

Don't mention the "S" word...!


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Background

- "Sex" is most searched term online in Sri Lanka
- Last 5 years Sri Lankans have searched it more than any other country in the world
- Search frequency increases during the school holiday periods
- Conservative country – sex is a taboo subject
- SRH introduced in schools in 1994 but teachers shy away from it and knowledge is low
- Increased age of marriage, rise in pre-marital sex & earlier sexual debut putting young people at risk of the possible negative consequences of sex


The Tea Project

- UK charity based in Sri Lanka
- Works to empower Sri Lankan children
- Provides training, support and guidance to schools & orphanages
- Works with marginalised, vulnerable children and young people from poor communities
- Based in Kandy, within the Central Highland Province



My Challenge...

...to create a Healthy Relationships programme for secondary school children, to tackle this topic in a socially and culturally acceptable manner

EveryBody
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EveryBody®

- One day training session to fit into a standard Sri-Lankan school day
- 3 variations of the programme – boys, girls & mixed

My Relationships		
My Body (Boys)	My Body (Girls)	Same Same but Different

Teaching methods

- Ice-breakers
- Group Brainstorm
- Posters & group presentations
- Role play scenarios
- Facilitator Presentation
- Collages
- Games
- Question Box

The EveryBody[®] pilot programme

- Six full-day sessions in an English-speaking secondary school
- Year 9 and 10 students (15-16 year olds)
- Four "All Girls", one "Mixed" and one "All Boys" sessions
- 114 students in total participated (82 girls and 32 boys)
- Data gathered through feedback form, "Ideas Wall" and Question Box

The Results

Data gathered through feedback form, "Ideas Wall" and Question Box

- All Girls - 94% rated the programme as *Excellent*
- All Boys - 100% rated the programme as *Excellent*
- Mixed - 90% rated the programme as *Excellent*



Theme	Examples	Number of
Healthy and unhealthy relationships	<i>What do you think is healthy and what is not?</i> <i>Is it ok to have friends and relationships online?</i>	57
(Relationships and) Gags	<i>Is it ok to have a relationship at this age?</i> <i>Is it ok to have a relationship with your partner?</i>	(15)
Emotions	<i>Why do you think you will experience love between you and us?</i> <i>How do you feel about your life?</i>	35
Opinion regarding relating with the	<i>How do you feel about your relationship?</i> <i>Why do you feel like you are not?</i> <i>How do you feel about your life?</i>	28
Social feelings, sexuality and homophobia	<i>Why do you think you are not a lesbian?</i> <i>Why do you think you are not a lesbian?</i>	5
Reproductive Health and Rubbery	<i>Why do you think you are not a lesbian?</i> <i>Why do you think you are not a lesbian?</i>	13
Personal safety	<i>What do you think is the best way to keep yourself safe?</i>	5
Confidence/Questions about training and/or	<i>What do you think is the best way to keep yourself safe?</i>	29
Opinions of Society teachers and parents	<i>Why do you think you are not a lesbian?</i> <i>Why do you think you are not a lesbian?</i> <i>Can you do this programme for teachers please?</i>	8



Conclusion

- Sri Lankan students welcome and value open discussion on the personal issues that they face during adolescence
- Creative interactive teaching methods are a popular and effective way of educating Sri Lankan students
- The nature of the questions, which included questions on sexuality and social media, could advocate refining the programme to represent the current issues and needs of Sri Lankan students

Key Recommendations

- Tea Project staff and local volunteers to disseminate EveryBody® programme to other schools throughout Sri Lanka
- Programme to be translated into Sinhala and Tamil for use in non-English medium schools
- Consider running the training for teachers so that they may deliver the programme
- Consider expanding the training by adding modules to the basic package to cover a wider range of subjects

