Taking stock of comprehensive sexuality education during the **COVID-19** pandemic

Online side event during the 49th session of the UN Human Rights Council

Un balance de la educación sexual integral en tiempos de pandemia

Evento en línea durante la sesión 49 del Consejo de DDHH de la ONU

Le point sur l'éducation sexuelle complète pendant la pandémie de COVID-19

Evénement parallèle en ligne lors de la 49e session du Conseil des droits humains de l'ONU





























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Incorporating Emerging Issues into CSE Post COVID19:

Out of school CSE, Leaving No One Behind, Climate Change, and linking to SRHR services

29 March 2022 49th UN Human rights Council Side Event

Maria Bakaroudis, CSE Specialist and Disability Focal Point, UNFPA ESARO bakaroudis@unfpa.org





Global and Regional Commitments on Comprehensive Sexuality Education



CSE has value in and of itself but also has great **demand generation potential** for the **supply of SRRH services and commodities**



CSE is an essential part of the SRH service package within Universal Health Coverage

SRHR essential services within Universal Health Coverage:

- -disproportionately affecting young people, especially those most left behind
- 1. Contraceptives: unmet need among unmarried young people
- **2. HIV/STIs:** adolescent girls/young women, young key populations, young men
- 3. Safe-abortion/post-abortion care: early and unintended pregnancy
- **4. GBV prevention, support and care:** FGM, child marriage, other harmful practices
- 5. Maternal & Newborn Health: obstetric fistula, maternal death
- 6. Fertility care (Sub-fertility/Infertility)
- 7.Reproductive Morbidities incl. cancers: HPV, testicular cancer (young men)
- **8.Sexual Health and Wellbeing, including** Menstrual Health Management, services for LGBTI
- 9. Comprehensive Sexuality Education in and out of schools



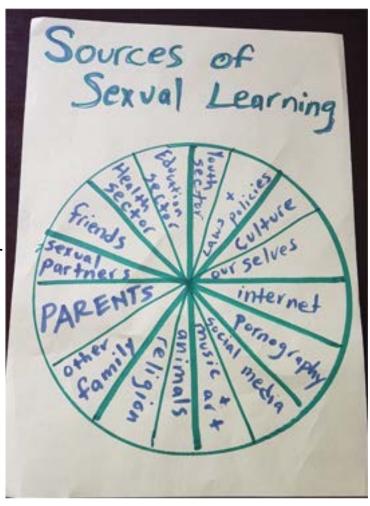
There is no UHC without ASRH and CSE:
Transitioning from youth friendly health services to adolescent and youth responsive health care systems

COVID-19 Challenges in delivering CSE:

- Providing gold standard of CSE in terms of its breadth and depth of sessions/content, teacher effectiveness, etc. is rare in the best of times: whether in schools, out of school and becomes more challenging among hardest to reach groups, in the digital divde and promoting digital solutions, and has been more difficult with lockdowns/physical distancing/limited distance learning
- In school CSE- Ministries of Education are struggling with how to provide even the most basic education and will likely prioritise what they consider the most fundamental subjects: literacy, mathematics, etc. so keeping CSE in distance learning offerings and recovery strategies is/will be a hard sell....yet so important because sex, sexuality, menstruation, puberty, pregnancy, all SRHR concerns, do not stop or pause for pandemics and in some cases, intensify as in the case of GBV, unintended pregnancies, child marriage.
- Out of school CSE has taken on additional relevance during lockdowns/school closures

Sources of Sexual Learning

- Young people learn about sexuality from a variety of sources
- Sources of sexual learning vary: some are factual, unrealistic, fake news, moralistic, ...many conflicting messages that leave young people confused
- If parents or the health or education sectors are NOT taking an active role in the sexuality education of their children, their children will still learn elsewhere
- Parents have the right, the privilege, to instill their family values on their children and counteract myths and misinformation and communicate clearly their hopes and dreams for their children
- Children do value the opinions of their parents, even when you think they are not listening, they want guidance and structure from those they trust





Emerging Issues Comprehensive Sexuality Education

- CSE is to be delivered through the lenses of **gender transformation**, **human rights**, and inclusivity/
- leaving no one behind and increasingly, in reaching the furthest behind first.

