



Research on the application of picture books of sex education based on children's mental health

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Abstract. Children's sex education is an important part of children's health education. The development of children's sex education can not only make children establish a sound personality but also play a vital role in children's physiological development. As suitable reading material for children's education, picture books can carry out systematic sex education for children and promote children to establish correct sexual concepts.

Keywords: children, sex education, sex education picture book.

1 Introduction

"Sex" runs through a person's life, from the birth of a person to the development of a sound individual, from the beginning to the end has an inseparable connection with sex. Under the influence of traditional sex ideas, modern children's sex education has fallen into a dilemma, and the source of children's sex knowledge lacks a formal way. This paper aims to promote the healthy development of children's psychology and physiology, take picture books as the bearer of children's sex education, deeply analyze the unique performance characteristics of picture books of sex education, and analyze the advantages of picture books of sex education in carrying out children's sex education.

2 Current Situation and Problems of Child Sex Education

American sex education expert Dr. Mary Caldren proposed that the establishment of healthy sexual psychology in the early stage, "especially before the age of five", is a particularly critical period, and the sexual psychology formed in early childhood will affect the child's life. Therefore, sex education in line with children's psychological and physiological development should be carried out in this critical period, so that children can obtain correct sexual cognition and promote the mental health development of children in the process of growth.

Children have a strong desire for knowledge about sex, which encourages children to use various methods to explore the unknown world. The development of society

has promoted the popularization of the Internet, and the Internet has gradually become one of the main ways for contemporary young people to obtain outside information and knowledge, "According to Tencent's 2019 survey report on the status quo of young people's sexuality in China, 52.7% of young people obtain sex education knowledge through Internet search, and the sex education knowledge from schools and parents only accounts for 9.5%. [1] According to the above data, the Internet is the main way for young people to obtain sexual knowledge. However, the network has a strong openness and inclusiveness, in the face of the network of good and bad information, children cannot distinguish between right and wrong, and the wrong "textbook" is likely to become a model for children to imitate learning, but cause security risks, resulting in a big mistake.

Due to the lack of children's sex education, the lack of children's sex knowledge has indirectly contributed to the occurrence of all kinds of vicious sexual assault cases. The Girl Protection Fund of China Children's Culture and Art Foundation and Beijing Zhongyi Public Welfare Foundation jointly released the "Girl Protection" child sexual assault case statistics and child sexual assault prevention education survey report in 2021. According to the "Girl Protection" statistics, 223 cases of child sexual assault (under 18 years old) were publicly reported by the media in 2021, with 569 victims. The youngest was 2 years old. [2] These publicly reported cases are only the tip of the iceberg for child sexual assault cases occurring throughout the year, so the implementation of child sex education is urgent.

3 Performance Characteristics of Picture Books on Children's Sex Education

A picture book is a book with pictures attached. [3]Picture books by combining form, image, and intuitive content, satisfy the aesthetic needs of children, in line with the age characteristics of children, so, this is an ideal carrier for child sex education. Sex education picture books take sex as the theme and use interesting books to tell children about sex knowledge in line with psychological development, pass on correct sexual concepts, cultivate children's reading habits, exercise children's logical thinking ability, and improve children's learning ability. Young children also need education about consent and respect to help them protect themselves and to prevent their harming others. [4]

3.1 Rich Visual Expression is Naturally Attractive

Colorful pictures in sex education picture books are naturally attractive to children, and bright colors can stimulate children's visual system and stimulate children's interest in reading. According to research, children's understanding of color mainly comes from the conscious reaction, the visual image of the object occupies a dominant position in children's psychology, so children prefer bright and bright colors.[5]Secondly, using the symbolism of color can create a specific situation and atmosphere to a certain extent, helping children better understand the emotions conveyed in the story. For

example, the use of black may render a scary and gloomy atmosphere, while light yellow and pink may create a soft and warm atmosphere. Take "Stop, Don't Touch Me", a picture book of Crooked Rabbit's children's sexual care series, for example, with a large area of black silhouette suggesting the character attributes of the villain, this way of expression enables children to understand the story content more deeply, and at the same time simplifies the picture of abuse, to avoid such sex education picture caused by children's fear.

The clever layout of pictures and texts in picture books on sex education adds to the interest in reading, and rich and diverse composition forms enhance the expression effect in picture books of sex education. First of all, a variety of composition forms avoid children's aesthetic fatigue in reading, enhance children's interest in reading, attract children's attention, more ornamental and attractive. Secondly, different picture compositions can highlight different expression points, help children better understand the story content, and improve the efficiency of information transmission. Take the Japanese picture book "Boys and Girls Are Not the Same" for example. In this picture book of sex education, a more balanced composition form is used, and boys and girls are juxtaposed in the same picture. Through more intuitive comparison, the differences between boys and girls are highlighted, so that children can more clearly understand the different physiological characteristics brought about by gender differences. At the same time, different ways of composition can highlight different emotions and make the story content more appealing. In the Japanese safety education illustrated book *My Body Matters*, the little girl shouts "No! You can't!" When the text layout with a larger picture and the text color matches with strong color contrast makes the text content more prominent, highlights the emotion to be expressed by the girl in the story, and makes the emotional expression of the story more vivid.

