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ТЕЗИ ЗА МАТЕРІАЛАМИ

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transmitted diseases, unpreparedness for sexual debut, preservation of virtue before marriage, absence of suitable partner or permanent partner and violence in the past. About 5% of students noted psychosomatic disorders associated with childhood, when parents severely physically punished for unacceptable touching of genitals, for the questions asked, homosexual or heterosexual interest ect.

Despite the average age of the respondents being 22.5 years, there are students aged 26-28 who are not ready for sexual debut. Students were also offered the opportunity to ask questions they were interested in anonymously. The most popular questions: how to start sexual life properly, how to choose the right sexual partner, what examinations must be completed before the sexual debut, the best and most reliable methods of contraception.

Several articles have been published based on the results of our research: Comparative characteristics of the prevalence of autonomic dysfunction and depressive disorders among sexually active and inactive foreign students of National Pirogov Memorial Medical University, Vinnytsya; Factors associated with academic performance among sexually active and inactive international students of National Pirogov Memorial Medical University, Vinnytsya; Aspects of sexual life that are associated with the occurrence of depressive disorders and autonomic dysfunction among medical students of National Pirogov Memorial Medical University, Vinnytsya and others.

THE IMPORTANCE OF SEXUAL EDUCATION AMONG YOUTH IN UKRAINE

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Sexual education is necessary in all educational institutions. Starting from preschool`s and school`s periods of education. Unfortunately, this problem is not covered in our country. Children don`t receive any information about sexual maturation and development in general. Previously, there were certain disciplines in the school, which were engaged in educational activities in the school departments of education, such as valeology. Over the last ten years, all disciplines have been eliminated.

Lessons that highlight puberty are considered only in biology classes, after 9 years of schooling, at the age of 14-15. It is clear, that it is already too late. It is known that such information should be provided to children as early as possible from the age of 10 at least, if possible, from elementary school.

In Europe, sexuality education as a school curriculum subject has a history of more than half

a century. It officially started in Sweden in 1955. In practice, it took many years to integrate the subject into the curriculums, because the development of guidelines, manuals and other educational materials, as well as training of teachers, took quite some years.

The age, at which sexuality education starts is very different across Europe. According to the SAFE report 8, it varies between the ages from 5 (in Portugal) to 14 years in Spain, Italy and Cyprus. This education includes not only physical, emotional and interaction aspects of sexuality and sexual contacts, but also a variety of other aspects, like friendship or feelings of safety, security and attraction.

The term “age-appropriate” is important in this context. It is more correct to use the term “development-appropriate”, because not all children develop at the same pace. The term refers to the gradual development of what is of interest, what is relevant, and what level of detail is needed at a certain age or developmental phase.

But if there is no any education and knowledge and the child cannot ask any questions to parents or teachers - the first dissonances in communication arise. Even if the child gets an answer, it is not a fact that it is the correct answer. After all, our several generations grew up without educational information in this area. Parents, based on their own experience, answer children's «uncomfortable» questions. But... Are these answers correct? Is this information really true? After all, parents grew up in an environment of misinformation as well.

The first problems appear already in adolescence. Due to the lack of information, young people read and watch information on Internet sources. Of course, this information is journalistic and incorrect. In this way, a wrong understanding of one's body and sexuality is established already from adolescence. Over time, problems arise in creating permanent romantic and sexual relationships.

We are trying to draw attention to the importance of sexual education at the level of our Higher Educational Institute, on the basis of National Pirogov Memorial Medical University, Vinnytsya.

We started teaching the discipline "Fundamentals of Sexology and Sexopathology" as an elective one on the basis of the Department of Obstetrics and Gynecology N 1 in October 2021 for students of 4-5th courses.

Maybe it's too late. But, as we say in Ukraine, it is better later than never.