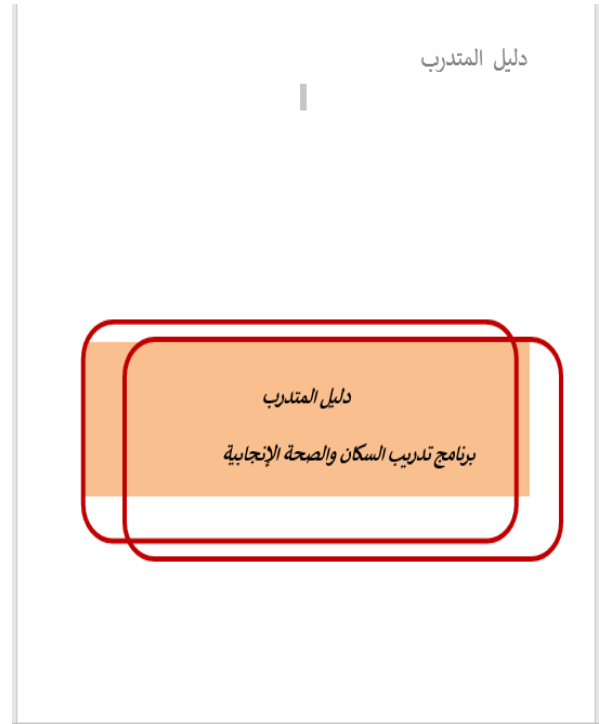
Domain Three: Adolescent Health and the Role of Various Organizations in Supporting Reproductive Health

The third Domain discussed how to support adolescents psychologically and socially by parents, by raising awareness among parents about effective communication methods with their adolescent children, explaining the negative effect of peers on some adolescents, its causes, and how to deal with it through discussion, good listening, and focusing on behavior rather than the individual. Usually, adolescents who have low self-esteem fall into the negative pressure of keeping up with their peers more than others, due to their few friendships and their feeling that they are not wanted in the community of friends and acquaintances. Therefore, we see them excessively imitating their friends because they think that this is the right way to gain their acceptance and love.

This Domain also dealt with the state's efforts to improve reproductive health, and explained the Egyptian state's conviction of the importance of improving the sexual and reproductive health of citizens, and women's health in particular, with the aim of creating qualitative changes for citizens and building the Egyptian person by improving the quality of life. It also explains the state's efforts to make sexual and reproductive health services available in line with the national strategic plan for reproductive health, and the awareness campaigns related to sexual and reproductive health and family planning carried out by the state in various Egyptian governorates.

Awareness of Parents' Guardians on Sexual and Reproductive Health Concepts

A number of parents were trained on the guide at the end of 2023, in various Egyptian governorates. The training aimed to raise awareness among parents in different sectors and governorates on the concepts related to sexual and reproductive health and the population problem.



A training package was prepared for this purpose, which included:

- A trainer's guide that explains how to present the concepts related to sexual and reproductive health in a way that suits parents from different cultures and backgrounds.
- A trainee guide that includes the activities that the trainee carries out during the training days under the supervision of the trainer and in cooperation with different working groups.
- In addition to a pre- and post-test to clarify the extent to which trainees have acquired the concepts related to reproductive health.



1. Competitions, Scientific Groups, School Radio, and Free Reading

The General Administration for Curriculum Implementation and Evaluation, in cooperation with the General Administration for Student Activities, organizes artistic and research competitions on "The Population Problem: Causes, Consequences, and Future Visions" throughout the academic year for all grades, from the first elementary grade to the third secondary grade.

It also contributes to supporting the role of the science group and establishing specialized scientific groups on population in general education schools to research the population problem. It also follows up on activating the role of educational media, especially school radio, to research the population problem and its dimensions. It works to support the role of art education, especially creative drawing, to explore the population problem and its dimensions, while directing expression and dictation classes in the preparatory and secondary stages to the seriousness of the population problem and its future repercussions. It also directs teachers to highlight the issues included in the scientific content, including health and population issues, such as the population problem, as well as activating the role of mental health in schools to raise awareness of the dangers of the population problem in the present and future.

Sex Education in the School Curriculum

The issue of sexual and reproductive health has been included in the educational curricula as one of the important health issues. The following is a report on the curricula that include concepts and issues related to sexual and reproductive health: (Annex (1) includes samples of pages from textbooks in different subjects).

Science Curricula and Sexual and Reproductive Health

Science curricula in the primary education stage present concepts and topics that aim to raise awareness and health education in a way that supports and promotes public health and individual health, health education, and protection from diseases. It aims to achieve and address preventive and curative health issues in particular, in what it presents and proposes science curricula throughout the various school years in a way that supports and achieves health education and takes into account the study of health concepts and disease prevention and helps individuals learn about some diseases and how to prevent them within the fields of health education in completion of that to ensure that the concepts of health education and sexual and reproductive health are covered within the topics compatible with their teaching and in accordance with the desired integration.

