

# This is Qpido



## The expert centre for sexual resilience

Since 2014  
Amsterdam

# Sexual resilience

What are you thinking of?



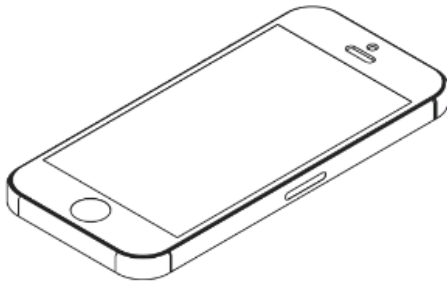
# What do we offer?

- 'Love is' classes at high schools: about love, relationships, sexuality and sexting & grooming
- Specific classes about sexting & grooming: also at primary schools
- Romeo & Juliet: personal guidance related to sexual development
- Training for parents and professionals
- Website and anonymous chat
- Consultation



Wifi:  
Wifi code:

Go to **www.menti.com** and use the code **15 86 34**



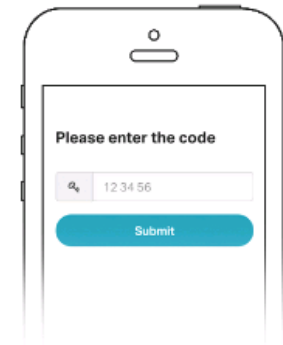
1

Grab your phone

www.menti.com

2

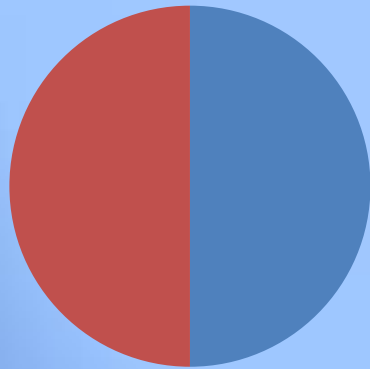
Go to [www.menti.com](http://www.menti.com)



3

Enter the code 15 86 34 and vote!

2012



- Education at high schools for girls
- Ambulant help for girls

2013:

Beginning of Qpido

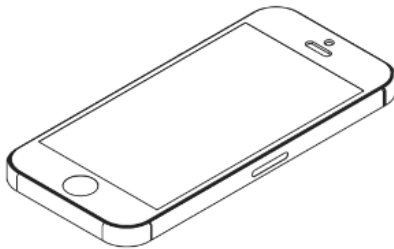
Qpido 2018



- Love is...education at high schools (boys & girls)
- Ambulant help (Romeo, Juliet, Nova, Sterq)
- Sexting & grooming lessons also at primary schools
- Training for professionals, parents and teachers
- Projects/innovation
- Consultation
- Anonymous chat and Whats app

Wifi:  
Wifi code:

Go to **www.menti.com** and use the code **75 62 4**



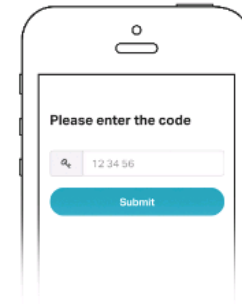
1

Grab your phone

www.menti.com

2

Go to [www.menti.com](http://www.menti.com)



3

Enter the code **75 62 4** and vote!



# Cocktail time!



Time to make a big human cocktail!

1. What do you want to **learn** today?
2. What do you have to **offer**?

# Best practices

## Professionals

- Example questions
- Flow chart to talk with youngsters
- Tools
- Flag system
- Normative list of healthy sexual behavior
- Roleplay

## Youngsters

- Separate groups boys/girls
- Young guest teachers instead of own teachers
- Hot items like sexting
- Information about consequences
- No judgement
- Creating a safe atmosphere to talk
- Act like you've seen and heard a lot so nothing is strange

## Parents

- Talk about sexual resilience
- Give psycho-education about healthy sexual development
- Give tools to start talking (books, brochures, websites)
- Opportunity to ask questions
- Culturesensitive, but don't minimise the risks.
- Creating awareness



Start talking about sexuality at **young age**,  
because children who are sexually educated the  
right way...

- Postpone their first sexual experience longer
- Have a more positive sexual image and experience
- Have fewer bedpartners
- Show less sexual risk behaviour
- Experience more fun in having sex
- Are less likely to become a victim of sexual abuse than children and young people who received little or no sexual education

## SIRE – Dutch awareness campaign



<https://www.youtube.com/watch?v=SYphX9bAV4o&t=49s>

# Links

- [www.qpido.nl](http://www.qpido.nl) (dutch)
- [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.safekids.com](http://www.safekids.com)
- [www.internetmatters.org](http://www.internetmatters.org)
- [www.safesearchkids.com](http://www.safesearchkids.com)
- [www.zeeko.ie](http://www.zeeko.ie)
- [www.common sense media.org](http://www.common sense media.org)

# Qpido



Seksespecifiek Expertisecentrum Spirit

Contact us at:

[www.qpido.nl](http://www.qpido.nl)

[Info@qpido.nl](mailto:Info@qpido.nl)

06-29338064

Stay updated!  
Follow us:



[facebook.com/Qpido.nl](https://facebook.com/Qpido.nl)



[@\\_Qpido](https://twitter.com/_Qpido)