

SEX EDUCATION

PURPOSE OF THE EXERCISE:

With this exercise a person is asked to think about his/her own sexual education. The aim of the exercise is to demonstrate the importance of good sexual education for children.

HOW TO CONDUCT THE EXERCISE:

This exercise focusses on your own experiences with sex education.

- Did you, as a child, once tell a sexual joke to adults or other children? Tell it again. Did you, at that time, understand the meaning of the joke?
- Indicate who educated you on the facts (mother, father, brother, sister, friends, teachers, imams or priests, etc.). What did they tell you and what didn't they?
- Did the sex education fit in with your needs of that moment, or did it come too early or too late?
- Did you talk about your perceptions? If yes, with whom? How did this work out?
- Which values and norms were central in your sex education? How do you look at it now?

SUGGESTIONS:

This is an individual exercise. But it may serve as a starting point for a discussion on the topic of sex education.

(THEORETICAL) BACKGROUND:

Quite a few educators presume their child is well educated and understands everything. Often, wrongly; one can see this when children tell sexual jokes to each other and to adults.

Often children repeat these jokes, because they get a rewarding reaction from their audience. But frequently these children do not understand the joke entirely. This misleads the educator: their child is supposed to know everything, and sex education is not necessary anymore.

Alongside this, children need to know the right words. Words to understand and express their experiences but also to avoid possible misunderstandings (see also the case Anna).

REFERENCES:

This exercise can be found in: Heemelaar, M. (2013). *Seksualiteit, intimiteit en hulpverlening*. Houten: Bohn Stafleu van Loghum.

