

Making use of the Standards for Sexuality Education – national examples

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Sexuality education in school improves knowledge and support informed and responsible choices

WHO Regional Office for Europe and BZgA
 Standards for Sexuality Education in Europe
 A framework for policy makers, educational and health authorities and specialists

Европейское региональное бюро ВОЗ и ФЦПЭСЗ
 Стандарты сексуального образования в Европе
 Документ для лиц, определяющих политику, руководителей и специалистов в области образования и здравоохранения

The 'Standards' PART II: SEXUALITY EDUCATION MATRIX

The Matrix

- Age group 0-9
Subgroups age 0-4, 4-6 and 6-9
- Age group 9-15
Subgroups age 9-12 and 12-15
- Age group 15 up

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General themes	Information	Skills	Attitudes
Human body			
Fertility / reproduction			
Sexuality			
Emotions			
Relationships			
Sexuality and Health			
Sexuality and Rights			
Social and cultural determinants of sexuality			

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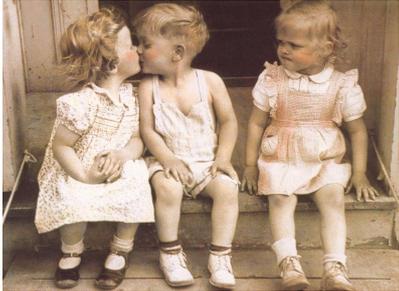
0-4	Information	Skills	Attitudes
The human body and human development	Give information about:	Enable to:	Development of:
	all body parts and their functions different bodies and different sexes body hygiene the difference between oneself and others	name the body parts practice hygiene (wash every part of the body) recognize body differences express needs and wishes	a positive body-image and self-image: self-esteem respect for differences an appreciation of their own body an appreciation for sense of well-being, closeness and trust created by body experience and experience of bonding respect for gender equality

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12-15	Information	Skills	Attitudes
The human body and human development	<p>Give information about:</p> <p>body knowledge, body image and body modification (female genital mutilation, circumcision, hymen and hymen repair, anorexia, bulimia, piercing, tattoos)</p> <p>menstrual cycle; secondary sexual body characteristics, their functions in men and women and accompanying feelings</p> <p>services where teenagers can go for problems related to these topics</p>	<p>Enable to:</p> <p>describe how people's feelings about their bodies can affect their health, self-image and behavior</p> <p>come to terms with puberty and resist peer pressure</p> <p>be critical of media messages and beauty industry</p>	<p>Development of:</p> <p>critical thinking related to body modification</p> <p>acceptance and appreciation of different body shapes</p>

9-12	Information	Skills	Attitudes
Emotions	<p>Give information about:</p> <p>different emotions e.g. curiosity, falling in love, ambivalence, insecurity shame, fear and jealousy</p> <p>differences in individual needs for intimacy and privacy</p> <p>the difference between friendship, love and lust</p> <p>Friendship and love towards people of the same sex</p>	<p>Enable to:</p> <p>express and recognize various emotions in themselves and others</p> <p>express needs, wishes and boundaries and respect those of others</p> <p>manage disappointments</p>	<p>Development of:</p> <p>an understanding of emotions and values (e.g. not feeling ashamed or guilty about sexual feelings or desires)</p> <p>respect for the privacy of others</p>

How to cope with disappointment



Distribution and implementation

- After publishing in October 2010, WHO and BZgA have actively distributed the Standards.
- The Standards provide answers to the questions “What” and “When” in sexuality education, the “How” is in the new publication “Guidance on implementation” now published
- The working group is next trying to define new more positive indicators for sexuality education
- First official translation was to Finnish. Now also in German, Russian, Dutch, Italian, Polish, Spanish, Croatian (Chinese and French are in the process).

National school curriculum for Finland

- Väestöliitto had a central role in planning of the national school curriculum for Finland introduced in 2004. A new topic named Health was introduced from grade 7 onwards, with altogether 114 hours in grade 7-9. Sexuality education is part of this health topic, with a mean of about 20 lessons in grade 7-9 as reported by teachers.
- Väestöliitto has participated in writing text books, and in the training of teachers.