Reproductive and sexual health in kindergarten and the first three grades of primary school:

Where this stage, with its characteristics and requirements, allows the individual to get to know everything around him and discover himself and his body (the similarities and differences between him and others, boys and girls) and learn how to maintain his personal cleanliness and health by following sound behaviors that preserve his health for his safety and the safety of others through practicing some simple activities alongside the skills related to individual health and public health topics to raise him healthily by learning about the concepts of cleanliness and personal hygiene and the health of his organs and body and

protection from diseases by following sound behaviors such as (hand washing - body hygiene - brushing teeth) and learning about the importance of (washing vegetables before eating - clean food - healthy food and healthy meals and their types) as well as acquiring good habits by learning the importance of useful daily habits and staying away from harmful or polluting ones and protecting the body from pollutants, microbes and germs to preserve its health, cleanliness and environmental health, which leads to public health. Thus, the child forms general trends through healthy choices and staying away from unhealthy choices to achieve body building and protection from diseases, disease prevention, and protection from infection with germs. As the individual learns how to protect himself from diseases, this is the beginning of his health education by following the healthy behavior that later becomes part of his personality and daily practices to promote health culture at an early age to help himself and others. The content deals with the concepts of the stages of growth of living organisms in general and the stages of human growth, as the child also learns about the concept of the family and its members within the concepts of reproductive health and their number as a beginning to raise awareness of the importance of the family and its organization and the spacing of children's ages.

The kindergarten and primary school stage focuses on a group of concepts related to reproductive health that can be included in accordance with the age group and according to the context of the curriculum topics, including the following:

- Maintaining public health.
- Care/personal hygiene.
- Healthy daily habits and behaviors
- Proper nutrition (healthy food).
- Family members' care for the young.
- Family and family (adults and children) the concept of offspring.
- Stages of growth in living organisms.
- Gender distinction (boy/girl).
- Similarities and differences between (boy and girl).
- Some interests, inclinations and hobbies.
- Some rights and duties

Grades 4-6 Elementary School:

In continuation of what has been taught, students are educated about health by providing them with health information and knowledge and acquiring sound health behaviors and habits so that they can maintain their health and safety and care about food as an essential element to preserve the health of the body and its systems, such as the digestive system. Also by defining the necessary and healthy nutrients that include the important elements for the growth of the body, especially in the early stages of the learner's life, and studying transport in humans and the natural path of blood and the transfer of nutrients and oxygen to the cells of the body and its organs and the circulatory system and obtaining the energy that helps people to carry out various activities, and the importance of ensuring the practice of sports to maintain the health of the circulatory system, by drawing attention and promoting interest in sports activities as they are beneficial to the human body and contribute to its protection from many diseases.

Up to the study of some diseases and their causes and methods of prevention. And the conceptual gradation develops to study health concepts, through the study of knowledge

within the framework of practicing the skills that contribute to students learning about the organs and systems and the specialized function and the function of the organs together to integrate their functions together, and then their integration and work together in harmony, as well as studying the importance of some hormones and how stressful situations can affect human feelings and the role of some systems such as the nervous and muscular systems and some body organs such as the heart in working to confront this stress.

As the learner discovers through studying the effect of the environment on genetic factors that the lifestyle and methods of living and environmental and genetic factors affect the formation of the individual's internal and external, and he learns the effect of genes and their function.

Middle School:

The science curricula in this stage were keen to build on the above and the gradation and growth in formulating the objectives and topics for learners to study the highest and most appropriate level for the stage in terms of completing the study of the body's systems, as the stage allows what it includes of the changes experienced by the learner to study some topics related to health and preventive health and study topics related to the age stage and the accompanying changes such as studying diseases of the reproductive system and prevention in the framework of maintaining health and caring about preventive and curative health issues.

This is done through the learners studying the reproductive system for both males and females, the hormones specific to each type and their importance from a psychological and physiological point of view, and the stage of puberty and its manifestations for both males and females, and the relationship of some hormones to some sexual characteristics in the human body and their functions such as estrogen and progesterone (ovaries), and testosterone (testes). The learner also learns the composition of sperm and the egg, the difference between asexual reproduction in living organisms such as plants in depth, starting from reproduction in plants and the composition of the typical flower and the function of each of the calyx, corolla, stamens, and carpels. He also learns about the sex of the flower and sexual reproduction in plants and pollination and types and fertilization and germination of pollen grains as well as asexual reproduction in plants and its types and sexual reproduction (through mating between two different individuals) male and female by specialized male and female organs. He learns the special composition of each organ - and the organs that make up each organ, as the learner also studies the concepts of fertilization in humans and the formation of the fetus, as well as studying the bacteria that cause some reproductive diseases, where he studies diseases of the reproductive system such as (puerperal fever - syphilis), and learns how to prevent them in the framework of awareness for students and dealing with preventive and curative health issues, symptoms of each of them and methods of prevention from skin and sexually transmitted diseases, as the content discusses the harmful effects of smoking on health and educates learners about its harms to individual health.

The kindergarten and middle school stage focuses on a group of concepts related to reproductive health that can be included in accordance with the age group and according to the context of the curriculum topics, including the following:

- Maintaining public health.

- Care/personal hygiene.
- Proper nutrition (healthy food).
- The male and female reproductive system.
- Reproduction and its types.
- The changes accompanying puberty and hormonal regulation in humans.
- Reproductive diseases and methods of prevention.
- The human genome.

