

Analysis and Suggestions on the Existing Problems of AIDS Health Education for Chinese Adolescents

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Abstract: AIDS is spreading faster and faster in China. Strengthening health education is an important way to prevent the spread of AIDS, and is also the main means to control the growth of AIDS population. From the current situation of health education on prevention and treatment of AIDS among adolescents, there are still many problems, which is also the main reason for the increase of AIDS infected young students year by year. Therefore, it is necessary to formulate corresponding solutions to the problems existing in the current health education on AIDS prevention and control among adolescents, so as to further improve the effectiveness of AIDS prevention and control education for adolescents, strengthen the health education for adolescents, and reduce the HIV infection rate of adolescents.

Key words: Youth; AIDS; Health education

Publication date: December, 2020

Publication online: 31 December, 2020

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1 The existing problems

1.1 Lack of AIDS prevention knowledge and awareness

Curiosity about sex is a normal symbol of humanity. However, due to various reasons, for a long time, China's youth sex education has been in a state of imbalance between sexual knowledge and the implementation of education. This has led some teenagers to fail to protect themselves properly or even lack awareness in some cases. At present, sexual behavior shows the trend of young age, coupled

with the more open concept of sex, especially young students are in the high incidence of sexual behavior. However, the group still lacks knowledge of sexual and reproductive health, awareness of HIV infection is not strong, and knowledge of prevention and control is lacking. AIDS is highly likely to spread in adolescent sexual misconduct and unclean relationships. Some experts say that "sexual ignorance" is an important cause of AIDS infection among young people. Ignorance at this time, not only includes the spread of AIDS knowledge, but also should include the degree of awareness of AIDS, aware of the importance of AIDS.

1.2 A single form of school education

The prevention and education of AIDS among adolescents has been marginalized and white-hot. Although the Ministry of Health and the Ministry of Education put forward the views on aids prevention education in schools, but the implementation of a large deviation, some school leaders and related departments for AIDS prevention knowledge health education is not very important, especially in secondary schools, by the middle school entrance examination, college entrance examination, etc. , the school will put more energy into the students' theoretical knowledge education, in the comprehensive quality training of young people there are certain deficiencies, not to mention AIDS prevention knowledge health education network. The curriculum, teaching materials and training on sex education set up in schools do not meet certain educational requirements. Schools in the form of AIDS prevention and control education are in a single form, some schools attitude towards AIDS, education and publicity efforts are out of

step, education methods are simple, especially through simple oral explanation or the publication of brochures leading to poor AIDS prevention and control knowledge education results. Some schools do not pay enough attention to the prevention and treatment of AIDS among young students, fail to implement effective measures, and do not carry out effective implementation and intervention. Schools are not clear about the important position of children's parents in the prevention and treatment of sexual diseases, and cannot effectively combine school education with family education. For less developed schools, such as remote areas and ethnic areas, there is no emphasis on AIDS prevention and control education, which also makes AIDS prevention education cannot be fully carried out throughout the country.

1.3 Inherent cultural and ideological barriers

Experts say that one of the main contradictions in sex education for young people in China is that the national policy attaches great importance to the contradiction between family and school education. At present, china's participation in youth sex education, including education departments, schools, communities, health departments and other relevant departments have not formed an effective education network system. Many parents in family sex education still think that sex education and AIDS prevention education have nothing to do with them.

Limited by cultural and ideological factors, parents and teachers do not know how to talk about sex, shy to talk about sex, which is China's AIDS education and sex education slow progress of an important reason. The lack of family education is influenced by traditional ideas. Parents tend to pay attention to their children's academic achievement, but neglect sex education. They believe that when children grow up, they will naturally understand that there is relatively little sex education in direct education. This means that adolescents receive little systematic, comprehensive and correct sex education, which is bound to affect the quality of AIDS prevention education.

1.4 The induction of a bad social atmosphere

Some adolescents, lacking the necessary discernment, are victims of dangerous behavior by those in society who spread bad information and distorted values to society for a variety of purposes. As we all know,

another form of HIV infection is blood transmission, which is also one of the important causes of HIV infection and morbidity in adolescents. Today, China's drug users have been close to a million times, although the proportion of young people is relatively small, but drug use does increase the risk of AIDS among young people. Drug users choose intravenous venom, coupled with the financial difficulties of drug users, who often share needles and syringes, which opens the door to the spread of AIDS.

2 It is recommended that

2.1 The implementation of professional science aids prevention education and sex education

Recently, the National Health and Wellness Commission and the Ministry of Education and other 10 departments jointly deployed to strengthen the new era of school AIDS prevention education work, issued the "Stop the spread of AIDS implementation program (2019-2022)", the "student AIDS prevention education project" included in the ranks of education. Let young people receive sex education and AIDS prevention education earlier, which is an important node for AIDS prevention and control. To improve the comprehensiveness and effectiveness of sex education, we should involve from the sexual physiology, sexual psychology and so on, we can make more young people avoid the harm caused by AIDS.