Finland

- The Standards were translated to Finnish by the National Institute for Health, and have been extensively introduced for teachers and other stakeholders.
- The national curriculum can be only rather general; many teachers use the Standards in developing their detailed curriculum plans.
- For pre school children, the Standards form a main background

 **Estonia**

- The Standards were used for updating Estonian national school curriculum in 2010.
- WHO Standards have been used in education of teachers from 2010, both Estonian and Russian version of Standards were introduced.
- For a new textbook Human Studies Grade 8 (2013) WHO SE standards were used: Estonian and Russian version
- Estonian Sexual Health Association had a developmental aid co-operation project in Moldova in April 2012: 2-day seminar on sexuality education for staff working in youth counselling centres. Standards were introduced and used in structuring the programme
- Merike Kull and Kai Part

 **The Netherlands**

- The integrated lesson package Relationships & Sexuality for the primary schools was recently revised on the basis of the Standards. This was very helpfully in setting out integrated learning for children 4 till 12 years old. It functioned as a model building a framework with objectives for knowledge, attitudes and skills for all the age groups.
- Strategies and working forms developed in cooperation with the teachers based on good practices.
- Ineke van der Vlugt, Rutgers WPF

 **Belgium**

- Standards used successfully in an big project on 'sexual integrity' policy of 5 sectors working with children and youth: childcare, youth-work, sports, youth-care and education.
- Standards referred to as the tool for developing a curriculum.
- Erika Frans; Sensoa

 **Norway**

- Standards implemented in complementary school programs from grade 6 and upwards - one of them being a program to mentally handicapped young people and young grown-ups.
- There are descriptions of the programs in the 2012 strategic plan for promoting sexual health in Norway
- Ulla Ollendorff; Helsedirektoratet

 **Switzerland**

- In Switzerland there is no national curricula. Each canton, each region has their own curricula, which may be quite different.
- Intense debate in Switzerland on Sexuality Education, in the mass media and also among education opinion leaders. Sexual Health Switzerland together with the Social Sciences High School of Lucerne organized a conference where the "Standards" were presented and discussed.
- Currently, the "Standards" are reference for school curricula and teacher training curricula in the German speaking Switzerland.
- Marina Costa

 **Eastern Europe and Central Asia**

- Workshop with Eastern European representatives organised in autumn 2011.
- Training in cooperation with UNFPA of stakeholders in Turkmenistan: development of contents and competencies of teachers based on Standards
- Sensitization workshop on sexuality education and the Standards in Kyrgystan in cooperation with GIZ
- UNFPA regional office in Istanbul has a clear interest in the Standards, and the Guidance, to be used in the region.

Guiding Questions

- Would it be useful in your country to have the 'Standards' for sexuality education?
- What do you see as the main difficulties in introducing the 'Standards'?
- Who are your local stakeholders and how can they be involved in adopting and implementing the 'Standards'?

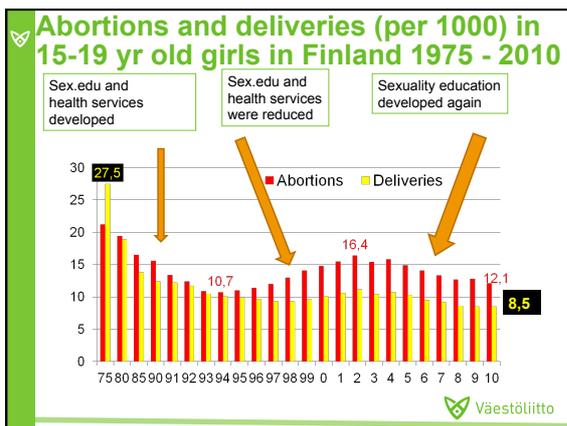
For a pdf version of the Standards:
www.bzga-whocc.de

Thank you for your interest

Väestöliitto

Thank you!

www.vaestoliitto.fi



Aims and objectives of 'Standards'

- to assure the quality of sexuality education
- to assure a positive approach to sexuality and support age appropriate development
- to assure the rights of children and youth to comprehensive and correct information
- to give teachers, parents and other stakeholders a framework for their own roles, and supporting them in delivering sexuality education

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