

#UNEXCITED

we are thankful that sexual education exists

WHY? BECAUSE EXPERIENCES, ATTITUDES AND EXPECTATIONS ABOUT LOVE, SEXUALITY AND RELATIONSHIPS ARE A FUNDAMENTAL PART OF LIFE FOR PEOPLE OF ALL AGES AND ALL BACKGROUNDS. AND WE HERE AT LIL* THINK THAT THIS IS A PART OF LIFE THAT DESERVES AN UNEXCITED, CONTEXTUALIZED, AND SCIENTIFICALLY-BASED TREATMENT. WE WANT TO TALK ABOUT THE REALITY OF SEXUALITY, LOVE AND RELATIONSHIPS AND EDUCATE, SUPPORT AND COMMUNICATE OUTSIDE OF EDUCATIONAL SPACES. WE DO THIS WITH CONTENT-RICH, SUBSTANTIAL AND PRACTICAL SEXUAL EDUCATION, LIKE THAT PROVIDED BY OUR INTERDISCIPLINARY TEAM.

We want to take the chance to list some of the reasons why we need sexual education and why it is worth our while to take a closer look at these topics. These ten reasons are, in our opinion, the best of the best.

#1 FINDING WORDS

The British have at least fifteen different words for "rain." Not because they like to have a complicated language, but because pouring rain is different from drizzling rain. This is a nice



example from the world of words that makes clear how important it is to call things by their specific names. Especially in this important, multi-faceted and complicated field of sex education, many find this task daunting. So we will talk about it and learn together how to call emotions, decisions, genitals, contraceptive methods, love and sex by their names.

WE TALK CALMLY, OPENLY AND NON-JUDGMENTALLY ABOUT SEXUALITY.

NO PINK IS NO SOLUTION.

#2 NAMING OUR FEELINGS

The ability to name our feelings is one of the most important skills a person can have. Grief, anger, joy, wonder, fear, surprise, love, denial: they are our constant companions and if

we can not only feel them, but also show and name them, we can lay the foundation for healthy sexuality and healthy relationships.

WE PROMOTE THE SKILL OF NAMING OUR FEELINGS HONESTLY AND WITHOUT FEAR AS A NECESSARY FOUNDATION FOR EMOTIONAL HEALTH.



#3 GROWING TOGETHER

It's a tale as old as time, the one that we tell our children and young people when it comes to talking about sex: the birds and the bees. While the imagery may be cute, it has nothing to do with people, our sexuality, our bodies or our feelings. Children and young people usually have a carefree and curious attitude toward these topics, and understandably so! They just want to understand the world around them, and it is worth it to stay open and curious as adults. To seek out these discussions and approach them without worry or anxiety, but rather just to allow them to flow naturally. Not everything needs to be said out loud. But it is nice when we can learn from one another.

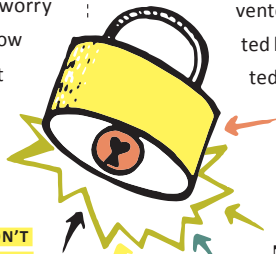
IS "THE SEX TALK" HARD? WE DON'T THINK SO. IF YOU SEEK OUT OPEN, CURIOUS DISCUSSIONS ABOUT THE TOPICS THAT INTEREST KIDS AND YOUNG PEOPLE.

ONE CAN LAUGH ABOUT ALMOST

EVERY-THING. BUT NOT WITH EVERYONE.

#4 SETTING BOUNDARIES

Sexuality can—and should—be beautiful. But it isn't always. Therefore, sexual education also means talking about sexual violence and feelings that are difficult to categorize. It means talking about traumatic experiences, consent and rejection. And it means creating a framework within which violence can be prevented and those affected by it can be supported.



VIOLENCE PREVENTION IS A PART OF SEXUAL EDUCATION. IT STRENGTHENS RESILIENCE AND SUPPORTS THE SETTING OF BOUNDARIES.

#5 CELEBRATING DIVERSITY

Tall, short, old, young, city kid, country boy, strong, tender, loud, quiet, confident, reserved: people are who they are. And above all, we are all different. Diversity is our reality, and

the diversity of our existence, our biographies and our expectations about sexuality and love can lead to challenges. But this same diversity offers opportunities for new perspectives. We want to make these perspectives visible and to encourage understanding and support.

OUR FORM OF SEXUAL EDUCATION VALUES AND BOLSTERS DIVERSITY



WHAT WE DO HAS RHYME AND REASON.

