

DISCUSSING SEXUAL DEVELOPMENT

PURPOSE OF THE EXERCISE:

This exercise requires you to apply your knowledge about sexual development.

TIMING:

10-15 minutes

HOW TO CONDUCT THE EXERCISE:

Form groups of 5 or 6 students. Discuss in your group (choose 2 out of the following 5 questions; 10 minutes):

1. All people, including infants are sexual beings. Sexual development starts at birth and takes place in different dimensions. What do you consider important learning experiences for infants in their first 4 years of life that supports a healthy sexual development?
2. When children get a bit older (4 - 6 year olds) they learn social rules about appropriate and inappropriate behavior. What kind of rules will support a healthy sexual development?
3. In primary school, children often develop romantic feelings about other children. How would you respond if a girl is having a crush on another girl, and is being laughed at by her friends?
4. Wendy, 9 years old, is raised by her catholic grandmother and is told that she should not touch herself in any inappropriate way, and that her body is sinful. What should Wendy know about her body and its development in order not to feel ashamed of her own body?
5. During puberty (12-15 year old) young people often start separating themselves from their care givers and develop strong relationships with peers. Sexual attraction can lead to sexual behavior. What types of sexual behavior would you consider normal at this age?

SUGGESTIONS:

More information about sexual development and behavior of children:

http://nctsn.org/nctsn_assets/pdfs/caring/sexualdevelopmentandbehavior.pdf

THEORETICAL BACKGROUND:

Sexual development of children 0-18, Rutgers: <https://shop.rutgers.nl/webwinkel/wat-zoekt-u/voorlichtingsmaterialen/sexual-development-of-children-from-0-to-18-years/124637&page=>

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/>

<https://flagsystem.org>

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