 Improving the quality of CSE is an ongoing task in terms of its content and in how that content is delivered and requires an iterative and flexible process
- For content, to incorporate emerging issues such as:

 impacts of COVID-19 on young people's sexuality, SRHR, mental health and well-being
 linkages between climate change and SRHR
 greater incorporation of Menstrual Health into CSE

 - trauma informed approaches to CSE and expanded content on Gender Based Violence
 - balancing how sexuality is presented in CSE beyond risk and danger discourses but to also include pleasure
- For how content is **delivered**:
 - ongoing investments in pre and in service teacher **training** that leads to high teacher effectiveness and training for out of school facilitators
 - development of state of the art teaching and learning materials
 Innovations in CSE including digital solutions and blended forms of learning
 Links and measurable referral mechanisms to youth friendly SRH services

 - expanded out of school CSE that compliments and extends in school CSE (condom demonstrations, visits to clinics, can tackle most sensitive topics)
 - **Leaving no one behind and reaching those furthest behind first**: entry points, twin track approaches, identifying priority groups such as **young people with disabilities**, **young people living with HIV**, young people in humanitarian contexts, etc.

INTERNATIONAL TECHNICAL AND PROGRAMMATIC GUIDANCE ON OUT-OF-SCHOOL COMPREHENSIVE SEXUALITY EDUCATION



https://www.unfpa.org/featuredpublication/international-technical-andprogrammatic-guidance-out-schoolcomprehensive











WHAT IS OUT-OF-SCHOOL COMPREHENSIVE SEXUALITY EDUCATION?

The new guidance defines out-of-school CSE as not being delivered at school to students as part of the school curriculum, whether within or outside the regular school timetable.

About half of Africa's young people are out of school, making out of school CSE of particular relevant. Of the out of school young people, many are from particular left behind, marginalized, vulnerable groups

- Delivering quality CSE in an out of school setting is a curriculum based process and it could be delivered at youth centres, refugee camps, health clinics, detention centres, religious institutions, with parents, etc.
- Follows same objectives as CSE provided in school as it aims to equip children and young people with the knowledge, skills, attitudes and values that will empower them to realize their health, well-being and dignity but can often go beyond what is possible in classrooms





WHAT GROUPS OF YOUNG PEOPLE ARE INCLUDED IN THE GUIDANCE?



Girls and young women;

Boys and young men;

Young people with disabilities;

Young people in humanitarian settings;

Young indigenous people;



Young lesbian, gay and bisexual people, and other

young men who have sex with m

Young transgender people;

Young **intersex** people;

Young people living with **HIV**;



Young people who **sell sex**;

Young people in detention.









Regional Resources for Out of School CSE



https://esaro.unfpa.org/en/publications/regional-comprehensive-sexuality-education-resource-

package-out-school-young-people

- Facilitator's Manual
- Participant's Workbook
- Sexual and Reproductive Health Programme Guide
- Training of Trainers Facilitation guide
- 3 posters
- 4 pamphlets
- CSE observation and monitoring tool
- Information Note on National Adaptation

iCAN package for Young People Living with HIV (CSE for YPLHIV)











AMAZE animated CSE videos for 10-14 year olds https://amaze.org/za/

"We will" Edutainment Music video album











Breaking the Silence Approach to CSE for Young People with Disabilities



Why Life Skills based CSE for young people with disabilities is so important:

- Between 40%-68% of young women with disabilities will experience sexual violence before age 18 Boys and men with disabilities are 2 times as likely as boys and men without disabilities to be sexually abused in their lifetime Children with intellectual disabilities are almost 5 times more likely to be subjected to sexual violence than children without disabilities
- YPWD are 2-10 times more likely to be out of school than children without disabilities and this has implications for how, when, where CSE is to be delivered to them
- Educators/facilitators of YPWD:
 - may hold misconceptions about their learners sexuality & SRHR needs & approach sexuality education with a risk-protection discourse lack skills, tools, and confidence to accommodate these learners in their sessions or classes
- YPWD do have sex, experiment sexually, want pleasurable sex, desire healthy relationships and families of their own but often lack knowledge and skills regarding HIV, sexuality, & their rights to SRHR and GBV information & services
- With support, YPWD can be agents of change









What is the BtS approach to CSE?

