

The Need of Family-Based Sexual Education: A Systematic Review

ABSTRACT

Background and Objective: Sexual education is one of the most important issues in the field and affects the formation of human personality and his/her thoughts, emotions and behaviors. This study was conducted to review existing studies with the aim of “determining the need of family-based sexual education”.

Materials and Methods: This study was conducted based on the PRISMA systematic review protocol. The data were obtained from international scientific electronic resources including the World Health Organization, PubMed, Scopus, Web of Science, Google Scholar and Persian databases as well as manual search using appropriate keywords. The criteria for entering this sample were articles published in English and Persian from the beginning of 1990 to June 2018.

Results: of the 294 articles reviewed, a total of 17 articles were included in the study. The results showed that the effective communication of parents with their children creates a proper attitude towards the gender issue as well as proper behaviors in this regard. These include improving adolescent reproductive health, raising awareness of puberty and menstruation, pregnancy and HIV / AIDS, emergency contraception and condom methods, delayed onset of sexual activity, less sexual communication and unwanted pregnancy prevention. The next point in reviewing these texts was the low level of communication between parents and boys in sexual matters.

Conclusion: According to the results, the necessity of family-centered education is evident and this method can prevent the commission of many sexually inappropriate behavior. The important challenge in this regard is the creation of effective communication skills in the family and the education and health organs should set this agenda as a priority. Another important issue is the empowering of parents to teach their children about sexual issues.

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Introduction

Sexual education is one of the most important issues in the field of education and affects the formation of human personality and his/her thoughts, emotions and behaviors. Various education and psychology scholars have each provided a specific explanation and understanding of sexual education (1, 2). Sex education as one of the important functions of the educational system seeks to transmit and educate a set of information, knowledge, attitudes, emotions, abilities, and skills related to sexuality (3). In existing studies, programs and models, there is a confusion between the concept of education and upbringing and the two concepts have been used interchangeably in many cases (1, 4-7).

Children sex education is one of the most difficult parts of education because on the one hand, adolescence is accompanied by rebellious instincts, and on the other hand, hijabs and parental hysteria give them confusion about the issue. The time of sexual perception by children, according to research, is 9-11 years (2).

Sexual education varies from country to country and even to different regions of the major countries and can lead to a history of how to conduct sex education in each region and sexual education is offered in different places (6, 8).

UNFPA defines "CSE Comprehensive Sex Education" as a gender-based approach to gender education whether in school or out of school with the aim of equipping children and adolescents with knowledge, skills, attitudes and values that enables them to have a positive view of their gender in the context of their emotional and social development, by understanding a holistic view of sex and sexual behavior that goes beyond focusing on contraception and STIs. (4, 5). Around the world, young people are exposed to a wide range of sexual risks and

health issues (6). Sexual and Reproductive Health (SRH) education with the goal of achieving a range of behavioral and health outcomes, reducing sexual activity and increasing self-restraint and sexual abstinence; reducing the number of sexual partners; increasing use of contraception; lower rates of premature marriage; Less unwanted pregnancy and miscarriage; lower rates of HIV and other sexually transmitted infections and improved nutrition have been essential and a multidisciplinary approach is needed to improve youth health and reproductive and sexual outcomes (7, 9). Research has emphasized the culture of each society and the localization of sex education, and that education should be offered from an early age and then completed during adolescence, and that the implementation of a serious family program enhances the understanding of respectful relationships and improves health outcomes for young people (1, 2, 4-7).

Children are always the most vulnerable in society. They are not able to protect themselves fully for a variety of reasons, including age and insufficient skills and need the support of adults, especially their parents (10). But unfortunately, it has been stated that parents do not pay enough attention to their children's sexual education due to ethical issues and their children gain sexual information through their experiences and friends. In one study, the average level of attention of families in Tehran in terms of sexual awareness, sexual morality and sexual future in their children's sexual education was lower than average (11). Studies have also shown that family-centered prevention programs effectively reduce negative behavioral health outcomes. In some countries, health care programs are increasingly focusing on family-based primary care delivery and offer adequate resources to

