

9-12

Information

Give information about

Skills

Enable children to

Attitudes

Help children to develop

The human body and human development

- body hygiene (menstruation, ejaculation)
- early changes in puberty (mental, physical, social and emotional changes and the possible variety in these)
- *internal and external sexual and reproductive organs and functions*

- integrate these changes into their own lives
- know and use the correct vocabulary
- *communicate about changes in puberty*

- an understanding and acceptance of changes and differences in bodies (size and shape of penis, breasts and vulva can vary significantly, standards of beauty change over time and differ between cultures)
- *a positive body-image and self-image: self-esteem*

Fertility and reproduction

- reproduction and family planning
- different types of contraception and their use; myths about contraception
- symptoms of pregnancy, risks and consequences of unsafe sex (unintended pregnancy)

- understand the relationship between menstruation/ ejaculation and fertility
- use condoms and contraceptives effectively in future

- the understanding that contraception is the responsibility of both sexes

Sexuality

- first sexual experience
- gender orientation
- sexual behaviour of young people (variability of sexual behaviour)
- love, being in love
- *pleasure, masturbation, orgasm*
- *differences between gender identity and biological sex*

- communicate and understand different sexual feelings and talk about sexuality in an appropriate way
- make a conscious decision to have sexual experiences or not
- refuse unwanted sexual experiences
- *differentiate between sexuality in "real life" and sexuality in the media*
- *use modern media (mobile phones, Internet) and be aware of risks and benefits associated with these tools*

- acceptance, respect and understanding of diversity in sexuality and sexual orientation (sex should be mutually consensual, voluntary, equal, age-appropriate, context-appropriate and self-respecting)
- the understanding of sexuality as a learning process
- acceptance of different expressions of sexuality (kissing, touching, caressing, etc.)
- *understanding that everyone has his/her own timetable of sexual development*

Emotions

- different emotions, e.g. curiosity, falling in love, ambivalence, insecurity, shame, fear and jealousy
- differences in individual needs for intimacy and privacy
- the difference between friendship, love and lust
- *friendship and love towards people of the same sex*

- express and recognize various emotions in themselves and others
- express needs, wishes and boundaries and respect those of others
- manage disappointments

- an understanding of emotions and values (e.g. not feeling ashamed or guilty about sexual feelings or desires)
- respect for the privacy of others

■ main topic (new)

■ main topic (consolidation)

● additional topic (new)

● additional topic (consolidation)

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Relationships and lifestyles

- differences between friendship, companionship and relationships and different ways of dating
- different kinds of pleasant and unpleasant relationships (influence of (gender) inequality on relationships)

- express friendship and love in different ways
- make social contacts, make friends, build and maintain relationships
- *communicate own expectations and needs within relationships*

- a positive attitude to gender equality in relationships and free choice of partner
- acceptance of commitment, responsibility and honesty as a basis for relationships
- respect for others
- *an understanding of the influence of gender, age, religion, culture, etc. on relationships*

Sexuality, health and well-being

- symptoms, risks and consequences of unsafe, unpleasant and unwanted sexual experiences (sexually transmitted infections (STI), HIV, unintended pregnancy, psychological consequences)
- the prevalence and different types of sexual abuse, how to avoid it and where to get support
- the positive influence of sexuality on health and well-being

- take responsibility in relation to safe and pleasant sexual experiences for oneself and others
- express boundaries and wishes and to avoid unsafe or unwanted sexual experiences
- *ask for help and support in case of problems (puberty, relationships, etc.)*

- awareness of choices and possibilities
- awareness of risks
- *a feeling of mutual responsibility for health and well-being*

Sexuality and rights

- sexual rights, as defined by IPPF and by WAS *
- *national laws and regulations (age of consent)*

- act within these rights and responsibilities
- *ask for help and information*

- an awareness of rights and choices
- *an acceptance of sexual rights for oneself and others*

Social and cultural determinants of sexuality (values/norms)

- influence of peer pressure, media, pornography, culture, religion, gender, laws and socioeconomic status on sexual decisions, partnerships and behaviour

- discuss these external influences and make a personal assessment
- *acquire modern media competence (mobile phone, Internet, dealing with pornography)*

- respect for different lifestyles, values and norms
- *an acceptance of different opinions, views and behaviour regarding sexuality*

* International Planned Parenthood Federation (IPPF): Sexual Rights: an IPPF declaration. London 2008 and World Association for Sexual Health (WAS): Declaration of Sexual Rights. Hongkong 1999

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● additional topic (new)

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