

The common understanding of relevant terms of sexual education is an important fact in order to discuss and communicate about sexuality “unexcited”. Our goal is to open these discussions and to inform about our attitude and background. The definition of this glossary content we have agreed on as a project team to prove best practice and quality assurance.

DIVERSITY

The term diversity covers both, the varieties of „being human“ and the value judgements that are associated with it. It was coined by sociologists to describe the coexistence of differences and common traits among human beings relating them to the predominant social value judgements.

The diversity approach is used to analyze group processes focusing on the differences and common values within the group, as well as setting a frame for the critical reviewing of judgements.

Diversity-education aims at both, a coexistence within groups that is characterized by the absence of fear or marginalization, and, at a critical reflexion of the norms and values predominant in the social systems of the group members.

GENDER IDENTITY

Gender Identity is a part of our identity: the deeply rooted sense of belonging to a certain gender "category" offered by the society or not. This sensation can deviate from the physical sex and develops in the brain. Since gender identity is felt, it is not visible. It is filled or determined by the individual himself. Right now in some countries of the European Union, there is a political discussion about how to minimize discrimination of people, that don't identify with the mostly binary system.

We want to focus on the fact, that **any difference of treatment, violation of rights or discrimination between people who identify differently from the common categories is not acceptable**. In sex education, we talk about gender roles and responsibilities and also about the rights of all people to be treated and valued the same.

HATE SPEECH

Hate Speech refers to statements that are intended to **insult, humiliate** or **belittle** individuals or groups with specific characteristics. It also often invokes violence against these people. Hate speech doesn't happen accidentally; it is more than an insult or an unintentional choice of words. Its purpose is to belittle and destroy the "other."

Hate speech is systematical and intentionally targets people in groups who are oppressed in society. All different types of attacks (verbal or non-verbal) are even more common on the internet because they are more visible to a larger audience over a longer time period. Instruments of hate speech can include **memes, videos, emojis, comments, pictures** ... Even if we live in a society based on polarisation, hate speech is unsocial behaviour that leads to violence.

MASCULINITY AND FEMININITY

Colloquially, the terms "masculinity" and "femininity" are used to refer to a certain **idea of appearance, values, social roles, behaviour, attitudes and professional interests**. These ideas are linked to certain stereotypes that prevail in a society.

However, stereotypes are not "natural". They are influenced by social norms that are considered "right" by a group of people at a certain time and place. Politics, economics, religion, tradition have an influence on them as well as social change. In this respect, although there are stereotypical statements about what is considered "typically" male or female (e.g. clothing, hairstyle, colours), at the same time we can see from history, pop culture and in a general cultural comparison that these "typical" attributions are very variable, mix and constantly reassemble.

The World Health Organization regional office and Federal Center for Health Education in Germany (BZgA) provide a good example for Europe-wide „**standards for sexuality education**". We use these standards as well as the national and international legal frameworks and recommendations as guidelines in our work.

The trained people who take on these topics – topics that are still taboo in our society – and do it with education, sensitivity, self-confidence and awareness for diversity deserve to be valued for the work they do. Because of this, we advocate for standards, training and communication about our work.

#professional attitude

We stand for sexual education with a focus on Diversity, Equality, Gender Rights, Social Responsibility, Knowledge and Professional Attitude.

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SEX EDUCATOR

LINKS AND RESOURCES ⓘ

- [sexual education](#) ➔
- [standards for sexual education in europe](#) ➔
- [diversity](#) ➔
- [sexuality](#) ➔

SEX POSITIVITY

The topic of sex is often approached with an essentially negative attitude (i.e. brushing children off for asking questions, the idea of impurity vs. virginity/purity etc.). Essentially, sex positivity is the concept of sexual freedom as part of sexual and reproductive rights and gender equality. It is the common ground that we, within the ramifications of consensual adult interactions, **respect people's personal preferences and encourage people to be self-determined agents in their sexualities without placing moral judgement on them.**

The concept of sex positivity is not pro- or anti-pornography. It is inclusive and non-judgemental, and tries to help people interact with their (increasingly sexualized) environments without shame or fear. This is an important part of prevention and health promotion.

SEXUAL CONSENT

Sexual Consent is ...

- ▶ a voluntary, enthusiastic yes
- ▶ un-assumed
- ▶ mandatory

can be ...

- ▶ verbal
- ▶ non-verbal
- ▶ withdrawn at any point
- ▶ for some things and not others ¹

¹ © "Doing it" p. 118,
Hannah Witton

And what if you are not 100% sure that you are doing something consensual?