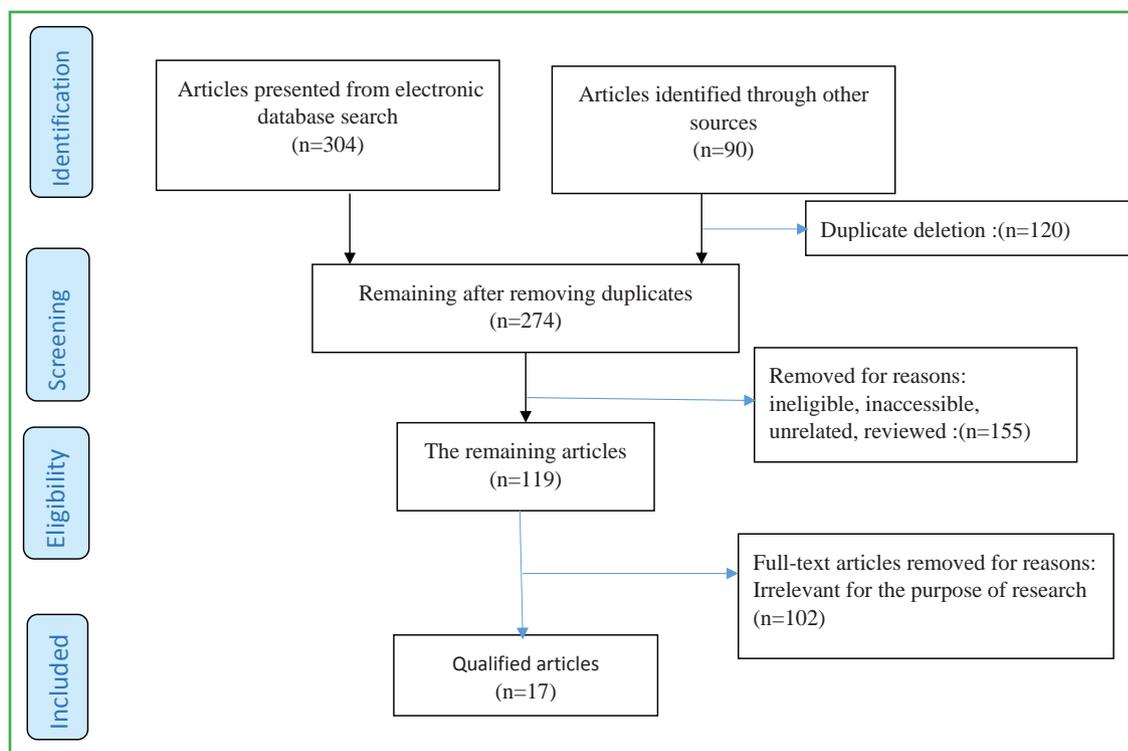


Figure 1. PRISMA chart in the study selection process

provide family-centered prevention programs (12). Therefore, given the fact that families represent the culture of each society and that children and adolescents have more and more opportunities in the family, and that the primary responsibility for child and adolescent care is that of parents, motivated and most concerned about the growth and health of children and the need for early education of sexuality, this study was conducted to review existing studies aimed at “determining the necessity of family-centered sex education”.

Methods

The present study was based on the PRISMA systematic review protocol. The data were analyzed and searched in the World Health Organization’s International Scientific Electronic Resources, PubMed, Scopus, Web Science, Google Scholar and Persian databases including, Academic Jihad Database, Iran Medex, Mag Iran, and also Searching for article sources is done

using appropriate keywords. Keywords included “sex education” and “parents, father, mother, family” and we used the combinations of “and”, “or” between words. One researcher reviewed the title and abstracts of the articles for their suitability, and the quality of the articles was assessed using the CASP tool. To include the inclusion criteria in this sample were English and Persian articles published from early 1990 to June 2018. After independent evaluation by the authors, observational or intervention studies involving family-based sex education to children to raise awareness and reduce risky sexual behavior were included. Meantime, the sources of the articles were also reviewed for further study and eligible cases were included in the study, including expert opinion, journals, case reports, newspaper and newsletter articles, book chapters, Doctoral dissertations or conference lectures were excluded. According to this method, 304 articles from electronic search and 90 articles based on source search were extracted from the

sources reviewed. Then, based on deletion of 120 duplicates, 274 articles were reviewed initially, including 155 for non-eligibility, inaccessibility, unrelated or out-of-date reviews, and 119 text-based reviews. 102 articles were excluded from the literature review due to their irrelevance for the purpose of the study and finally 17 articles were included in the study. The complete search history is shown in Figure 1.

