

Sexual education

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REFERENCE BOOK

for parents
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*questions & answers*

# Dear Parents,



Safety and balanced development of children are the most important matters for each parent. You want them to be healthy and happy, to make responsible and thoughtful decisions while reaching adulthood. Your concern is to prepare them for being a part of society and for making wise choices. You give of your best to them. Sometimes, however, parents and guardians become helpless and feel that they lack something regarding contact with adolescent youths. Do they lack courage? Boldness? Specific approach? At times you can feel at loss, when talking about difficult and sensitive issues. After all, no one teaches you how to be an educator of your own children. Usually this is the role reserved for school but even there the transfer of knowledge sometimes meets with resistance, shame, lack of preparation. It is not easy to talk about sexuality, which embraces talking about adolescence, friendship, love, corporeality, parenting, as well as tolerance and understanding for another human being. Adults rarely talk seriously about sexuality among themselves, so it is even harder for them to raise this issue with teenagers while preparing them to face adulthood. Therefore, our goal is to support youth and parents in order to prevent common risks of the developmental age.

With a view to your adolescent children, we prepared a series of classes on sex education which are meant to meet your expectations. We designed a methodological and sustentative training for a group of educators who acquired theoretical knowledge and put theory into practice under our supervision.

A brief description of the program is presented below. We are also open to meeting with you and talking about specific issues.

Kind regards,

Aleksandra Dulas and Anna Jurek



If you have any questions regarding our program or your children's development, do not hesitate to e-mail us: [zapytaj@spunk.pl](mailto:zapytaj@spunk.pl)



# *The Program*



The sexual education workshops cover, among others, the following issues:

- Human development throughout life.
- Emotions, feelings, pubescence and social maturation.
- Love, friendship, building romantic and interpersonal relations, effective communication.
- Conscious and responsible approach to procreation and parenthood, including contraception.
- Pregnancy and childbirth – its influence on one's life.
- Prevention of sexually transmitted diseases (STD).
- Sexual identity and psychosexual orientation.
- Protection against sexualization of women and men in the media, film and the Internet.
- Online safety.
- Protection against pornography.
- Assertiveness and defense of one's psychological and physical comfort zone.

# *Benefits from attending the workshops*



By participating in the workshops young people gain reliable and scientific knowledge that is presented in a comprehensible way. As a result of increased awareness and acquired skills they are able to avoid most of the risks associated with puberty. The interactive method of teaching is an opportunity to shape the skills of open communication. Generally, the entire program of sexual education is focused on prevention of the threats associated with adolescence and is to help young people make responsible decisions.



## Teaching method

We run our classes using interactive methods of teaching, i.e. we pass on scientific knowledge and discuss it together with students. Each participant has a right to his or her own opinions and learns to respect different views and beliefs. Activities are always conducted by two educators.

## Class structure

The workshops are aimed at junior high school students. The classes include a series of meetings (10 hours total), which are organized in selected schools in several blocks (3-4 hours each). The dates of classes are always arranged after a joint consultation with the management of schools and teachers. Before the implementation of the program, we always meet with parents in order to present the main objectives and to get to know each other. The necessary condition for the participation in the workshops is a written parental consent. It is voluntary and its lack does not require any justification.

## About us

We are a group of qualified educators. There are psychologists, pedagogues, sociologists, ethicists, cultural studies specialists and teachers of different specializations among us. We respect parents' and students' ideological differences because we understand and accept a multicultural perspective. During our courses we rely on knowledge based on scientific research. We take full responsibility for our words and actions.

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