High School:

- The second secondary grade presents in the framework of the subject of health and reproductive health some topics related to it in the subject of biology such as the health of all the organs of the body by addressing more in-depth and specialized concepts.
- Also, addressing some of the higher concepts and the gradation of this concept and maintaining the health of the mother and children and full awareness to preserve the family from all health, psychological and social diseases in this context, a special part on family planning using contraception methods and maintaining the health of the wife, mother, and children was included in the curriculum of the third secondary grade (Biology). The curriculum addressed this with some awareness and explanation in the chapter on human reproduction.
- Additionally, the third secondary grade Biology curriculum covers some explanations related to glands, including reproductive glands and hormones, the health of the nervous system, the menstrual cycle and fertilization, sexual diseases, inheritance of blood types, genetic diseases and disorders, and the accompanying concepts that are explained and clarified in a way that preserves public health and the health of individuals and generations.
- Kindergarten and Secondary School Stage focuses on a set of concepts related to reproductive health that can be incorporated in a manner consistent with the age group and the context of curriculum topics. These concepts include:
 - The essential nutrients for a healthy body and energy production.
 - The functions of the endocrine glands and their importance to humans.
 - Hormones and their importance for both males and females.
 - The role of the male and female reproductive system in reproduction.
 - Reproduction and its types.
 - The menstrual cycle and fertilization.
 - Stages of pregnancy and childbirth.
 - Sexually transmitted diseases.
 - Inheritance of blood types and genetic disorders.
 - Contraception methods.
 - In-vitro fertilization and sperm banks.

Comprehensive Sex Education in Vocational Skills and Home Economics Curricula

Comprehensive sex education is an inclusive approach that addresses the physical, emotional, and social aspects of sexuality, focusing on achieving well-being and quality of life. It provides a comprehensive understanding of sex education based on the availability

of knowledge and the promotion of understanding, empowering individuals to make informed decisions about their sexual health and relationships. It is a multifaceted approach to a fundamental aspect of human life. We can see its importance in shaping a more enlightened and inclusive society. This is integrated into our curricula explicitly and implicitly through life situations from which we draw experiences that achieve this culture. This has become clear in a number of areas in home economics such as family relationships and community safety, motherhood and childhood, nutrition and food science. In light of these areas, many indicators directly related to sexual and reproductive health have been addressed at different stages of education as follows:

- Defines the concept of conscious parenting to address reproductive health issues
- Defines the concept of family planning and its importance to society
- Defines the concept of reproductive health and its impact on achieving community well-being and quality of life
- Ensures adherence to personal hygiene principles to form healthy habits as a lifestyle
- Develops positive attitudes towards addressing social violence in all its forms to achieve a better life
- Proposes innovative solutions to one of the social issues from both rural and urban perspectives regarding gender-based violence (violence against women) such as (early marriage, female genital mutilation, sexual harassment, bullying)
- Innovates practical solutions to reduce the impact of various population growth factors on achieving family stability, whether financial ("the breadwinner woman") or social ("manifestations of social violence against women in all its forms, etc.)
- Identifies practical solutions to many of the problems faced in adolescence
- Finds solutions to one of the family problems arising from the absence of the family breadwinner
- Enumerates the importance of awareness of family life management in terms of managing priorities and employing resources to achieve sustainable development and quality of life
- Explains the impact of the relationship between population growth and the economy and the ability of families to meet their needs and consider sustainable development

These indicators have been included in a number of subject lessons for each grade level as follows:

First: Kindergarten Stage (Level 1 and 2)

- The concept of family and its size was introduced as a starting point for awareness of the importance of the family, its organization, and the spacing of children's ages within it. Personal hygiene was also addressed, as well as general stages of development and the importance of eating healthy foods that include the appropriate nutritional value to obtain energy for daily activities, growth, and disease prevention. Some of the emotions that students may experience at this stage were also discussed, reflecting some of the sub-issues such as bullying and others.

Second: Primary Stage

- The concept of the family was addressed, whether nuclear or extended, and attention was paid to forming a student who is aware of his rights and duties in his

small world, whether it is his family, school, or community. The curriculum addressed the Convention on the Rights of the Child, as well as expanding on meeting the nutritional needs necessary for the requirements of growth at this age and avoiding harmful eating habits that affect general health.

Third: Preparatory Stage

- There was an expansion in addressing these concepts and addressing the physical and psychological changes that accompany puberty and the different characteristics of adolescence, as well as the physiological changes that greatly affect the adolescent's interactions and participation with his family and friends. The importance of personal hygiene and proper nutrition to avoid malnutrition diseases such as anemia (anemia), especially during menstruation (menstruation), was explicitly stated in the third preparatory grade.

Fourth: Secondary Stage

- The curriculum relied on providing students at this stage with educational and scientific information on a number of reproductive health issues such as the issue of female circumcision; where the problem and its dimensions were explained, how to deal with it and criminalize it. As well as the concept of marriage and its importance for family formation, addressing the issue of customary marriage and the resulting social problems, addressing family planning and its importance in protecting the life of the mother and her infant from many health risks, as well as repeated pregnancy and childbirth; As frequent and close pregnancies lead to the birth of underweight babies. A number of sub-issues of reproductive health were also addressed, such as (harassment, family disintegration, the breadwinner woman, addiction), and how to treat these issues and discuss with students practical solutions for them. Attention was also paid to highlighting the nutritional needs of adolescence as one of the sensitive groups due to the physiological changes in this stage that affect the proportion of vitamins and minerals in the body. The lesson addresses iron deficiency as one of the important elements to prevent anemia (anemia), especially for girls, which is one of the sexual health awareness lessons for girls. The curricula also emphasized the importance of family planning and the role of the state in raising health awareness for women (pregnant and lactating) for reproductive and sexual health to achieve free health and medical care.