True sexual knowledge should be scientific and systematic. Health education is not only a simple acquisition of knowledge the content of education should be based on the acceptance of young people of different ages and group characteristics as the guide to teach. To this end, the Qing love project has set up the relevant courses. For example, at the primary school level, students of all ages are more targeted based on everything from "Where do I come from" to "How to prevent sexual assault" to "What's different between male and female students"?

To integrate sex education and AIDS prevention education into the compulsory education system, so that AIDS prevention has become a compulsory course for every child. Let them "prevent AIDS" become a fixed word and hot word in education, not just on the day of AIDS and emphasize that health education for students needs to be consistent.

2.2 Improve the importance of AIDS prevention education and innovative forms of education

Schools should not only undertake the task of teaching theoretical knowledge, but also take on the responsibility of educating people. In the new era, the number of young people infected with AIDS is increasing year by year, schools must pay attention to this problem and strengthen health education. On the one hand, schools should fully realize the importance of AIDS prevention training for adolescents, change the previous educational concept, enhance the urgency of prevention education for adolescents, combine with the new environment, carry out special knowledge courses on AIDS prevention, and carry out regular AIDS prevention and education activities. On the other hand, schools must also take advantage of various opportunities to promote AIDS prevention and control knowledge, according to different stages of students to take different ways, such as AIDS lectures, special classes, campus publicity, board newspapers, AIDS prevention and control knowledge contest, etc., at the same time, the school can also be specifically for AIDS recording related content video, so that they through image, life to understand AIDS prevention and control knowledge. Case studies can improve young people's awareness and attitude towards AIDS and change people's attitudes and attitudes towards AIDS. Peer education activities are carried out by schools to improve the immunity of young people to dangerous behavior, promote the development of life skills, fully implement AIDS prevention and control publicity and education measures, and carry out in-depth AIDS prevention and control knowledge publicity and education activities. We will fully implement the document "Incorporating sexual and reproductive health education into the compulsory education curriculum" in the Outline for the Development of Children in China (2011-2020) and incorporate the curriculum of sex education into the education policy.

2.3 Break the inherent cultural thought of the bondage

In practice, for children's reproductive and sexual problems, parents should use language and methods acceptable to their children to deal with and guide them: that is, pay attention to the development of good health habits, keep the body clean. Schools and communities can organize lectures and distribute

brochures to make parents aware of the importance of family education and provide appropriate advice and guidance for child sex education, and parents can learn to face the reproductive and sexual problems raised by their children.

Parents should guide their children to understand the negative effects of AIDS, underage pregnancy, sexual harassment, etc. In adolescence, parents should also correctly guide their children to face physiological changes peacefully, eliminate adolescent restlessness, and persuade their children to face physiological changes peacefully, to eliminate and avoid the irritability of young people. At the same time, parents need to actively cooperate with the school health education, guide children to realize that sexual behavior is the most important way to spread AIDS, learn the relevant prevention and control knowledge, self-esteem and self-love, to avoid being infected by others. Sex education can not only solve the problem of the spread of AIDS, but also enable children to protect themselves, at different stages of life to make responsible decisions, to become a healthy and happy person.

2.4 Purify the social atmosphere, increase social intervention

At present, the prevention and treatment of AIDS among adolescents is mainly health education, but the use of multidisciplinary, integrated intervention may be a trend. Through community units, health institutions, charitable units, media organizations, as well as volunteer organizations, etc., to mobilize people from all walks of life, all sectors of the community to participate in creating a healthy environment for young people to grow up. It is also possible to adopt an operational mechanism of the China Center for Disease Control and Prevention (CDC), school responsibility, multi-sectional cooperation, the project is initiated by schools, families, municipalities, health authorities, health institutions, municipalities, police and chambers of commerce have an obligation to cooperate and actively participate in the common development of AIDS education for young people. Social health care departments, relevant educational institutions, CDC and so on need to participate in the youth AIDS prevention publicity and education, with the help of radio and television, newspapers, the Internet and other means, for young people to promote

AIDS prevention and control of all knowledge, and effectively improve the concept of youth safety prevention. In China's education system at all levels, the treatment of sex education, AIDS prevention knowledge into the classroom, improve the prevalence of the basic knowledge of AIDS. Reduce the risk of HIV infection among adolescents. In addition, all departments should strengthen cooperation, pay attention to combating illegal activities around schools, strengthen the monitoring of illegal acts such as drug abuse and drug abuse among young people, create a good atmosphere around schools, and lay the foundation for the good growth of young people. At the same time, the establishment of a special inspection team, responsible for the district of schools, communities, shops around the school to carry out indefinite visits and investigations, real-time grasp of the relevant departments of AIDS health education landing situation, the establishment of a scientific and reasonable evaluation and supervision mechanism for outstanding departments to stimulate.

We not only need to learn from the experience of developed countries on AIDS education for young people, but also on this basis according to local conditions, combined with the actual national conditions of the relevant parties in China, innovative effective and targeted educational countermeasures. It's not just about the country. It is about each and every one of us. This requires the strength of our whole society to fight AIDS, especially among young people.

Youth is the hope of the country, to protect young people, away from AIDS, it is urgent. Youth AIDS prevention education, there is a long way to go.

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