

# Exploration on the Promoting Factors of Puberty Health Education and Service Mechanism under the Background of Healthy China

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**Abstract:** In this paper, under the background of healthy China, taking Qujing as an example, the promoting factors of puberty health education and service mechanism were actively explored, and the virtuous cycle and harmonious development of the puberty health project were promoted, thereby achieving the goal of enhancing the sex and reproductive health level of the young people. Besides, multiple sectors have jointly built the new approach for puberty health education and service, which is fit for the localization and meets socialized demand.

## 1. Introduction

The 2030 Healthy China Planning Outline strategically deployed and formulated by the Fifth Session of the Eighteenth Central Committee of the CPC has clearly proposed to vigorously promote the construction of healthy China. Starting from the overall layout of five-in-one and the four-pronged comprehensive strategy, the outline also proposed to protect people's health with all strength, to substantially improve the health level, and to promote the improvement of health equality. Thereinto, the youth group is the future of Chinese construction and development, as well as the hope of standing towering like a giant and rejuvenation of the nation. In order to promote better, faster and stronger development of the youth group, the CPC Central Committee and the State Council issued the Medium and Long Term Youth Development Plan (2016-2025), which requires to focus on strengthening the implementation and development of two major tasks of "youth health" and "youth love and marriage" in development field, development goals and development measures. Therefore, health education and service work for youth group is directly related to the key deployment and successful realization of the great rejuvenation of the Chinese nation and the Chinese dream.

## 2. Further improvement of the policy environment

China's political community has been actively advocating and supporting to carry out puberty health education on young people. In 1973, already ill, Premier Zhou entrusted the medical scientist Mr Wu Jieping to help Beijing Bureau of Education organize the compilation of health textbooks, and proposed that puberty health education is an important link of the growth of young people, from which young people can benefit for life. In the 2003 National People's Congress and Chinese Political Consultative Conference, a number of representatives proposed that schools should actively set up sex education course, and make it a compulsory course, thus dramatically changing the status and role of puberty health education in the major education system, and causing more social groups to reflect on sexual and reproductive health education on adolescents. In 2008, the Ministry of Education approved and issued the Guidance Outline for Health Education in Primary and High Schools, and detailedly stipulated the puberty health education indicators to be met by primary and secondary schools. In 2011, the Ministry of Education issued the basic requirements for psychological health courses of general institutes of higher education, thus further implementing the puberty health education work and breaking the situation that people avoid talking about "sex" and the study of "sex" stagnates in colleges and universities. With the idea and principle of the new public service, the function of the government is no longer "operate the rudder", but "serve", relevant functional departments should continue to build the policy environment and public opinion

environment for puberty health education and service work, so that the faculties can truly become professional, systematic and sustainable leaders and organizers of puberty health education and service, the problem of sex and reproductive health facing young people can be really solved, self-improvement can be constantly made, and young people can better achieve a healthy, happy and harmonious life.

### **3. The establishment of sex education service organization**

Various kinds of social groups, social organizations or non-governmental organizations should actively respond, participate and promote the research institutions aimed at young people's sex and reproductive health, and they should play a pioneering and leading role in the industry sector. As early as 1990s, the national population and family planning commission, China Family Planning Association, China Population Welfare Foundation, Ford Foundation, MSIC and other organizations participated in the service and studies on sex and reproductive health of youth groups, especially student groups, migrant women, rural women and young people in areas with high prevalence of HIV in nearly 30 provinces and cities in the country. The results were relatively obvious, and provided the modes and methods of puberty health education and service for different classes of young people. But at present, indigenized sex education service organizations suitable for local community are lacking in China, and community population's participation, sharing and linkage have not yet been truly embodied in the public service field. Therefore, to help community population learn puberty health education and service can meet the needs of their family growth and care, and besides, community population themselves are builders and energy stations that meet such needs. Therefore, community vision should be integrated and expressed, and the potential of community population should be given play to, so as to build service organizations that can enhance the sex and reproductive health level of local young people.