Is an evidence-based 'curriculum-implementation approach' that draws on social learning theory utilizing group-based learning through participatory methods and a whole schoo/whole organization approach that utilizes educators/facilitators, therapists, social workers, community, parent and peer support. Based on the available literature and a focused needs assessment with educators, BtS aims to:

- (a) provide facilitators/educators and other staff with the skills, approaches and tools to deliver comprehensive sexuality education, and
- (b) stimulate normative changes to overcome personal and community driven social and cultural barriers relevant to the African context.
- (c) apply the principles of **universal design** and **reasonable accommodation** to the teaching approach

National curricula and the UN Technical Guidelines on CSE tell us **what** needs to be covered in CSE, Breaking the Silence tells us **how** to make this accessible to learners with disabilities.

2021: Piloted in South Africa and conducted trainings in Zimbabwe and Malawi; feasibility study completed

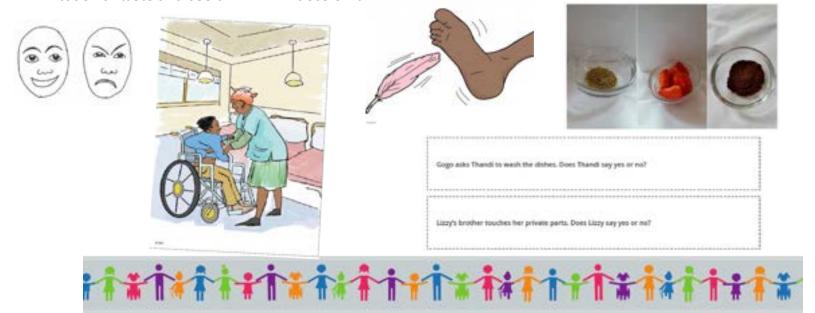




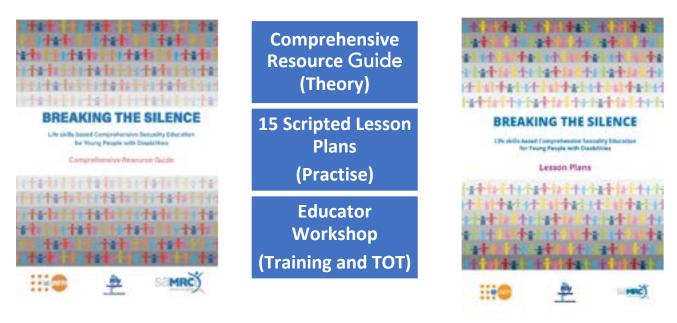
How are activities adapted to different Learning needs and disabilities?

BtS takes the approach that all learning content can be adapted to the needs of different learners. Hence, the same lesson content is made available to all, while adapting to different disability learning needs. While learners with intellectual disabilities or those who are deaf will profit from visual cues and pictures, those learners with visual impairments or those who are blind will need either larger print, colour coding, verbal instructions or tactile resources. All young people learn by experience, therefore interactive approaches and exploratory learning are encouraged by BtS. Learners with intellectual disabilities particular profit from very concrete examples.

Example decision-making: can be supported by visual cues, sentence or picture stories, concreate experience with touch or taste and use of AMAZE videos embedded into lesson plans



What Resources does the BtS Approach to CSE offer?



2021: Piloted in South Africa (May) and conducted trainings in Zimbabwe (Oct) and Malawi (Nov); feasibility study/implementation research completed



Incorporating how Climate Change links to SRHR within CSE programmes

Why Climate Change and SRHR through CSE?

East and Southern Africa is already experiencing the impacts of climate change. The rapid pace of climate change over this decade will make UNFPA's transformative results and the SDGs more difficult to achieve.

- CC impacts are expected to worsen significantly and exacerbate existing inequalities.
- SRHR is essential for adapting and becoming resilient to climate change.
- Young people are growing up in an unstable and unpredictable natural environment and will inherit a number climate induced challenges.
- Young people are our future leaders and innovators.
- Empowering young people with information about climate change and how it relates to SRHR better equips them to understand, engage and respond to the world around them.