Social Studies Curricula

First: Fourth Grade Elementary - Second Semester

- The first unit, which deals with population, refers to:
 - The "Decent Life" initiative, which aims to provide all family planning services and provide free family planning means for women, and to raise awareness among mothers about the importance of family planning and its impact on reducing the severity of the population problem in the country and improving the family's standard of living. This is in addition to raising awareness among mothers of the need to care for their health as well as the child's health through regular follow-up at the health units affiliated with the villages targeted by the project. The National Rural Development Project in

Egypt also aims to increase the number of health units in the villages targeted by the project to provide appropriate health care and improve the health of the Egyptian villagers.

- Emphasis on gender in terms of the number (males and females) within the family.

Second: Fifth Grade Elementary - Second Semester

- The first unit, which deals with population, refers to:
 - Emphasis on gender in terms of the number (males and females) within the family, and that the learner distinguishes between the concept of male and female.
 - The gender composition of Egypt's population and its representation on the population pyramid of Egypt, and explaining the percentage of males and females in Egypt.
 - The issue of early marriage and its negative effects on the health of the mother and child, as well as its negative effects on Egyptian society in terms of increasing the population and pressure on facilities and services, and the negative impact on the state's economy.
 - The issue of large families and its consequences on the deterioration of the mother's health and the decrease in the level of care and attention provided to children.
 - The issue of preferring males over females, especially in rural Egypt, and its consequences in terms of large families, increasing the population, deteriorating the health of the mother and child, and lowering the standard of living of the Egyptian family.
 - The state's interest in spreading awareness among citizens about the need for family planning, as well as providing family planning means, providing health care centers to care for the health of the mother and child, and activating laws that criminalize early marriage and child labor, in order to improve the quality of life of the Egyptian citizen.
 - Family values that must be adhered to to preserve family and community cohesion, and defining the roles of the father, mother, and children within the family, which contributes to the building and progress of society.

Third: Sixth Grade Elementary - Second Semester

- The first unit, which deals with population, refers to:
 - The interest of all Arab countries in raising the level of the family, raising awareness among mothers about the dangers of pregnancy and childbirth, and providing ways for the family to live a decent life.

Arabic Language and Islamic Religious Education Curricula

- The curricula in the new system include concepts of reproductive health directly or indirectly. The issue of reproductive health has been addressed in sub-issues and concepts related to the main issue, as reproductive health is linked to the good health of the mother on the physical, psychological, and social levels, and its reflection on the health and safety of children.

- The following is an explanation of the forms of addressing reproductive health in the developed curricula:
 - Employing images to support the issue of reproductive health, as in addressing the number of children; which reflected on their health and happiness, and gave them spaces for play, entertainment, and enjoyment.
 - Highlighting the relationship between healthy habits and achieving general health and reproductive health in particular.
 - Emphasize the need for children to enjoy good health and enough time to pursue hobbies and have a happy time.
 - Raise awareness of the value of science and its importance in achieving general health care and reproductive health in particular.
 - Employing activities that highlight the role of healthy children and their impact on serving their community.
 - Addressing issues closely related to reproductive health such as the issue of harassment and maintaining a safe space shows individuals.

- Some of the concepts included in the curricula are as follows:
 - Proper family health and social care.
 - Healthy foods and balanced nutrition to maintain body safety.
 - Family planning concepts.
 - Exercise to maintain health.
 - Healthy habits to maintain physical and mental health.

Christian Religious Education Curricula

- The Christian education curricula in the secondary stage addressed several topics directly that address the concepts and issues of reproductive health. The issue of female circumcision was presented and Christianity and the church's rejection of the custom of female circumcision in form and substance. The opinions of the Church Fathers on the issue of female circumcision were also presented, as well as the extent of the role played by the Egyptian Church in combating the custom of female circumcision. Focus was placed on the medical complications of female circumcision.
- Among the topics directly and explicitly related to reproductive health is the topic of marriage, where the meaning of marriage, the purpose of marriage, the characteristics and conditions of Christian marriage, and the importance and functions of the family were addressed. The lesson also included the opinion of the religion on the issue of cloning, the issue of test-tube babies, and the issue of abortion in terms of definition and the opinion of Christianity.

Psychology and Sociology Curriculum

- The subject of psychology paid attention to reproductive health and sexual health by teaching a special part about adolescence, addressing the meaning of adolescence - shedding light on the basic demands and challenges in the stage of adolescence - achieving a mature relationship with friends - achieving gender identity - making decisions about the professional future - developing values and moral standards to acquire skills to preserve the physical and mental health of the

adolescent and how to deal with the physical changes that occur with the different stages, thus increasing awareness of sexual culture.

- In addition to the part dedicated to the stages of growth, the factors that affect the fetus in the uterine environment before birth and diseases of the pregnant mother - the mother's food - the mother's exposure to radiation - cases of blood difference - the mother's emotional state - the pregnant mother's smoking - the pregnant mother's misuse of medicines. Growth in the breastfeeding stage - manifestations of growth during the breastfeeding stage - physical growth - mental growth - emotional and social growth and thus master different methods to maintain reproductive health.

