

EVERY PERSON IS UNIQUE  
AND DIFFERENT.

NO PERSON IS WRONG OR  
ABNORMAL.

IT IS OUR RESPONSIBILITY TO  
LIVE ACCORDINGLY.

**TODAY, TEENAGERS  
AND THEIR CONTACT  
PERSONS FACE A LOT OF  
CHALLENGES.**







**IT IS IMPORTANT  
THAT THEY HAVE THE  
RIGHT TOOLS TO MAKE  
INFORMED DECISIONS.**

**Teachers and educators need  
specific materials to help them  
in various situations.**



## How difficult can sex education really be?

*Sexuality and reproduction are not the necessarily the same thing. And besides that, children and young people are interested in topics like:*

-  What's up with love?
-  Why certain disabilities occur.
-  Is my body normal?
-  What is „beautiful“?
-  Who can i talk to on a really bad day?
-  The variety in their bodies and what it means when their bodies start to change (and if the changing ever ends!)

**Talking and laughing about these things can be extremely relieving.**

**After all, we are all just people.**

1. How do you recall your sexual education?
2. Has it always been good?
3. Was the person leading your classes able to answer all questions in a substantive way?
4. Were you ashamed of the topics you were discussing?
5. Would such classes work today among today's youth?

**Would you like to improve something?**

**Change something?**

**Add something to current teaching standards?**

*And is today's conversation about sex and conducting sex education classes a simple task?*

**Of course not.**

That is why the **#unexcited** project was created, which aims to increase sexual awareness, help young people and support teachers in a difficult mission, which is teaching about sex (including sexual violence).

# Sex education is more than talking about birds and bees ...