ASK. It takes some courage and it is not always easy to talk about your sexuality and your lust but it always pays off, for both partners.

It can also be helpful to ask yourself some questions about your own feelings, like:

"What do you need for your sexual activity to be consensual? How do you want to talk about consent with your partner? Can you express the things you really do not like within sexuality? ..."

SEXUAL EDUCATION

... is more than „the birds and the bees“.

The aim of sexual education is to open up a room for the discussion of different topics and enabling people to make self-determined decisions concerning their own sexuality and sexual identity. Comprehensive sexual education contains topics like consent, gender roles, media, anatomy, body-consciousness, reproduction, contraception sexual rights etc. as well as the discussion of values and attitudes.

Therefore, talking about feelings and understanding the concept of consent belongs to comprehensive sexual education as well as anatomy or talking about the menstrual cycle. All of these topics are part of a bigger picture named health education and promotion of health.

Within this project, we want to give people the tools to understand and discuss concepts of sexuality and sex education in a constructive way. Therefore, we need to talk about it in an unexcited way rather than scandalize or sexualize these issues.

Read more about sex education here:

➔ [How to explain Sexual Education to policy makers](#)

➔ [A guide for age-appropriate Sexual Education](#)

SEXUAL ORIENTATION

Sexual Orientation is **a part of a person's identity** and is about **who you are attracted to** and **want to have (sexual) relationships with**. There are several categories for sexual orientations, but it's up to you to decide to use them. Sometimes categories are helpful to clarify or address something. On the other hand categories may not fit at all your personal situation.

„Who do you feel drawn to romantically, emotionally and sexually?“

Throughout our lives, we are learning and identifying ourselves with different ways of experiencing our desires in a more fixed or flexible way, according to self-definition and experiences we make.

We want to focus more on the discussion about how people can live together in a respectful way that sees diversity full of chances to learn from each other. Open discussion can bring connectedness and solidarity.

*“A lot of people think:
If I am a man, then I like women. But
there are men, who like other men. There
are women who like other women. There
are people who like women and men.*

*And there is much more. It's all called
sexual orientation.”
© Verein Leicht Lesen*

SEXUALITIES

LINKS AND RESOURCES ⓘ

[sexual education](#) ➔

[standards for sexual education in europe](#) ➔

[sexual orientation](#) ➔

[sexuality](#) ➔

SEXUALIZED VIOLENCE

[Boys* and Culture of Care](#) ➔

UNEXCITED

First of all:

sexuality is relevant in every stage of life — in different ways.

Within the document “Standards for Sexuality Education in Europe” published by the WHO Regional Office for Europe and the Federal Centre for Health Education in Germany (BZgA) you can find the comprehensive definition of sexuality for professionals in the field of sexual education.

„Sexuality is a central aspect of being human throughout life and encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction. Sexuality is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviours, practices, roles and relationships. While sexuality can include all of these dimensions, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, psycho- logical, social, economic, political, ethical, legal, historical, religious and spiritual factors.”

© WHO and BZgA 2010, p.17

We consider all acts against the sexual autonomy of a person as sexualized violence. Sexualized violence can take different forms, such as sexualized comments and remarks, direct or via phone or internet, unwanted touching, forced kissing, showing and producing of pornography, manipulation of the genitals, anal/oral/vaginal rape etc...

For different reasons people may not be able to give informed consent to sexual acts, e.g. they are not physically or mentally capable (through disabilities or drugs). Children can never give informed consent to sexual acts with adults as they are not able to oversee adult sexuality.

© Boys* and Culture of Care

When talking about sexual education in public, it is important to be sensitive to the subject and the taboos associated with it in order to avoid scandal. In this way, we create an open culture of discussion and dialogue on topics of sexual education so that all people can ask questions and expand their knowledge and understanding.

At the same time, an unexcited culture of discussion allows for a professionalization and quality assurance of sexuality education.

We stand for a contemporary and transparent sexual education of diversity and we talk about it. **#unexcited**

VULNERABLE GROUPS

We want to talk more about the different environments people are in and the challenges they are dealing with. People that are *under the situation of economic, cultural or social exclusion* or that demonstrate *behaviours at risk to be in a state of exclusion* are vulnerable groups. To work with vulnerable groups in sexual education needs a well-considered approach. But this is also true for every group we work with, no matter how vulnerable or not vulnerable it might seem at first. We try to focus on the things that we have in common and open up rooms for everybody to discuss and talk about topics of sexual education that are present in their life. "Vulnerable groups" is a social construct and we must be aware about the stigma that could raise when we work with that term.