Philosophy Curriculum

- The curriculum in the third secondary grade dealt with explaining the issue of artificial insemination and what it raises in terms of ethical questions and legal problems, including:
 - Artificial insemination in the event of resorting to a third-party donor, which raises the problem of the child's identity and his right.
 - In vitro fertilization and what it raises in terms of problems related to changing natural breeding methods.
 - Genetic intervention techniques such as genetic engineering, gene therapy, and genetic testing raise many ethical questions and include many consequences from an ethical point of view such as eugenics, which is the application of social or political pressure on individuals to make reproductive decisions based on genetic data.

Developed English Language Curricula

- The developed curricula within the education development project, including English, aim to develop students' understanding of five basic issues and challenges, the most important of which is the issue of health and population, through which the issue of reproductive health is addressed; This is according to the nature of the class and the level of language proficiency of the students. English language curricula from the first level of kindergarten to the third grade of primary school, and then from the fourth to the sixth grades, are concerned with supporting concepts related to reproductive health indirectly in a way that suits the age group and the language proficiency of the students.
- It begins by presenting concepts of health prevention such as general hygiene and personal hygiene, which ensure healthy growth for male and female students in the first grades. It also explains the importance of healthy nutrition for students and the negative effect of unhealthy food on different devices. Then, activities, drawings, and pictures are displayed that include families of no more than five members (father - mother - 3 children), whether in urban or rural areas, to emphasize the importance of having small families that ensure a happy and healthy life.
- It is expected in later stages to address the concepts of health prevention, preserving the personal space that does not allow for practices such as harassment, the importance of family planning and its great impact on obtaining a suitable life from a health and social point of view, avoiding the problems resulting from population growth, and other concepts related to reproductive health, in more depth in the

following grades with the expected development in the different English language skills.

Mathematics Curricula

Primary Stage:

- The issue of reproductive health was addressed and dealt with by addressing several concepts that are taught in the primary stage from the first grade to the sixth grade of primary school, where the concept of siblings in our family was addressed in the sixth grade in the fourth lesson, representing and interpreting data in the first grade of primary school. As for the second grade of primary school, the second semester: The lesson was addressed Applications of the concept of family planning by explaining the numbers in the family, boys and girls, one of the lessons of the third grade of primary school addressed the concept of the family and the mother's feeding of her children, and the seventh lesson in the third grade addressed life applications on time, while the seventh lesson in the sixth grade dealt with applications on the concept of the family through life applications on addition and subtraction, as well as the concepts included about the concept of the family in the sixth grade for the seventh lesson through life applications on addition and subtraction. Attention was paid to including the concepts through the concepts of cooperation within among family members (example of one of the family members helping his father with household chores) through applications on two-step verbal problems in the seventh chapter, while the fourth grade of primary school, the first semester: The fifth lesson of the second unit included concepts of population through solving multiple-step verbal problems using addition and subtraction, and the third unit in the seventh lesson addressed the concept of public health through applications of measurement.
- The sixth grade of primary school, the first semester, also dealt with concepts of public health, the first unit, the first lesson, using long division in the Domain of the world around us, as well as the concepts related to family relationships, the seventh unit, the first lesson, exploring the balance of data sets, while the second semester dealt with the concepts related to public health, good food and the family through analyzing multiplication and division of fractions and using models to find the whole.

Fields of sex education and basic concepts in the curricula according to age groups and the developmental stage of life.

- Since sexual and reproductive health is the achievement of a state of complete physical and mental well-being, and it also means the ability of a person to enjoy a healthy and safe reproductive life, it is an essential part of public health. To achieve a better level of reproductive health, these concepts must be introduced to children at an early age. Since the percentage of learners in pre-university education stages reaches 25% of the Egyptian population; It was necessary to focus on the role of the school as a center for educational radiation, which can be employed to raise awareness of population and reproductive health concepts, through the integration of population, sexual and reproductive health concepts into the educational curricula and activities that the learner practices.

- To achieve this goal, the Ministry of Education, represented by the Central Administration for Curriculum Development, in cooperation with the United Nations Population Fund, has integrated sexual and reproductive health concepts into educational curricula and activities through a framework and document of standards and indicators for population and sexual and reproductive health to be included in the educational curricula and activities of the preparatory and secondary stages.

The framework may include three sub-fields that fall under the main field (reproductive health), which are as follows:

The first sub-field: Public health and its relationship to sexual and reproductive health

It is based on the importance of sexual and reproductive health and its problems as an integral part of public health (physical - psychological - mental - social), as it addresses many concepts such as (personal hygiene - nutrition - growth - the accompanying changes - pregnancy and childbirth). It also cares about digital research processes on data and reliable information to raise awareness about public and reproductive health, and it also cares about the family and its role in preserving healthy habits.

It includes four sub-standards, each of which is translated into a number of indicators that clarify the target to be achieved in the curriculum content when addressed at different stages according to the material and its nature.

- ✓ Understand the basic requirements of reproductive health and its relationship to public health

It includes a set of indicators that are concerned with the concept of sexual and reproductive health as part of public health, methods and methods of personal hygiene, distinguishing the stages of growth and the factors affecting them, healthy food suitable for different stages of growth and healthy habits, and identifying malnutrition diseases (such as anemia, thinness and obesity) and their relationship to sexual and reproductive health and other indicators that focus on the active participation of the learner and through the practice of types of thinking skills, such as critical thinking as well as problem-solving and decision-making in a way that aims to improve his life and the lives of others.

