

"When we discuss sexual education openly, we give encouragement to those who don't know what to say and how to say it."

#unexcited

*As sex educators, we often get asked for exercises and activities to work with kids and adolescents. This question is not as easy to answer as some might wish. A method is only a method and it is much more important to be aware of what **the goal is, who the target group is, with what attitude you use the method ...***

There are countless tool kits from which you can select suitable methods for the target group. But to make sure that the target group is really unexcited, you should always ask yourself some questions first when choosing exercises and activities:

- ▶ What is the aim of the method?
- ▶ Which situation is appropriate?
- ▶ What exactly does the target group need?
- ▶ What do I need in preparation?
- ▶ How do I deal with "disturbances"?
- ▶ Am I aware of my own role and attitude?
- ▶ Do I feel competent and comfortable to carry out this method and to maintain the situation?
- ▶ What is my mission and task?
- ▶ How can I be supportive for the group without bringing in my own experiences and opinions into the discussion? etc.

In general, each method must always be individually selected and adapted to the specific situation, the environment, the participants and their needs, age and interests. But we would like to show you some examples of what it means to us, to work unexcited.

How to become a hero or a heroine?

It's actually quite easy: you already are! If you don't believe, just fill out the worksheets, and find out what you already do on a regular basis to be a role model.

Its not always about the birds and the bees ...

[Worksheets](#) ➔

WORKSHEETS FOR HEROINES

*"Sexual education happens
all around us"*

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AMAZE

amaze.org →
amaze.org/educators →
amaze.org/parents →

„AMAZE envisions a world that recognizes child and adolescent sexual development as natural and healthy, a world in which young people everywhere are supported and affirmed and the adults in their lives communicate openly and honestly with them about puberty, reproduction, relationships, sex and sexuality. In such a world, young people across the globe would have access to the information and support they need to develop into sexually healthy adults.” (amaze.org)




If you are looking for unexcited materials, amaze.org is the place to be. "More info. Less weird." Why don't you let yourself be inspired by the website and browse through the wide range of offers for educators and parents and let yourself be motivated by the #unexcited way for your target group. Amaze also works in many different languages.

TRAFFIC LIGHT

"We stand for #sexeducation with focus on diversity, equality, gender rights and social responsibility."

#unexcited

A very simple and proven way to initiate discussions is to work with the traffic light system. This method can be applied in many different ways and can be easily adapted to different conditions and target groups. The basic rules are always:

-  I agree / I think that is appropriate ...
-  Well, it depends on the situation / I need more info / I am not sure ...
-  I do not agree / I do not think that is appropriate ...

Adapted to the situation you can work with different coloured cards, individual working sheets, with arrangements in the room etc.

And also the questions can be adapted especially to the target group, age, needs and interests. Take some time to select questions for the target group and then engage in **honest conversations. That's what makes this unexcited.** Appropriate questions for this system allow different points of view and encourage discussion among the youngsters.

WHAT IF ... I FEEL LIKE IF, ...

"If we learn to name our own feelings and the feelings of others from a young age, we will find it easier to create and maintain healthy relationships as adults, whether it be in a work-context, amongst friends, or in our romantic lives."

#unexcited

For this method, it is sufficient to think about different situations that are relevant in the environment of the target group and then to consider individually or as a group how one feels or can feel in these situations. Depending on the goal, situation and group, symbols, pictures and gestures can also be used or situations can be introduced by the participants themselves.

An important part of sexual education is to be able to perceive, understand and talk about feelings. This may seem banal, but it is an often neglected basic competence that makes it easier for us **to build and maintain consensual and healthy relationships with others.**

If we know how we feel about ourselves and how others may feel in different situations, we can better respond to our own needs and name them and we can understand reactions from others and respond appropriately. **In this way we promote dialogue and consensus. This is what makes this method so unexciting.**

And there are many many more, let's talk and discuss about it.

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