### **4. The continuous improvement of social service system**

First, the monitoring of new media urgently needs to be strengthened. The descriptions of sex made by traditional media are mostly stigmatized or labeled, such as "has it started? It's over", "women need to keep virginity, but it's not the case for men", "premarital sex is an embodiment of sexual enchantment" and other wrong sexual concepts. Additionally, with the virtualization and exaggeration of sexual behaviors in movies, TV plays, books and newspapers, although young people's sexual fantasies have been stimulated to a certain extent, young people's sex-related offenders or sexual crimes were induced, which exerted long-term and adverse influence on young people and their family. Therefore, strengthening supervision and control over the major media is necessary, more importantly, the public opinion guide function of important media should be given play to, correct sexual responsibility education, sexual rights education, sexual morality education and sexual ethic education should be actively advocated, thus eliminating sexual mystery and ignorance from the root, and narrowing the wide gap between the leap development of biotechnology and the evolution of modern civilization. Second, the "four-in-one" puberty health education and service system should be built. "Four-in-one" mainly includes four aspects of family education, school education, community education and social education, and it stresses that family is an important place for young people's early socialization, sex enlightenment education should occupy an important position in parental education; school is the main position for young people's resocialization, the students' subjectivity and initiative should be played, especially the influence and appeal of peer group should be focused on, the perspective and vision of adolescence education and health care should be expanded, efforts should be made to promote young people to learn to manage their "sex" and win respect and recognition among their peers; community education and social education are powerful supplements to puberty health education, so seeking out the direction of puberty health education and service, which is in line with the requirements of the construction of Chinese socialist spiritual civilization, will definitely enable our country to get on a new way of puberty health education and service that is suitable for the national conditions and the actual needs.

## 5. The success of peer education model

Peer education model was first used in AIDS prevention and achieved success, and soon afterwards, the model was successively adopted in fields such as campus violence intervention, street children intervention, post-disaster psychological counseling and addiction withdrawal. For example, in 2000, China Family Planning Association reached a cooperation agreement with the American Program for Appropriate Technology in Health, that is, to carry out the international cooperation project for promoting Chinese adolescent reproductive health in major universities in China; in 2005, the World Bank and the All-China Youth Federation launched the international cooperation project for youth peer education on AIDS prevention; in 2008, the United Nations Children's Fund and the China Women's Federation launched the international cooperation project for life skills training and prevention of campus violence; in 2010, the United Nations Children's Fund and China Disabled Persons Federation launched the international cooperation project of special education school teachers' psychological assistance for Sichuan post-disaster disabled children. The implementation of all the above projects was actively promoted by means of peer education. In the process of multiple service practices, the concept, methods, principles, theories, application scope and existing mechanism of peer education were constantly improved. The two major puberty health projects in Qujing also adopted peer education model, and the experience obtained is as follows: first, in the process of peer education, the constant counterbalance between teachers' "removal of authority" and students' "self-efficacy" has changed the original subject-object relationship, and established the partner relationship; second, the principles of "full participation", "positive experience", "respect", "tolerance", "non-critical", "confidentiality" and "personalized" of peer education were advocated, which is important for the maintenance of continuity, consistency and expansibility of peer education; third, the scientificity and artistry of peer educational methods is the charm of peer education development. On the one hand, experiential teaching is stressed, and the education process requires great devotion of the participants, as well as the transformation into practices; on the other hand, the power of team and the snowballing effect are stressed, and the participants are promoted to achieve harmonious development to the utmost extent in three aspects of knowledge, attitudes and behaviors.

## 6. Summary

It was found from practice test that, the following aspects should be performed to promote the puberty health education and service work in Qujing: first, the guiding ideology should be fully implemented, and puberty health education and service should be included into the routine work of relevant departments; second, systematized management and evaluation mechanism of puberty health education and service work should be actively promoted in the mode of project operation; third, localized public welfare brands should be built to create the puberty health education and service pattern with linkage between the government, schools and social organizations, thereby enhancing the level of sex and reproductive health of young people, and truly realizing the great Chinese dream of "healthy China".

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