

6-9

Information

Give information about

Skills

Enable children to

Attitudes

Help children to develop

The human body and human development

- body changes, menstruation, ejaculation, individual variation in development over time
- (biological) differences between men and women (internal and external)
- body hygiene

■ know and to be able to use the correct words for body parts and their functions

- *appraise body changes*
- *examine their body and take care of it*

■ an acceptance of insecurities arising from their body awareness

- a positive body-image and self-image: self-esteem
- a positive gender identity

Fertility and reproduction

- choices about parenthood and pregnancy, infertility, adoption
- the basic idea of contraception (it is possible to plan and decide about your family)
- different methods of conception
- *basic idea of fertility cycle*
- *myths about reproduction*

■ develop communication skills

- *gain an understanding that people can influence their own fertility*

• *an acceptance of diversity – some people choose to have children, others choose not to*

Sexuality

- love, being in love
- tenderness
- sex in the media (including the Internet)
- enjoyment and pleasure when touching one's own body (masturbation/self-stimulation)
- appropriate sexual language
- *sexual intercourse*

■ accept own and others' need for privacy

- deal with sex in the media
- use sexual language in a nonoffensive way

■ an understanding of "acceptable sex" (mutually consensual, voluntary, equal, age-appropriate, context-appropriate and self-respecting)

- *an awareness that sex is depicted in the media in different ways*

Emotions

- the difference between friendship, love and lust
- jealousy, anger, aggression, disappointment
- *friendship and love towards people of the same sex*
- *secret loves, first love (infatuations and "crushes", unrequited love)*

■ express and communicate emotions, own wishes and needs

■ manage disappointments

- *name own feelings adequately*
- *manage their own and others' need for privacy*

■ the acceptance that feelings of love (as a part of all emotions) are natural

■ the attitude that their own experience and expression of emotions is right and important (valuing their own feelings)

■ main topic (new)

■ main topic (consolidation)

• additional topic (new)

• additional topic (consolidation)

6-9	Information Give information about	Skills Enable children to	Attitudes Help children to develop
Relationships and lifestyles	<ul style="list-style-type: none"> ■ different relationships in relation to love, friendship, etc. ■ different family relationships <ul style="list-style-type: none"> • <i>marriage, divorce; living together</i> 	<ul style="list-style-type: none"> ■ express oneself within relationships ■ be able to negotiate compromises, show tolerance and empathy ■ make social contacts and make friends 	<ul style="list-style-type: none"> ■ acceptance of commitment, responsibility and honesty as a basis for relationships ■ respect for others ■ acceptance of diversity
Sexuality, health and well-being	<ul style="list-style-type: none"> ■ the positive influence of sexuality on health and well-being ■ diseases related to sexuality ■ sexual violence and aggression <ul style="list-style-type: none"> • <i>where to get help</i> 	<ul style="list-style-type: none"> ■ set boundaries ■ trust their instincts and apply the three-step model (say no, go away, talk to somebody you trust) 	<ul style="list-style-type: none"> ■ a sense of responsibility for one's own health and well-being ■ an awareness of choices and possibilities ■ an awareness of risks
Sexuality and rights	<ul style="list-style-type: none"> ■ the right of self-expression ■ sexual rights of children (information, sexuality education, bodily integrity) ■ abuse ■ the responsibility of adults for the safety of children 	<ul style="list-style-type: none"> ■ ask for help and information ■ turn to somebody you trust if in trouble <ul style="list-style-type: none"> • <i>name their rights</i> • <i>express wishes and needs</i> 	<ul style="list-style-type: none"> ■ feelings of responsibility for oneself and others ■ awareness of rights and choices
Social and cultural determinants of sexuality (values/norms)	<ul style="list-style-type: none"> ■ gender roles ■ cultural differences ■ age differences 	<ul style="list-style-type: none"> ■ talk about own experiences, wishes and needs in relation to cultural norms ■ recognize and deal with differences 	<ul style="list-style-type: none"> ■ respect for different lifestyles, values and norms

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