Results

Of the 294 articles reviewed, a total of 17 articles were included, including 14 foreign articles (13-26) and three domestic (27-29) articles. Seven articles were qualitative (15, 19, 23, 25, 27-29) and the rest were intervention, cohort and descriptive. Articles were from 1995 to 2017. About 5655 participants participated in the quantitative section and approximately 235 families or students participated in the qualitative study. The mean scores of the families' knowledge and attitude had improved after completing the culture-based training programs and this type of training was able to influence youth sexual activity. The impact of this parenting training was even more effective in communicating with the boys. There were more discussions about sex, menstruation, pregnancy and HIV / AIDS, but there was resistance to and discussions about sex and its experiences. Curiosity was the most common reason for young people's first sexual intercourse, which underscored the importance of early sex education in the family environment and its impact on delaying onset of sexual activity, and delayed parental supervision among students. Common barriers to talking about parent-child sex include embarrassment for parents and adolescents, parents' belief that talking about sex leads to sexual activity among adolescents, and lack of parental knowledge and communication skills with the child. Girls were

less sexually active when mothers had more discussions about negative sexual outcomes before marriage and postponement, and young children in families with "abstinence" and "not saying" skills with their children.

Parents were more likely to use contraception when talking to young people about contraception and preventing sexually transmitted diseases. Early parental communication with children about sex was delayed in initiation of sexual intercourse, continued condom use, and was indirectly less likely to develop sexually transmitted diseases. The gender of parents and their experience in sex education clearly had an impact on their children's education status, and mothers tended to be the primary educators, although some fathers also participated. The emphasis was on providing a useful training package for children's sex questions that contained appropriate and suitable answers to the child's age and gender and as the mass media, especially the Internet and satellites, were expanding, empowering parents to respond to sexual questions are an urgent need for today's children.

The findings showed that parental self-esteem and convenience in expressing sexuality to their children, as well as the skills and knowledge necessary to provide the appropriate contexts for this important relationship, would be important in national studies and emphasis on the themes of tasks. Motherhood and preparing girls to enter adulthood and the need to empower parents to answer their children's sexual questions was a pressing need for today's children (table 1)

Discussion

Every society tailored to its own issues, priorities, and opportunities needs a tailored education or training program, as so far different communities have had different programs and models (11). In foreign studies, the word "sexual education"

Table 1. Characteristics of the 17 articles participating in the study

Findings	Tools	Participants	Study Design	Year Place	Author	Title	Reference No.
<p>- Average knowledge and attitude scores improved after program completion.</p> <p>- The program was based on an extensive consultative process that led and engaged indigenous communities with program content and based on indigenous teachings and reflecting the values of indigenous cultures.</p> <p>- Promoting sexual health in indigenous communities should be based on community consultation and be conducted in a culturally appropriate framework to promote the most success.</p>	<p>Extensive consultation process with focused group discussion. 11 metropolitan areas (more than 2 consecutive days), 16 regional locations (more than 3 consecutive days) and 14 vibrant indigenous communities (3 consecutive days) of New Wales, on local and indigenous communities, the elderly, women's and men's groups And youth groups (separate for men and women). Complete pre-program and 46-person surveys after program completion.</p>	<p>With indigenous communities</p> <p>In total, 76 participants (48 females and 28 males)</p>	Intervention	2017 Australia New South Wales	Duley P	The Strong Family Program: an innovative model to engage Aboriginal and Torres Strait Islander youth and Elders with reproductive and sexual health community education(13)	22
<p>-Comprehensive sex education programs, involving parental involvement, can be effective in vaginal sexual activity for middle school students.</p> <p>- Parental involvement is very important for boys, as family activities may encourage parents to speak early and often with boys.</p>	<p>24 schools were used for treatment and comparison conditions.</p>	<p>2453 students (1943 grade Seven) 1754 Grade Eight) Over three years</p>	A randomized comparative longitudinal cohort study of treatment and control	2014 U.S.A	Grossman JM	Protective Effects of Middle School Comprehensive Sex Education with Family Involvement(14)	23
<p>Today, such discussions (especially by mothers) are being held about menstruation, pregnancy, and HIV / AIDS, but there is resistance to discussions about sex.</p> <p>There is a need for parents to educate their children about sex.</p>	<p>Face-to-face interviews</p>	<p>Suburban families of Windhoek</p>	Qualitative Study	2011 Namibia	Nambambi NM	What Is Talked About When Parents Discuss Sex with Children: Family Based Sex Education In Windhoek, Namibia(15)	24
<p>Negative attitudes to parents' relationship with their children on sex were more likely to be related to premarital sex.</p> <p>Curiosity was the most common reason for first sexual intercourse, which emphasized the importance of early sexual education in the family environment and its impact on delaying the onset of sexual activity.</p> <p>- Developing communication between parents and children about sex is crucial to improving the reproductive health of adolescents. Community-based health education intervention programs are recommended for parents.</p>	<p>Semi-structured questionnaire</p>	<p>350 respondents, A rural New York community</p>	A simple randomized cross-sectional study	2012 Nigeria	Asekun-Olarinmoye E	Practice and content of sex education among adolescents in a family setting in Rural Southwest Nigeria(16)	25

