

Communication about sexuality in adolescence

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Conflict of interest statement

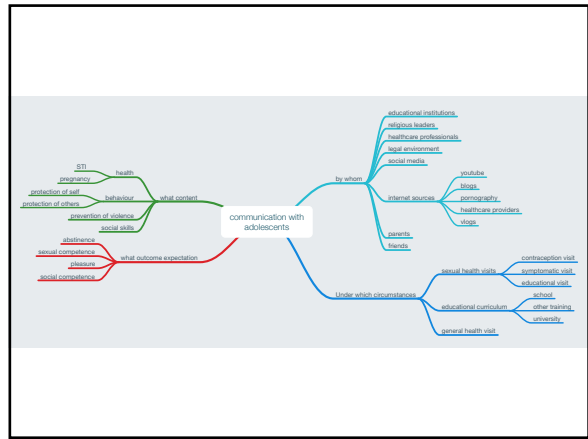
- I have in the past received honoraria for presenting at educational events from Bayer, MSD and HRA
- I have attended educational events organized by Bayer
- I am a member of an expert group involved with the development of the Standards of Sexuality Education by the German Federal Centre for Health Education.

Adolescent
Various definitions: age 10-19 or from puberty to legal adulthood
Young person (YP)

Communication

- kamju n' keɟ(ɔ)n/
- noun
- the imparting or exchanging of information by speaking, writing, or using some other medium.
- "television is an effective means of communication"

Human sexuality is the way people experience and express themselves sexually. This involves biological, erotic, physical, emotional, social, or spiritual feelings and behaviors (Wikipedia)



Communication & Education for Adolescents

Aim

- Convey information, skills and positive values to YP in age appropriate ways that enable them to understand and enjoy their sexuality, engage in safe and enriching relationships and support responsible interactions concerning their own and their partner's sexual health.

Communicating with Adolescents Evidence Base

- Cochrane reviews: Effectiveness of school based interventions re preventing HIV, STIs and unplanned pregnancy (2016) & Interactive computer-based interventions for sexual health promotion (2010)
- NATSAL study in UK & Youth sexuality study (Germany): Patterns and trends in sources of information about sex
<http://dx.doi.org/10.1136/bmjopen-2015-007837>
- Doctor's experience of the contraceptive consultation (FamPlan 2017:43:119-25)
- Provider communication with adolescents & young females (Contraception 97, 2018: 22-28)
- ESC Journal: Targeting factors for change (2016: 21:417-30)

Communication requires education

- Education for society (parents)
- Education for teachers and health professionals
- Education for young people

Education for society

- Addressing the concerns raised by recent media events #metoo
- Working towards achieving UN Millennium Goals (education, gender equality and fighting HIV)
- Acknowledgment that with migration in Europe come societal challenges around sexual health and rights and cultural perceptions

Support for teachers and HCPs

Standards for SE in Europe (2010)
Implementation guidance (2019)
Policy Briefs
Training materials (2017)

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

<https://www.bzga-whoec.de/en/publications/>

	Knowledge	Skills	Attitudes
The human body and human development			
Fertility and reproduction			
Sexuality			
Emotions			
Relationships and lifestyles			
Sexuality, health and well-being			
Sexuality and rights			
Social and cultural determinants of sexuality (values/norms)			

Standards for sexuality education in Europe

Support for HCPs : Brook materials

<https://www.brook.org.uk>

SEXUAL BEHAVIOURS
TRAFFIC LIGHT TOOL

Online resource to help with language

Suitable for use in teaching and healthcare setting, supporting YP and adults when language may be the problem