- ✓ Understand the changes and problems associated with puberty and how to overcome them
 - It includes indicators that include learners suggesting some methods that contribute to overcoming growth problems, as the learner
 - identifies the biological changes that occur during puberty in both males and females and how to deal with them, as well as recognizes the negative impact of some behaviors during puberty on their future health.
- ✓ Understand some sexually transmitted diseases and their impact on health

Through the indicators of this sub-field, learners can identify diseases that affect the reproductive system, as well as identify healthy behaviors to prevent sexually transmitted infections and conduct early detection of serious diseases that affect the reproductive system.

- ✓ Understand the basic principles for maintaining reproductive health

Through a set of indicators designed to clarify the learner's respect for others and ways to protect their body by understanding the term "safe space" and its importance in protecting them from enemies. They will also learn about the manifestations of domestic violence, healthy behaviors and their impact on reproductive health. The learner will also identify, through their studies of related topics, the harms of female genital mutilation (psychological, physical, social) and will learn about the entities that can help when exposed to any form of violence. They will also participate in raising awareness about this topic, and they will learn about the behaviors that indicate sexual harassment (for healthy or disabled children) and how to confront them.

Subdomain 2: Marriage and Family Formation

This subdomain focuses on the standards and criteria necessary to form a model family that achieves family well-being and cares for children in terms of:

- Appropriate family size (children)
- Educational level
- Compatibility (age, cultural background)
- Pregnant mother
- Childbirth
- Available resources
- Family planning
- Use of contraception

This is done through appropriate medical examinations and medical advice. It also addresses some of the problems that a person who is about to get married may face, especially marriage between relatives, and how to treat them.

It includes three sub-criteria, each of which is translated into a number of indicators that clarify the target to be achieved in the curriculum content:

- ✓ **Inferring the correct procedures for the marriage preparation period**

This criterion presents some indicators that show the learner how he/she will learn about the appropriate age for marriage and childbearing. He/she will also participate in raising awareness about the health hazards associated with early marriage. He/she will also identify the importance of premarital medical examination and the role of some institutions such as hospitals and health units in providing premarital medical advice. The learner will also link the relationship between girls' marriage age and sexual and reproductive health and awareness of this, and the relationship between the impact of education and health on reproductive health, and other indicators that clarify the importance and role of both men and women in social and marital life. He/she will also identify the importance of premarital

counseling by the competent authorities. He/she will also learn about the right of persons with disabilities to marry and have children in the light of (their abilities and premarital examinations).

✓ **Learn about the stages of pregnancy and childbirth and their relationship to reproductive health**

The indicators clarify the learner's knowledge of the stages of pregnancy by studying the scientific topics related to the subject, as well as the importance of medical follow-up for the pregnant mother and its relationship to the child's health, and the importance of childbirth in an equipped medical facility (hospital). The learner will also identify cases in which pregnancy is considered a risk to the mother's health, such as (early or late pregnancy, or repeated or close pregnancy), and some family planning methods, and suggest ways to spread awareness about the importance of family planning and its benefits for the family and society, and the role of state and community institutions in raising awareness of this.

✓ **Learn about the requirements of safe motherhood and child care**

The indicators address how the learner infers the importance of proper nutrition for women during pregnancy and breastfeeding, the importance of breastfeeding for the health of both mother and newborn, and participates in raising awareness of this. He/she learns about the dangers of taking drugs and medicines for the mother and child, and participates in various ways in raising awareness about the dangers of taking drugs and drug abuse and their negative impact on health.

Subdomain 3: Family Awareness and Care

This subdomain deals with the state's efforts in the field of family awareness and care, as well as presenting the efforts of local, international and regional (governmental/non-governmental) organizations in family care. And digital and direct communication mechanisms with different entities in the field of family care.

It includes two sub-criteria, each of which is translated into a number of indicators that clarify the target to be achieved in the curriculum content:

✓ **Learn about the state's efforts in family awareness and care and maintaining its health**

Through the indicators of this criterion, the learner will evaluate the state's efforts in the field of sexual and reproductive health in Egypt Vision 2030. He/she will compare the efforts of developing and developed countries in the field of promoting reproductive health. He/she will also use reliable digital sources (Ministry of Health and Population - and the Central Agency for Mobilization and Statistics) in raising awareness about maintaining individual health. In the context of practicing activities, in this regard, the learner will use various and diverse activities such as (drawing - music - theater - poetry - and other activities) to spread awareness about reproductive health and family care.

✓ **Learn about the efforts of local, international and regional (governmental/non-governmental) organizations in family care**

The indicators of this criterion indicate that the learner will learn about and explain the role of organizations concerned with women such as (the National Council for Women - the National Council for Motherhood and Childhood) in promoting sexual and reproductive health. He/she will also explain the role of these institutions in helping couples with family planning. The indicators also clarify the learner's awareness of the importance of communicating electronically with some service agencies to obtain information on sexual and reproductive health that helps him/her and others in reaching the information on the subject.