<ul style="list-style-type: none"> - Parental monitoring may delay the onset of gender among high school students in Spain. - Parent monitoring varies by education level. - The findings showed a delay in the development of sexual activity among Hispanic youth in school-based intervention programs with parents. 	Measuring parental supervision, parent-child relationship, having sex, and adapting, so far.	655 seventh grade students at 15 elementary schools in Southeast Texas	Randomized controlled trial	2012 Spain	Morales-Campos DY	Sexual Initiation, Parent Practices, and Acculturation in Hispanic Seventh(17) Graders	26
<p>Significant difference in intervention group compared to control: delay in initiation of sexual activity, correct information about emergency contraception and condoms</p> <ul style="list-style-type: none"> - Focused parenting interventions can be an innovative and effective strategy 	Self-care questionnaires for parents and adolescents before and after the intervention	Intervention group: Eleven subjects Control group: Eleven subjects	Prospective quasi-experimental	2010 Morales State, Mexico	Camp-ero L	A quasi-experimental evaluation of parents as sexual health educators resulting in delayed sexual initiation and increased access to condoms(18)	27
<ul style="list-style-type: none"> - Parents warned their children about AIDS, pregnancy and male and female sexuality, but did not discuss other sexual issues such as masturbation, homosexuality, identity and sexual experiences. - Media coverage of real-life examples of AIDS, unintended pregnancy and abortion causes parents to initiate sexual conversations with their children. <p>Common barriers for parents and their children to talk about sex, parents' belief that talking about sex leads to sexual activity among adolescents, and a lack of parental knowledge and communication skills</p> <ul style="list-style-type: none"> - Efforts should be made to reduce cultural and social barriers to the discussion of sexuality. 	45 in-depth interviews and seven focus groups with parents and adolescents	Parents and teens of high school	Qualitative Study	2009 Vietnam	Trinh T	Parent communication about sexual issues with adolescents in Vietnam: content, contexts, and barriers(19)	28
<p>Girls who reported having a closer relationship with their mothers were less likely to have sex.</p> <ul style="list-style-type: none"> - Girls were less sexually active when their mothers had more discussions about negative sexual outcomes before marriage and postponement, and girls reported more sex when they had premarital sex. 	Assessment Scale: Quality of mother-daughter relationship, mother-daughter relationship on general sexuality issues, Relationship between mother and daughter about sexual values, mothers' view of premarital sex, history of sexual relations	274 High-middle and high-income African-American adolescent girls	National Longitudinal Study of Adolescent Health	2008 U.S.A	Usher-Seriki KK	Mother-Daughter Communication About Sex and Sexual Intercourse Among Middle to Upper-Class African American G.... (20)	29

