

Blog for Sex Education for Teenagers

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Abstract

Mexico has a growing number of unwanted pregnancies in teenagers. The government family planning programs have failed in more than three decades to reduce the number of teenage pregnancies. Besides the problem of poverty in which men and women live are defined as adolescents by obvious physical changes resulting from puberty, but both actually remain socially, emotionally and economically children exercising their sexuality in a world with enough information, but most of it confusing. The Voluptuosidades Blog is a pedagogical virtual space for cross sex education through the Information Technologies and Communication, highlighting the formation of an erotic nature, the feelings (what I feel? Why I feel this way? And How it feels) and nutrition of the subject as self-affirmation. The blog will feature interviews, videos, informational text, instructional material and a chat that allows teens obtain the necessary information about sexuality from a perspective that teaches the importance of the body and its care.

Keywords: feelings, body, eroticism, nutrition, education, pedagogy human rights and health

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Introduction

Still do not know if globally we agree to have the same problems in sexual education. In Mexico teens have a lot of information about sexuality, but not because it is too much means it is important. The majority is full of stereotypical messages about eroticism and images that reduce the sexuality to an intercourse. But you cannot fight all this information that soaks to the teens in an uninformed and confused sexual education. Treat to block any information that does not propose a healthy sexuality is not sufficient and would even exhausting. Added to this we have an increasing number of pregnant girls from twelve years old, and further with socioeconomic problems in Mexico. The poverty in entities in Mexico is also factor but not the only one of this growing number of teenage pregnancies. Still do not understand the reason for this. It is true that those who have access to internet services are not the poorest, but a good number of teenagers looking into so-called "internet coffee" (businesses that sell internet usage by certain time) or at home, and spend their time surfing in internet for searching entertainment, do homework and to solve personal questions.

In Mexico the blogs have not been successful like in other countries, but in the last year the quintessential video blogs have been central to report on what is happening in the country. Talking about sexuality in a blog should be taken responsibly. Therefore, education is the main objective of this blog, informing adolescents about sexuality but with a responsible sexual education forming its erotic nature, his nutrition and his sentimental character. I reiterate that not all teenagers have home access to the internet, but the blogs may be used as a teaching resource in schools, which itself has access to internet or even the teachers could download the video and share it to students or may be used in any class as a teaching support.

The blog is called *Voluptuosidades* that means the enjoyment of sensual pleasures, both the sensations of the senses as sexual desire. The word comes from *Voluptas* daughter of Cupid and Psyche. The Blog development involves a utopia because utopias have the wealth to gather science, art, technology and philosophy and also make a review of the current state of things. The subject is disoriented before a lot of information about sexuality so a new discourse is necessary for improved to him, it is a right.

My statements in principle may be stated as follows:

- If the teenagers are more informed about their sexuality can make accurate decisions to benefit their health and their life project; provided that the information is designed in educational terms.
- Without body there is no sexuality so it is necessary to promote a culture of pampering, a physical culture that consider that the body is the main actor in sexuality and care is essential.
- Intercourse is not synonymous of sexuality. To think that sex is only the issue of sexuality is a mistake; as well as reduce the eroticism to pornography. Erotic is a feeling and like many others feelings involved in sexuality; this sensual love hits specifically on sexuality. The erotic enjoyment must be directed to be fairly pleasant and avoid selling of pictures, words or erotic activities as universals or that infringe basic human rights.
- When we offer sex education is not enough with provide contraceptive technology without incorporate sentimental education. Feelings do not only live when we are

happy, they are also of displeasure and recognizing and understanding about our feelings can lead us to a state of wholeness, in which all feelings are part of the human experience.

The idea is that the blog is a space where the teenagers could watch, listen and obtain information on countless issues of sexuality. Information by and for everybody with quality and legitimacy. As an educator I care more about what is not said than what is said. This is because the first is an opportunity to propose, through the blog, of living a more informed sexuality and the second is already in the network and is difficult to change. So to cope to this information that eventually forms the teens subtly, is necessary to design and create spaces that promote a healthy and happy sexuality. The pedagogy seeks a sense of common welfare for all.

