

TALKING SAFELY ABOUT SEXUALITY WITH THE PICCASOLL- ENGAGEMENTS¹

To be able to talk about sexuality within a group, one must first be able to create a safe environment. Youngsters and coaches make agreements (engagements) about what can be discussed and what cannot be discussed and how to react in a respectful way on other's statements. An easy tool is the PICCASOLL-methodology as developed by Sensoa. PICCASOLL summarizes the most important conditions required for a good sexual education program.

- **P for Privacy:** Personal information is confidential and stays within the group. What we hear here, we do not use in other situations. Neither do the coaches.
- **I for I:** We talk about ourselves, our feelings, experiences and views. We are open and honest in what we tell.
- **C for Culture:** Keep in mind the different cultural background that may exist within the group. 'Culture' can refer to your origin, but also your religion or your home culture.
- **C for Choose:** Choose what you do and do not tell. Not everything needs to be known by everybody. You can keep your feelings and thoughts to yourself if you do not feel comfortable in the group.
- **A for Active:** Take an active role in the group. You yourself have the opportunity to define the topics so do not wait until somebody else introduces something.
- **S for Sexuality:** Sexuality does not only mean going to bed with somebody. Sexuality is also a psychological and emotional issue. So we are talking here about all forms of sex and everybody can join in the conversation. There are big differences between cultures and people (man and woman, young and old) in the way they deal with sex, looks and talents.
- **O for Orientation:** People can be heterosexual, homosexual, lesbian or bisexual. Whatever sexual orientation you identify with, everybody is unique and deserves respect.
- **L for Listening:** Listening is equally as important as talking. You do not have to like everybody, but respect for everyone's individuality, talents and interests does matter.
- **L for Laughing:** Humour is important. It is sometimes a good way of dealing with tense subjects. However, ridiculing is out of the question.

¹ This text is a permitted translation/adaptation of a document found on <http://www.seksuelevorming.be/praten-over-seks/praten-over-seks/veilig-praten-over-seksualiteit-met-de-pickasoll-afspraken>, consulted on January 15th, 2017.

RESPECT AND PRIVACY ARE CRUCIAL

- The agreements also imply that you, as a coach, never share personal information with colleagues and others and that you treat certain choices and preferences respectfully.
- Agreements concerning 'privacy' are crucial. Youngsters who talk with each other after a session, are easily inclined to share information on others. Encourage them to set limits themselves towards other youngsters.

TAKE GOOD CARE: "I" OR "WE"?

- Employing the "I" shape, is often difficult. Youngsters easily lapse into expressions like "My friends say" or "My parents want". Stimulate them to keep talking from the "I" perspective by asking for their own opinion or experience.
- Youngsters with a certain cultural background, will rather talk from the "We" perspective. For instance "We consider virginity important". You can then explore by asking how they cope with this. Do not ask what they think about this themselves, because it then may look as if they need to defend their origin or their home culture.

PICCASOLL IN THE GROUP

Introduce the agreements/conditions before you start a workshop/session. Also give the group the opportunity to think about this together. Record the agreements on a flipchart, a whiteboard or project them on a screen.. You can also work with a hand-out. That way you can always refer to it if you want to adjust the discussion.

PICCASOLL