<p>If parents had talked about sexual activity and delay, young people would have been less likely to start having sex and if they had sex, they would have been more likely to use contraception.</p> <p>Having only one sexual partner in the youth of families who have spoken to their children about “abstinence” and “skill not to speak”. If parents talked to young people about contraception and preventing sexually transmitted diseases, they were more likely to use contraception.</p> <p>- Parents can influence their children’s sexual decisions.</p>	Youth information gathering tool with demographic items and youth risk behaviors interview	1350 households selected One parent and one teenager - 1083 Young 13-17 years old	Youth Survey, Selection by accident	2007 Midwestern Oklahoma Part of the Disease Control and Prevention Center projects	CB Aspy	Parental communication and youth sexual behaviour(21)	30
<p>Significant relationships were observed between early onset of sex and parental supervision, discipline, and parental support.</p> <p>-The results indicate the key role of parents and families in preventing high-risk behaviors of HIV in adolescents due to delayed sexual initiation.</p>	The scale includes questions about sexual activity, sexual acceptance, and family variables such as: order, parental supervision, and parental support.	425 Puerto Rican adolescents (270 girls and 155 boys) aged 12 to 16 years from Sun Joon County Schools	Descriptive-analytic study	2005 Latin America	Velez-Pastrana MC	Family functioning and early onset of sexual intercourse in Latino adolescents(22)	31
<p>- Two dimensions of emotional communication process and communication style were studied.</p> <p>The process of sexual intercourse of girls depends on the context of their relationship with their mother.</p>	Observed data from both mothers and daughters were filmed using three structured components interview	30 African American low-income couples and their teenage daughters	Qualitative, observational study	2004 South-eastern United States	Pluhar EI	What really matters in family communication about sexuality? A qualitative analysis of affect and style among African American mothers and adolescent daughters(23)	32
<p>Latin Hispanics reported less parental and adolescent sexual relations than others.</p> <p>Early communication between parents and adolescents with children about sex was delayed in initiation of sexual intercourse, continued condom use, and was indirectly less likely to have sexually transmitted diseases.</p> <p>- The mother-daughter relationship about condom use was associated with continued use.</p> <p>- Suggestions for family-based HIV-STD prevention are provided.</p>	Demographic Characteristics, Adolescent Parents’ Public Relations, Adolescent Parents’ Relationship to Sexual Risks, Relationship Time, Adolescent Risk Behaviors interview	Two hundred and thirty-four women aged 19 to 21 years 65 Latinos 78 African American and 91 white	Retrospective random selection	2002 Mid Atlantic State	Hutchinson MK	The Influence of Sexual Risk Communication between Parents and Daughters on Sexual Risk Behaviors(24)	33

<p>Factors that were found to enhance or limit parent-child communication include parents' perceptions of the child, their role as parents, and their perceptions of sex education at school and health.</p> <ul style="list-style-type: none"> -The gender of parents and their experience in sex education clearly had an impact on this situation. Mothers tended to be the primary mentors, although some fathers also participated. - There was uncertainty about teaching sex, especially to boys. - Parents have the skills to be educators but are uncertain about their role and are embarrassed. - The facts presented were complex, but the natural role of parents in sex education was established. Institutions should consider full parental involvement in their health education strategies. 	<p>Interview at home with parents or at work. 50 semi-structured interviews with parents (one or both parents)</p>	<p>50 parents across the Leeds area</p>	<p>Qualitative Study</p>	<p>2001 the UK Leeds</p>	<p>Joy L Walker</p>	<p>A qualitative study of parents' experiences of providing sex education for their children: The implications for health education(25)</p>	<p>34</p>
<p>Adolescents who reported receiving more information from their parents about sex were less likely to become pregnant.</p> <p>Of the five major sex-related issues, Latin adolescents reported receiving little information from their parents about birth control.</p> <ul style="list-style-type: none"> - Parent training to communicate more freely with their children about sex 	<p>Telephone Questionnaire, Parent Relationship Questionnaire on Sex, Sexual Information Scale</p>	<p>Two groups of adolescents without a history of pregnancy: 40 and with a history of pregnancy: 43</p>	<p>Retrospectively</p>	<p>1995 Latin America</p>	<p>Baumeister LM</p>	<p>Sex information given to Latina adolescents by parents(26)</p>	<p>35</p>
<p>Family has a strong role in young girls' participation in sexual behavior.</p> <ul style="list-style-type: none"> -Provide strategies (including parent training in the media, schools, and organizations) to prevent sexual intercourse during loneliness and risky sexual behaviors 	<p>Focused group sessions (7 sessions) and in-depth individual interviews (10 interviews) Snowball method</p>	<p>65 young girls 18-35 years old, Tarbiat Modares University dormitories</p>	<p>A qualitative type of contractual content analysis</p>	<p>2017 Iran Tehran</p>	<p>Azam Rahmani, Efat Sadat Marqati Khoi, Lida Moghadam Banaem, Roya Gholami, Akram Torabi</p>	<p>The Role of the Family in Young Women's Sexually-Friendly Sexual Behaviors</p>	<p>36</p>
<p>Causes and trends of pregnancy, birth and sex differences were the most common questions for children.</p> <ul style="list-style-type: none"> -A brief and useful educational package should be provided with regard to the sexual questions of the child, describing the appropriate and appropriate answer to the age and gender of the child. - Given that mass media, especially the Internet and satellites are expanding, empowering parents to answer children's sexual questions is an urgent need for today's children. <p>Parents' self-confidence and convenience in expressing sexuality to their children, as well as having the skills and knowledge necessary to provide the appropriate texts for this important relationship.</p>	<p>Semi-structured and unstructured individual interview</p>	<p>20 parents living in the city Ahwaz</p>	<p>Content analysis qualitative research Purpose-based sampling</p>	<p>2016 Iran, Ahwaz</p>	<p>Mahsa Ghorbani, Fereshteh Zamani Alavijeh, Parvin Shahri, Kurosh Zare, Tayebeh Marashi</p>	<p>Educating and promoting the sexual health of children: the recognition of childhood sexual curiosity: an introduction to education and promotion of their sexual health</p>	<p>37</p>