What are the links between CC links & SRHR?

- Harms maternal and neonatal health
- Exacerbates gender inequalities and leads to increased GBV
- Disrupts SRHR services and access to commodities





CSE's Value Added



- CSE can reach large numbers of young people in and out of school over time, hence the importance of scaling up, geographically saturating, and institutionalizing the implementation of CSE in sustainable national systems within and outside the formal education sector.
- CSE is a true form of **prevention** in that it aims to impart knowledge, essential life skills, health-promoting attitudes and behaviors, often at strategic opportune moments before the information is needed. Thus, its focus is towards the **development and maintenance of healthy SRHR behaviors**, **versus the need for behavior change**. That said, it also addresses the importance of **behavior change** and **mitigation** of negative SRHR at individual, interpersonal, and socio-cultural levels.
- CSE creates demand for the utilization of SRHR services and commodities
- Young people have the right to access information and services through rights based and gender transformative and realistic CSE (balanced approach to sexuality that is not all danger and fear based) and there is a growing body of evidence to support the benefits of CSE.



We need to give CSE a long term chance to follow through on its theoretical and evidence based promises over time to produce more measurable impact over the life course.

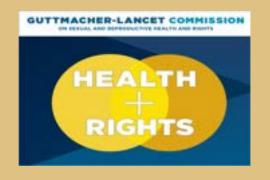




The United Nations sexual and reproductive health agency delivering a world where every pregnancy is wanted, every childbirth is safe and every young person's potential is fulfilled.







Sexual health: "...a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled." (WHO, 2006a)

"Rights of individuals to have safe and pleasurable sexual experiences"

Pleasure-based approach:

Defined by



"one that celebrates sex, sexuality and the joy and wellbeing that can be derived from these, and creates a vision of good sex built on sexual rights. It focuses on sensory, mental, physical and sensual pleasure to enable individuals to understand, consent to, and gain control over their own bodies and multi-faceted desires. Well-being, safety, pleasure, desire and joy are the objectives of a programme with a pleasure-based approach. This approach measures empowerment, agency, and self-efficacy by whether or not an individual has been enabled to know what they want, and can ask for it, and request this of others, in relation to their sexuality, desires and pleasure."

Why is



lmportant?

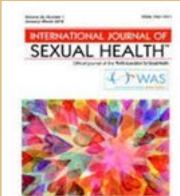
'Global efforts cannot disaggregate the essence of human sexuality into components, addressing some and ignoring others.....

Instead, efforts must be made to engage with sexuality as an aspect of a whole person with attention to sexual pleasure. Sexual pleasure is a missing link between informed decision-making and sexual health'

World Association of Sexual Health - Sexual Pleasure Declaration & Technical document to accompany Sexual Pleasure Declaration

International Journal of Sexual Health, 2022







Pleasure Inclusive Sexual Health improves SRHR outcomes – 3 key reviews of evidence

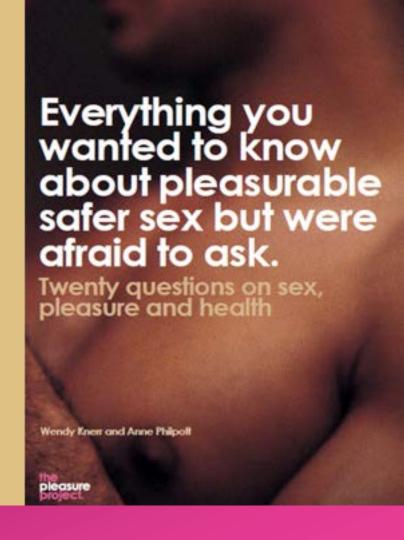
2006 – Meta-analysis of 21 studies of erotic safer sex promotion against standard care [Scott-Sheldon et al]

2008 – Literature Review in the form of 20 Questions summarising evidence [Knerr and Philpott]

2022 – Systematic Review and meta-analysis of evidence from 2005-2020 WHO, The Pleasure Project, University of Oxford [Philpott et al, in press 2021]

In summary limited but robust evidence for;

- Reduces risk taking
- Increases condom use
- Increase sexual self efficacy/confidence



Systematic review and meta-analysis 2022

Do SRHR interventions which incorporate sexual pleasure improve relevant health outcomes (as compared with 'usual' SRHR interventions)?