Methods of Implementing (Integrating) Sex Education into the Curriculum (Whether as an Independent Subject or Integrating Concepts into Multiple Courses and Identifying Them):

Sex education and reproductive health are crucial topics that have gained significant attention due to their profound impact on various aspects of societal life. They form an integral part of comprehensive health education, recognizing sexual health as an inseparable component of overall well-being. To address this importance, Egyptian curricula across different stages and grades strive to provide students with accurate and age-appropriate information about sexuality and reproductive health, empowering them to make responsible decisions regarding their sexual well-being.

Within this context, two main approaches have emerged for integrating concepts related to sexual health, reproductive health, and sexuality into Egyptian curricula:

- 1 .Dedicated Sex Education Course: This approach involves establishing a separate course specifically focused on sex education.
- 2 .Integration into Existing Subjects: In this approach, sex education concepts are seamlessly integrated into various existing subjects, such as biology, health science, and social studies.

The Egyptian Ministry of Education and Technical Education has opted for the second approach, integrating sex education concepts and topics into various subjects across the curriculum. This decision stems from the recognition of the far-reaching and sustained impact this approach has on students.

Egypt's Ministry of Education and Technical Education has chosen the integrated approach to incorporate sexual and reproductive health concepts into the curriculum. This approach allows for a broader and more sustained impact on students, enabling them to acquire knowledge, values, skills, and positive attitudes necessary for making informed health decisions. Concepts of sexual and reproductive health, sexual harassment prevention, and physical violence prevention have been directly and indirectly integrated into the basic education curriculum, starting from kindergarten to the end of secondary school. This is achieved by incorporating sexual and reproductive health education into existing subjects and activities according to the educational context, from kindergarten through twelfth grade.

The new curriculum, developed as part of the Education Development Project, includes sexual and reproductive health education as part of comprehensive health education under the overarching issue of health and population. This is done through a matrix of key concepts branching into sub-concepts, which are integrated into various subjects according to their nature and the students' age stage. This approach starts with multidisciplinary discovery books in kindergarten and extends to separate subjects such as Arabic, English, and mathematics in the first three grades of primary school. Topics and activities cover various stages of development, emphasize healthy habits, and promote body protection to prevent harassment and similar issues. This approach is further expanded and deepened from fourth to sixth grade, with plans to increase specialization in sexual and health education in preparatory stages. Curriculum developers are provided with the framework as one of the resources for building the new curricula.

The existing curricula for preparatory and secondary stages have expanded on addressing these concepts during the preparatory stage in subjects that allow for deeper and more specialized exploration, such as science and home economics. The study covered the human body systems and topics related to the age stage and the accompanying changes, such as studying reproductive system diseases and their prevention within the framework of health preservation. It also addressed preventive and therapeutic health issues through the study of the reproductive system for both males and females, the hormones specific to each gender, their psychological and physiological importance, puberty and its manifestations for both genders, as well as studying bacteria causing some reproductive diseases, their symptoms, prevention methods, and addressing some concepts related to maternal and child health, complete awareness to protect families from all health, psychological, and social diseases. There was also a section on family planning through contraceptive methods and maintaining the health of wives, mothers, and children, as well as studying reproductive glands, hormones, menstrual cycle, fertilization, and sexually transmitted diseases.

The physical and psychological changes accompanying puberty and the different characteristics of adolescence were also studied, focusing on the importance of personal hygiene and proper nutrition to avoid nutritional diseases such as anemia (iron deficiency), especially during menstruation. The issue of female genital mutilation was also addressed, along with the concept and importance of marriage in forming families, discussing customary marriage (arranged marriage in some contexts) and the social problems resulting from it. Family planning was also discussed, in addition to several topics related to sexual and reproductive health such as harassment, family breakdown, female breadwinners, addiction, and how to treat these issues and engage students in practical solutions.

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

The goal of integrating concepts related to sexual and health education into Egyptian curricula is to equip students from a young age with the knowledge, values, skills, and positive attitudes they need to make informed decisions about their reproductive health in the future. This includes protecting their physical and emotional well-being, making responsible choices regarding sexual and reproductive health, and understanding and respecting the rights of others.

Therefore, it is crucial to link sexual education with general health and physical activity as a whole, considering it an integral part of overall health. Consequently, students are provided with the following throughout different educational stages

Accurate and age-appropriate knowledge about sexual behavior and their sexual and reproductive health, which is critical for their health and survival. This includes various topics related to sexual behavior and sexual and reproductive health for all stages of childhood and adolescence, such as bodily autonomy; anatomy, puberty, and menstruation; pregnancy and contraception; and sexually transmitted diseases

Developing a positive attitude towards sexual education as part of general health, accepting and respecting one's sexual identity, especially for girls, understanding the privacy each gender holds, and the ability to correctly fulfill social roles related to gender

Providing learners with the skills and knowledge necessary to protect themselves from sexual assault and exploitation appropriate to their age and encouraging them to report any cases of abuse they encounter.

- A proper understanding of sexual education that extends to include:
 - Building positive and safe communication with parents and siblings.
 - Building genuine and healthy relationships with friends, navigating peer pressure, and knowing how to reject inappropriate behavior.
 - Understanding the difference between sex and gender. Sex refers to biological characteristics, while gender relates to personal identity. This includes exploring the connection between gender and societal expectations for women and men, along with issues of gender equality and gender-based violence.
 - Recognizing and responding to bullying within schools. This empowers students to protect themselves from bullying, harassment, or sexual assault in all its forms, and to seek help when necessary.
- Knowledge about the reproductive organs of both genders, the physical and psychological changes during adolescence and puberty, pregnancy and childbirth, family planning methods, body image, and self-acceptance.
- Information on the transmission and symptoms of STIs.