<p>-One main theme and three sub-themes were extracted from the findings. The main theme was “Maternal Duties and Preparing Girls for Adolescence”. The sub-themes were “menstrual training”, “observance of religious issues”, “subtle sex education”.</p> <p>The last sub-theme itself includes two other sub-themes, which include “preparation for gender role” and “vulnerability to the opposite sex”.</p> <p>-The necessity of formalizing formal education on puberty in Iran is essential in the health system.</p> <p>- Despite all the cultural developments regarding the issue of puberty in Iranian society, the prevailing customary culture in society and families still deal with the issue of puberty with extreme caution and silence.</p>	Semi-structured interviews	24 Mother of child and adolescent ages 6-18 years	Qualitative Study	2013 Iran-Gorgan	Soheila Kalantari, Samieh Ghana, Akram Sanna-goo, Leila Joybari	Puberty and sexuality education to girls: the experiences of mothers in Gorgan	38
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is used in this category, which is equivalent to the concept of sexual education brought up in domestic studies. Although gender discourse is taboo in many societies and countries, and is often mixed with shame and embarrassment (30) and there is a communication problem in most parents and children, the present study is nonetheless valid throughout. Studies have shown the necessity of this relationship and that effective communication between parents and their offspring can lead to a proper attitude towards gender and proper behaviors. These included improving adolescent reproductive health, increasing awareness of puberty and menstruation, pregnancy and HIV / AIDS, emergency contraception and condoms, delayed onset of sexual activity, less sexual intercourse, and unwanted contraception, and even a study of girls who reported having a closer relationship with their mothers was less likely to have sex (13–29). In the study of literature by Tumble et al., The findings highlighted the importance of communication and demonstrated the necessity of communication (31). Other review studies

by Vermenko et al. And Maria et al. Have also emphasized the importance of this topic (32, 33), although some studies have emphasized school-based sex education (34), but some sexual education practices. Like education through peers, it has failed (35, 36). Therefore, since parent and child care are the primary responsibility for child and adolescent care (although other institutions and authorities have their own share) and parents are most motivated and concerned about the health and well-being of their children, and children and adolescents spend a great deal of time. They are in the family environment, and the importance of family-based communication based on systems theory as well as the results of various papers reveals the need for family-centered education.

The next point in reviewing these articles was the lesser relationship of boys with parents in sexual discussions than girls (14, 25) and that most studies have been done on girls, which is in line with the study of Tambal et al. (31). Therefore, attention should be paid to boys in sex education.

