

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

Street based youth workers

... met young people on street situations to assess severe needs in economic, educational and cultural, social welfare, social protection and finally in health domains. With multifactorial causes and exposed to risk-behaviours, the role of street based youth workers is using their educational approach to build up a solid relationship that allows young people to be not only objects of prevention but actors of prevention. That means, actively taking part in the increment of their life in a healthy perspective. We have quickly learned from vulnerable young people, that most of them know the facts linked to sexual education and what proves useful, but having the life skills to employ that knowledge has greater benefits.

- ➔ Evidence has shown that sexual education that is scientifically accurate, culturally and age-appropriate, gender-sensitive and life skills-based can provide your target people with the knowledge, skills and efficacy to make informed decisions about their sexuality and lifestyle.
- ➔ Research during the last two decades has also shown that sexuality education does not increase rates of sexual activity among teenagers but does increase knowledge about sexual behaviour and its consequences.
- ➔ It also reduces risk-taking behaviours among those who are sexually active.

Sexual health is fundamental to the physical and emotional health and well-being of individuals, couples and families, and to the social and economic development of communities and countries. Sexual health, when viewed affirmatively, encompasses the rights of all persons to have the knowledge and opportunity to pursue a safe and threat-free sexual life.

The ability of vulnerable young people to achieve sexual well-being depends on their access to:

- Comprehensive good-quality information about sex and sexuality
- Their access to sexual health care
- An environment that affirms and promotes sexual health
- Recognition of their talents as an active member of their community
- Access to improve their life skills
- Knowledge about the risks they face and their vulnerability to the adverse consequences of sexual activity

The access of vulnerable groups depends on the effort of the youth workers, dealing with vulnerable young people groups the accent must be:

- Sexual Education concerns a wide-ranging view
- encompassing sexual and gender identity
- sexual expression, relationships, and
- pleasure.

TIPS

Use a non judgemental or shame-based language or strategy;

Use a safe and comfortable environment to listen/speak either to a group or an individual;

Give information based on your knowledge and not based on your experience;

Have resources and tools in different aspects related with legal, cultural and health issues.

Sexual education is part of the use of active listening.

More important than your information is listening to him/her;

Go Further:

There are ranges of tools to support, to develop, scale up or review your sexuality education programs. Here you are some ones:

Developing sexual health programmes: a framework for action

<https://apps.who.int/iris/handle/10665/70501>

Comprehensive sexuality education

<https://www.unfpa.org/comprehensive-sexuality-education>

Education for health and well-being

<https://en.unesco.org/themes/health-education/>

UNESCO strategy on education for health and well-being: contributing to the Sustainable Development Goals

<https://unesdoc.unesco.org/ark:/48223/pf0000246453>

Young people switched on to digital sexuality education, new UNESCO brief

<https://en.unesco.org/news/young-people-switched-digital-sexuality-education-new-unesco-brief>

Boys and girls make menstrual pads at their school's gender club in Ethiopia

<https://en.unesco.org/news/boys-and-girls-make-menstrual-pads-their-schools-gender-club-ethiopia>



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