

Teaching Boys and Girls the Same Thing at the Same Time



Deciding whether to opt for a single sex or a co-educational setting for relationships, health and sex education is a worry for many parents. There is no easy answer – it depends on both the child and the school in question.

It is best practice to teach children together for a number of reasons:

- Talking about puberty and sex education with boys and girls together removes the stigma and mystery of the topic
- Boys and girls learn to communicate with each other about sensitive topics as they will need to if and when they develop intimate relationships in the future
- Boys and girls can learn from each other's perspectives when they discuss topics together
- Pupils have an opportunity to develop empathy for the changes and challenges experienced by both sexes
- This approach ensures that the sex education provided to both sexes is the same
- In combined classes, boys and girls tend to behave in a more mature manner in order to impress each other
- Children are not assigned to a group or class that doesn't align with their internal sense of gender (gender identity) or external expression of gender (gender expression)