Therefore, it is natural to begin sexual education from early stages by addressing topics that help young learners understand their bodies and identify their feelings and emotions. This can be achieved by discussing family life, different types of healthy relationships, decision-making skills, and the basic principles of how to act in case of violence, bullying, or abuse. As students progress through the educational system, the concepts related to sexual and reproductive health are discussed in more depth, aligned with the nature of the academic subjects. This methodology emphasizes:

- Gradually introducing concepts related to sexual and reproductive health, starting from primary school and progressing to high school according to each age group's developmental stage.
- Utilizing activities and discussions that are sensitive to Egyptian societal culture and encourage critical thinking among students.
- Integrating life skills training alongside accurate information to help develop positive attitudes naturally and deeply. This should also provide students with resources and ways to seek help if needed.
- Collaborative efforts within and outside the school are crucial to ensure a safe learning environment for sexual and reproductive health education. This requires cooperation between school administration, teachers, parents, and potentially trusted community organizations.

Evaluation of the State's Experience (Challenges and Achieved Successes):

Recognizing the school's vital role in sexual education and health awareness, the government has successfully integrated age-appropriate concepts related to sexual and reproductive health into the curriculum. This represents a significant step forward, equipping students with essential knowledge about public health, reproductive health, and responsible decision-making. The curriculum also promotes respect for sexual diversity and reinforces social cohesion and human rights principles.

Key guidelines for integrating these concepts include:

- Age-appropriate content: Concepts are introduced progressively, starting with basic information in elementary school and progressing to more detailed information in secondary school.
- Scientifically sound content: Information aligns with both religious and scientific principles.
- Functional application: Concepts are presented in a way that helps students understand themselves, their world, and how to interact with others effectively.
- Parental and community involvement: Awareness programs are developed to engage parents and the community in discussions about sexual and reproductive health.

Despite these successes, challenges remain:

- Parental comfort levels: Some parents may be hesitant to discuss certain aspects of sexual health with their children.
- Student apprehension: Students may feel uncomfortable talking about sexual health topics.
- Misinformation and misconceptions: Students and parents may be exposed to inaccurate information.
- Multiple information sources: Students may rely on unreliable sources of information.

In conclusion, the Ministry has taken effective and successful steps to integrate concepts, skills, and issues related to sexual and reproductive health. This will continue to be further developed in the coming years.

Future Expectations of the State Regarding Sexual Education:

The Ministry of Education recognizes that education is a national responsibility. Their goals include promoting health awareness, national belonging, and critical thinking skills. Integrating sexual and reproductive health education aligns with these goals by contributing to a healthy and informed citizenry. The Ministry works collaboratively with other government bodies and NGOs to develop the curriculum further.

The Ministry's strategic plan focuses on preparing individuals for future life and learning, aligning with national development goals. This includes studying crucial topics like water security, population issues, and environmental sustainability. By integrating these topics into the curriculum, students gain a deeper understanding of these challenges.

Given the importance of education in building a strong nation, the Ministry emphasizes educating young adults about sexual and reproductive health. They view this as essential for individual well-being, societal stability, population control, and fostering a healthy and productive society.

To achieve these goals, the Ministry plans to:

- Organize workshops and seminars on reproductive health, family planning, and population issues.
- Provide informative resources in school libraries for students, teachers, and parents.
- Include topics such as family planning, risks of early marriage, gender-based violence, and responsible decision-making in the curriculum.

By implementing these strategies, the Ministry aims to create a comprehensive sexual and reproductive health education program for students.

The minister highlighted school radio, cultural competitions, and artistic activities as ways to raise awareness about population issues. He emphasized the crucial role of teachers and social workers in implementing these strategies across schools.

The Ministry of Education recognizes the need to empower learners and build their awareness. They plan to achieve this by:

- Organizing training sessions for teachers and social workers on reproductive health issues.
- Collaborating to integrate sexual and reproductive health topics into the curriculum.
- Holding events to raise student awareness about population issues.

The Ministry's ultimate goal is to create a supportive environment where young people, especially girls, can make informed decisions. They aim to achieve this by:

- Enhancing cognitive and cultural skills.
- Building social, health, and economic skills.
- Linking concepts like maternal health, family planning, and gender-based violence.

The Ministry acknowledges the importance of broader participation. They aim to achieve this by:

- Expanding involvement of religious groups, media, and service providers.
- Engaging youth and girls in raising awareness about gender-based violence.
- Utilizing interactive methods and expanding pre-marriage counseling programs.
- Launching campaigns to change harmful behaviors and raise community awareness.

Additionally, the Ministry emphasizes:

- Enhancing capacities of local institutions to provide comprehensive sexual and reproductive health information and services.
- Improving human capacities through learning management systems and digitizing educational materials.

- Expanding youth-friendly health care services and specialized local response services to address gender-based violence.
- Strengthening coordination, monitoring, and evaluation systems to provide accurate data and support services.
- Raising community awareness about available services to support individuals and address harmful practices like domestic violence and early marriage.