

ABSTRACT:

The topic of this diploma thesis is sexual behaviour and sex education. The adolescent body goes through important biological changes that are reflected in the adolescent behaviour. The aim of this thesis is to describe and summarize the biological changes occurring in adolescence and show their connection to sexual, social, emotional and cognitive development in adolescence. The thesis also describes the psychological aspects of adolescence as well as the changes in cognition and the emotionality. Moreover, it also focuses on the development of human sexual behaviour. Finally, the theoretical part defines the theoretical basis of sex education and describes the current state of integration of sex education into the education system of the Czech Republic. Finally, this thesis also aims to analyse attitudes towards sex education of high-school students depending on the sex and type of attended high school, as well as to map experiences in sexual life of the first-year high-school students. Results are compared to the results of national survey on sexual behaviour.

KEYWORDS:

Sexual behaviour, sex education, high school, biological changes, psychological changes, puberty, adolescence