Another finding on the importance of parental education and empowerment in relation to children in the majority of studies has been emphasized in other articles (31) and that health centers and institutions should consider parental involvement in sex education planning (25). Another important finding was planning and education, in which the culture of programs should be considered, especially in indigenous communities and the promotion of sexual health in indigenous communities should be based on community consultation and within a culturally appropriate framework for achieving Most successful (13, 19, 29, 37). The importance of the issue of culture in this case has also been emphasized in the study of Mousavi et al. (37).

The interesting point in this study was the use of a qualitative study method in many cases, which was important in considering the nature of qualitative studies in depth. Another point was the barriers to parent-child communication in sexuality, and that this was particularly the case in sexually explicit cases, referring to the cultural taboo and shame and embarrassment of parents (19, 25), which were also discussed in the study by Tambal et al. (31). Family-centered prevention programs effectively reduce the consequences of negative behavioral health. To achieve family-centered prevention programs, three key barriers need to be addressed and a significant impact on public health. These barriers include: current social norms and parental perceptions; concerns about the expertise and legitimacy of support organizations providing parental advice and a lack of adequate and appropriate funding which can help address these barriers:

- Raising public awareness of the effectiveness of family-centered prevention programs and changing general standards on parental involvement in the effectiveness of parenting programs to promote children's health

development.

- Awareness-raising campaign that focuses on changing parents' expectations of participating in specific, effective parenting programs.
- Increasing awareness and acceptance of primary care providers for parents' use of preventive and primary care measures
- Preparing the workforce to deliver effective family-based prevention programs in the primary care setting
- Support special focus on child health based on cost-effective care (12).

Another problem in educating children is the lack of knowledge of parents about their responsibilities to their children, while children are often unaware of their rights and cannot protect themselves against all forms of maltreatment. Child abuse is a major social problem that affects all developed and developing societies and has numerous short- and long-term effects on the child and adult future, which is sometimes irreparable. In the case of parents' inadequacy and competence, most of the problems, including forms of child abuse in the family, occur by parents who have more power (10). It is wrong to believe that people who abuse children use public places or access unknown children. Among victims of sexual abuse, more than a quarter are victimized by a family member and in most countries, girls are at higher risk than boys for sexual abuse, neglect, education and forced prostitution, and even various research findings International reports show that sexual abuse rates are 1.5 to 3 times higher among girls than boys and that most men do, but the number of female offenders is currently rising (10, 38, 39). In a study of first-degree abuse, 23 percent of family members and relatives, 44 percent of family friends, 29 percent of pot Well-known people and 4% were strangers (40), and according to WHO documentation, children

around the world report that they endured a number of violence in the past year: Emotional abuse: 36%, physical abuse: 23%, physical neglect: 16%, sexual abuse: 26% (18 girls and 8% boys) (41). Some of the most effective responses to combating child abuse and neglect to focus on child rearing, fostering parent-child relationships, and the family environment, including: Parent Education - Providing Parenting Information on Parenting and Joining and Transplanting them and their training to use child-friendly approaches and how to manage family disputes and even home visits programs for troubled families (42) sometimes require interventions including counseling, training and referral to specialists or Other organizations should be employed. Therefore, based on the above-mentioned issues, the importance of family-centered education becomes apparent.

The strengths of this study were the use of a large number of articles in different societies as well as the use of qualitative methods in some studies. Future studies suggest comparative study methods using identical methods and tools, extensive multicenter concurrent studies, and preferably cohort and qualitative methods.

Conclusion

Although gender-based discussions in the family are not common in some societies, and in most cases they involve obstacles such as cultural taboos and shame and parental and child life, the results of various articles as well as the sensitivity, motivation and concern of parents and the need for family-centered education is evident in the care of children and the fact that children and adolescents spend a great deal of time with parents is obvious. Extensive implementation of evidence-based family-centered preventive interventions through primary care can be achieved over the next decade. There is strong

evidence for these programs in local settings, but little use. The United States is currently seeking access to family-centered preventive interventions (12). It is important to build communication and communication skills in the family, based solely on the importance of training in behavior change (43) with parental training for their children of all genders, creating positive attitudes and avoiding ambiguity. It should be noted that the educational and health authorities should make this a matter of their planning, especially considering this issue in our country in view of its specific cultural context.

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