The feelings affect the person and are central in the experience of their sexuality. The problem is perhaps that many of these, that produce pleasure in specific, are sold as products that promise us joy, success, acceptance, status, sense of ownership and even love, but we are only consuming products and our body lives for a while very short a feeling of pleasure through a dress, a drink, a food product or an object, maybe when I finish the effect of this emotion will produce the opposite of what made us happy. Socially tell us what we feel? and how we feel? is part from pedagogy that changes the ideology; because education is the way to make an ideology and all have emotional and sentimental education, the proposal is to create educational alternatives through a different speech to modify this naive perception of reality or false consciousness about sexuality that is part of the ideology we have formed, ideology which is established at the moment we seem natural.

The fundamental aspect for the development of information in the blog is language. The language informs but also communicates and expresses. To counteract precisely everything that is said and what is not said, what is hidden, what is denied about sexuality in virtual spaces, is that language is fundamental space to transform the current hegemonic forms.

At the beginning I mentioned the purpose to forge the nutritional status, the erotic character and the feelings. Now I'll explain. Let's start with the nutritional status how does sexuality with nutrition? In principle, I mention forge each of these aspects because that's what it takes, forge them it's not as simple as we think, because from birth we are shaped. If the body is essential to the exercise of sexuality, it must be careful as best as possible. In Mexico has increased the level of obesity, especially in children. The cuisine of the country is abundant and rich in nutrients, but has been modified the intake and eating habits due to various factors, including the inclusion of excess or greasy foods that are not part of our original culture. The proposal therefore discussing sexuality has to start from appropriating our body and spend time with their care. Seriously think about what we consume every day and how we exercise with Dietetic that is a philosophical discipline of food ethics about how we orient our nutrition and recognize that our body is not a possession but a heritage and establish our biocorporal consciousness.

On the other hand, for forge the erotic character, first we must take into account the dimorphism sexual that beyond our sexual preferences, men and women are not equal but can demand equality of rights and obligations. Forging the erotic nature can be made through technologies of the self and an erotic literacy. Technologies of the self-

allow that an individual perform by his own or with the help of other features, a number of actions on your body, your soul, your behavior or way of being, getting a transformation of themselves and an achieve state of wholeness. That is, technology refers to how a person acts on itself.

At birth the first thing that the doctor sees are the genitals. The doctor identifies whether we are male or female and this classification is only the beginning of an education from the sexual dimorphism. To forge the erotic nature must also be established what is not. We cannot assume, no way, that the experience of sexuality has no limits and that by exercise of this enjoyment, everything is allowed. By contrast, the erotic enjoyment, enjoyment of sensual pleasures has limits that could even be universals. Each society requires and provides the rules on the exercise of sexuality which may or may not agree, but truth is that there are limits that must be legally established such as the exploitation of persons for the sex trade. Forced sex is not part of the sexuality health. That is why I insist that erotic pleasure is not a world where everything is possible, where everything is allowed, but the enjoyment of sensual pleasure is a range of respect for human dignity. People have a right to know that eroticism involves more than sex.

Finally forge the sentimental character requires analysis three elements in this order: Emotion, Feeling, Will. The emotion when it becomes more complex becomes in a feeling and Will is moved by emotions and feelings. The will, feelings and thinking always are hinged. As an educator I must first make a critical analysis, a reflexion of the sentimental styles and a critical examination of the sentimental education, establishing statements in principle about pedagogy of the feelings and pedagogy of the sexuality, that they are not the same thing. Sexuality is body and feelings, so that when the erotic character, nutrition and sentimental character is forged, should be considered a transversal education. Sentimental Education is what we feel and purpose is to be happy as much as possible, understanding that our bodies are alive and depend so much of feelings of pleasure as feelings of displeasure.

Conclusion

Sexuality does not start in adolescence begins at birth and is projected towards all aspects of the Human Being. The pedagogy seeks the common good and that's why we must engage in sex education, proposing alternatives from pedagogy of sexuality that is more than sexual response or sexual disorders are the enjoyment of sensual pleasures. The blog Voluptuosidades is a pedagogical proposal for intervention in the classroom which should expand to another spaces not only academics.

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