#6 PROMOTING BODY CONFIDENCE

Comparing our bodies and appearance to that of others is an innate tendency that we have as humans. But bodies change during our lifetimes, which is often outside of our

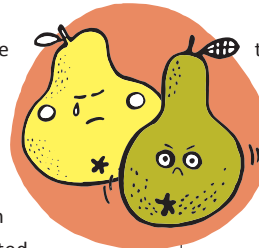
control. It can be very difficult to view these changes as positive, and not to allow outside validation or media-generated beauty ideals and norms to affect our well-being. Sex education should help people to maintain an understanding of the diversity of bodies and a healthy self-image. Because bodies can do much more than be attractive to others.

SEXUAL EDUCATION PROMOTES A POSITIVE, REALITY-BASED SELF-IMAGE AND A HEALTHY RELATIONSHIP WITH ONE'S OWN BODY.



#7 QUESTIONING IDEALS

To be honest, who doesn't want to be attractive for themselves and others and to be perceived as desirable and lovable? But who decides what is beautiful, lovable and desirable? Facebook friends? Neighbours? Partners? And is one allowed to feel unattractive in their own mirror? The open, reality-based and critical examination of the questions what makes us beautiful and what do we find beau-



tiful is a significant component of sexual education as we understand it.

BEAUTY HAS MANY INDIVIDUAL FACES THAT WE CAN DISCUSS WITHIN THE FRAMEWORK OF SEX EDUCATION.



VARIETY IS THE SPICE OF LIFE.

#8 FURTHERING MEDIA EDUCATION

Sexual education is constantly happening all around us. Whether it's on YouTube, Instagram, Netflix, in the movie theatre, or on porn websites. Digital media is a real part of



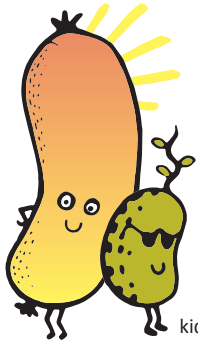
our daily lives. It can spread information and knowledge, but it can also reinforce clichés and stereotypes or convey supposedly shared ideals that put pressure on adults as well as young people to act or think a certain way. Sex education promotes the knowledge of boundaries between reality and fiction and authenticity and commerce. It supports a healthy and practical interaction with the topics of love, relationships and sexuality in a digitalized world.

WHERE DOES REALITY BEGIN AND END IN A WORLD IN WHICH DIGITAL MEDIA IS A CRUCIAL PART OF THAT REALITY?

HOW DO BUTTERFLIES GET INTO THE BELLY?

#9 SAYING WHAT WE MEAN

The communication theorist Paul Watzlawick said, "one cannot not communicate." And because education is a form of communication, we also cannot not educate about sex. It doesn't matter if it's about who should wear the color pink and who shouldn't, what we think about the #metoo debate, whom we give com-



pliments about clothing to, if we can say the word sex loudly in a cafe, which words we use with kids to describe their genitals or how we go about buying tampons and condoms. In each case, attitudes and values that have to do with sexual education arise, and we pass these opinions on, whether they are asked for or not.

**SEX EDUCATION IS ALWAYS PRESENT,
AND WE ARE BRINGING IT TO LIFE.**

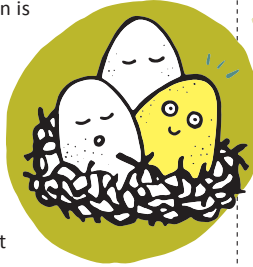
**EVERY
PERSON
IS UNIQUE
AND DIFFE-
RENT.**



**NO PERSON
IS WRONG OR
ABNORMAL.**

#10 BEING RESPONSIBLE ABOUT CONTRA- CEPTION

Contraception is a perpetual topic for people of all genders and all ages. A topic that we still have a lot to learn about. Why? Because there are around 25 different contraceptive methods, two of which are made for use by men, only three of which protect from sexually transmitted infections and some of which require medical procedures to use – to name a few. Sex education helps to maintain an overview amongst the thicket of options and to make clear for all target groups what methods are available to them in a clear and non-judgmental way.



**THE CHOICE OF CONTRACEPTIVE
METHOD IS AN IMPORTANT DECISION.
SEXUAL EDUCATION ENSURES NEUTRAL
AND COMPREHENSIVE SUPPORT IN THE
DECISION-MAKING PROCESS.**

**BIRDS
AND BEES?
WHAT KIDS
REALLY
WANT TO
KNOW
WHEN
THEY ASK
WHERE
BABIES
COME FROM**



CONTACT US

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#unexcited
talking
about
sexuality

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