

RFSU



The Swedish Association for Sexuality
Education

Pelle Ullholm



Sexuality education in Sweden



Ill: Karin Nilsson

- ⌘ Compulsory in school since '55
- ⌘ More than facts
- ⌘ Age related education

Sexuality education integrated:



... in almost all subjects –
more in:

- ⌘ Biology
- ⌘ Civics/social science
- ⌘ History
- ⌘ Religion
- ⌘ Swedish

... and some in, for
example:

- ⌘ Art
- ⌘ Music
- ⌘ Physical education and health
- ⌘ Home and consumer studies/home economics
- ⌘ Technology

... *but* all should work with gender.

Examples biology

Grade 4-6 (10-13 yo):

”Human puberty, sexuality and reproduction, and also questions about identity, gender equality, relationships, love and responsibility.”



Examples civics

Grade 7-9 (13-16 yo):

⌘ Young people's identities, lifestyles and well-being and how this is affected by such factors as socio-economic background, gender and sexual orientation.



Examples civics & religion – media/popular culture

Civics grade 4-6 (10-13 yo):

”How sexuality and gender roles are represented in the media and popular culture.”

Religion grade 7-9 (13-16 yo):

”How different life issues, such as the purpose of life, relationships, love and sexuality is depicted in popular culture.”



Comprehensive/holistic sexuality education (CSE)



- Physical and biological aspects
- Emotional and social aspects
- Puts sexuality, gender and relationships in a societal context
- Accurate and relevant information and knowledge
- Develops skills (e.g. critical thinking, decision-making)
- Includes and recognizes different views, values and sexualities (in society as well as among the pupils/students)

- Also *how* it is conducted.

CSE continue ... *how*



- ⌘ Supportive
- ⌘ Promoting health
- ⌘ Norm-conscious
- ⌘ Conscious about how methods and personal attitudes and values affect the education and its content.

Seven Essential Components of CSE (IPPF)



- ⌘ Gender
- ⌘ Sexual and reproductive health and rights
- ⌘ Sexual rights and sexual citizenship
- ⌘ Pleasure
- ⌘ Violence
- ⌘ Diversity
- ⌘ Relationships

Unesco: Comprehensive sexuality education

...

... will have a broad perspective that is

- ⌘ Based on human rights
- ⌘ Respects the values of a democratic, pluralistic society
- ⌘ Includes ethical, biological, emotional, social, cultural, and gender aspects
- ⌘ Includes topics related to the diversity of sexual orientations and identities
- ⌘ Promotes respect for differences and rejects any form of discrimination
- ⌘ Fosters responsible and informed decision-making

Rights based CSE in practice:

- *Rights perspective:*

Everyone's right to sexual health and knowledge about sexual and reproductive rights.

- *A positive approach:*


Views sexuality as something basically positive, that contributes to people's well-being. Respect children's and young people's thoughts, questions and experiences

- *Anti-discriminatory perspective:*

Reflects on expectations and norms. Is open to different opinions and views and way of living, regardless of background. Questioning stereotyped perceptions on gender, sexuality, culture, religion etc.

- *Availability/ accessibility perspective:*

Through language and pictures. Is, relevant and realistic, e.g. emanate from and consider young people's needs, questions and life conditions



“The youth want to make their experiences by themselves. Very little they will be led or guided by threats about risks and by prohibition - they need something positively that they can embrace with warmth and sympathy.”



- ⌘ Karolina Widerström,
- ⌘ First female doctor 1897

Three fundamental freedoms

- ⌘ - The freedom to choose
- ⌘ - The freedom to enjoy
- ⌘ - The freedom to be oneself





Topics in the film and the booklet



- ⌘ **Broaden perspective on sexuality**
- ⌘ Genitals with focus on arousal
- ⌘ **Mutuality and respect**
- ⌘ **Pleasant feelings and enjoyable things**
- ⌘ Unwritten rules and norms
- ⌘ Safer sex - with or without condom
- ⌘ Experience and learning