The artistic painting treatment in the picture book of sex education makes the presentation of scientific knowledge just right. Sex education is an important and sensitive topic, and the interpretation of sex knowledge needs to be assisted by a large number of pictures. Considering the particularity of children's thinking, the scientific pictures should be processed artistically to reduce the presentation scale of the pictures, so that the picture books of sex education can not only produce educational significance but also take into account the aesthetic needs of children. Take the Japanese emotional relationship education picture book "Goodbye, Mother's Milk" as an example. In the picture, women's breasts are summarized with simple color blocks, avoiding the overly realistic depiction of sexual organs. This kind of generalization meets the cognitive level of children, takes into account their aesthetic needs, and reduces the scale of the presentation of the picture.

3.2 Vivid and Interesting Stories Conform to Children's Thinking Logic

Sex education picture books are books for children to carry out sex knowledge education. They should not only consider how to convey accurate and scientific knowledge to children but also take into account children's psychological characteristics, to help children better understand complex knowledge and concepts and transform

knowledge into vivid stories, which can increase interest in sex education and enable children to learn the content of sex education more intuitively.

The content expression of sex education picture books mostly uses personification, metaphor, and other rhetorical devices to make abstract and boring knowledge and concepts vivid and interesting, which is closer to children's thinking habits and understanding ability, and improves children's efficiency in the learning process. Take the fertility knowledge sex education picture book "Small Wei Forward" as an example, the story of the protagonist's sperm small Wei a master swimmer, about to start a swimming competition with 300 million small sperm, the goal of this competition is a sperm-egg combination. From the perspective of children's thinking, this way of expression personifies sperm and compares the fertilization process to a sports competition, so that children can easily understand the conception process and the origin of life, making the content expression more interesting and attractive. In the body cognitive sex education picture book "The Story of the Penis", the reproductive organs of boys are compared to water pipes, and physiological and health knowledge is intuitively told to children, so that children can better understand and accept it. The bucket, water basin, and reproductive organs in the book are anthropomorphized, and the distance between children and children is narrowed through these lovely images, making the process of sex education interesting. It stimulates children's interest in reading and improves their learning efficiency.

3.3 Interactive Design Makes Educational Content Simple and Easy to Understand

The interactive nature of picture books of sex education is its unique educational advantage, which stimulates children's desire to explore, makes the process of reading more vivid and interesting, encourages children to actively participate in reading learning, and helps children to understand sex education knowledge more directly. In the children's sex education enlightenment interactive game book "Boys and Girls are not the Same", a large number of interactive organs are cleverly used to make children interact with the book through the operation of the organ, for example, by rotating the "mother" belly, observing the "baby" in different months in the mother's womb; Demonstrate how the baby is born by pulling the "nurse"; By opening the toilet door, show the difference between the way boys and girls go to the bathroom. In the physiological education picture book "Our Body", the image of a baby is placed in a transparent water bag to simulate the effect of a sheep water bag, and children understand the life of the baby in the mother's womb through a touch of observation. These interactive mechanisms not only enhance the interest in reading, but also deepen children's understanding of knowledge, and in-depth feeling of the content of the book, and improve children's learning effect.

4 Educational Advantages of Picture Books for Children's Sex Education

Sex education picture books not only have their unique advantages in performance but also have a unique significance in education.

First of all, sex education picture books are rich in variety and complete in style. The existing picture books of sex education on the market cover the sex knowledge corresponding to different ages of children. Parents can use appropriate picture books according to the age characteristics of children to conduct sex education for children so that children can have a more systematic and comprehensive understanding of sex knowledge.

Secondly, the picture of sex education picture books is colorful and imaginative. In the reading and learning process of sex education picture books, children's imagination is stimulated, and children can develop rich associations, exercise their thinking ability, and cultivate their imagination and creativity.

Thirdly, the interest and attractiveness of sex education picture books can stimulate children's reading interest and exercise children's reading ability. It not only increases children's vocabulary but also cultivates children's reading habits, laying a foundation for future reading and learning.

Finally, in the learning process of sex education picture books, parents can adopt the form of parent-child reading together, so that parents can better understand the psychological changes of children in the reading process, use the reading time to help children understand problems and learn knowledge, and enhance the relationship between parents and children in the process of learning and communication. To promote children's mental health development.

5 Conclusion

Children's sex education has been paid more and more attention by the country and society. As the carrier of children's sex education, picture books of sex education are the key form of education to help schools and parents carry out children's sex education activities. While children have correct cognition and self-protection awareness, sex education picture books improve children's learning ability and are a valuable way for children to acquire knowledge. The development of sex education has profound educational significance and long-term social value and provides children with the real educational significance of sex education picture books, which is conducive to children's personality development, and promotes children to grow into a new generation of mental health and all-around development.

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