SRHR = contraception + HIV

Sexual pleasure = any mention of pleasure, eroticization, satisfaction Comparison = 'usual' care or control







Results:

Future SRHR work should incorporate pleasure



the pleasure project.



PLOS ONE

BESTREEN AND S

What is the added value of incorporating pleasure in sexual health interventions? A systematic review and meta-analysis

Mireto Zonovay", Anne Philipolity". Anushi Singh", Gorde Lansson', Llame Gorsalinous"

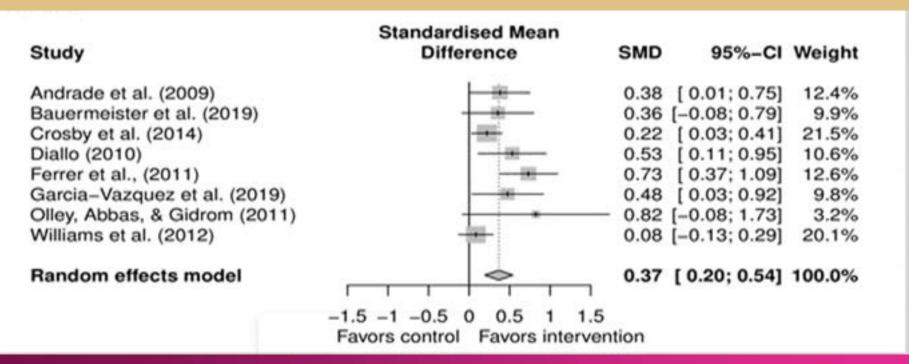
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Quantitative evidence: Moderate, positive, significant effect for condom use Gaps remain: Women, heterosexual people, members of the general population underrepresented

Remaining questions: Dose-response effects

Qualitative evidence: Improvements for motivational, Informational, attitude related outcomes Methodological improvements: Wider adoption of more varied measures, including biological markers Take home message: Future SRHR work should consider ways to incorporate pleasure

Results: Meta- analysis 'Significant and positive effect on condom- use' for pleasure inclusive sexual health'



The Pleasure Principles

Pleasure-based Sexual Health

These Pleasure Principles are designed to act as a guide and inspiration to support people and organisations to embark on the journey towards a sex-positive, pleasure based approach to sexual health. The Pleasure Principles aim to help inspire and guide you as a pleasure activist, propagandist or practitioner.

LOVE YOURSELF

To build a pleasure-inclusive world, love yourself. Show kindness to yourself and others. Collaborate with and promote other pleasure chargeons.



EMBRACE LEARNING

There is a growing body of evidence about the impact of pleasure positive approaches on sexual health. Use this knowledge to spread sex positivity.



TALK SEXY

Pleasure positive messaging communicate positively & effectively. Adopt evidencebased pleasure-inclusive language and snagany across your modits and mediums.



RE FLEXIBLE

Se adaptive in your approach to each unique context and culture. Percogniss that pleases-based sexual feealth is possible for all.



JK UNIVERSAL

Everyone has the oblify to experience pleasure. Recognise revealed difference and others and ensure recognise is recorded to pleasure-tened sexual health.



GHTS FIRST

Sexual rights and human rights are core to a person's sexuality those and the building blacks of personn-based should beatth.



S POSITIVE

Core to all the Pleasure Principles to being sex -positive fleasurable, whos you had sale and are sale, sex can be very good for you. the pleasure project.

The Global Mapping of Pleasure

the pleasure project.

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HUNDLING.

Section principles

AND ARE DODGE

pang

The Global Mapping of Pleasure

A showcase of people and resources who promote pleasure and sery safe sex in the public health world. Come join the pleasure movement and add yourself to the map, it you promote pleasure safely.

Adid-ong/project ✓



15 in 2005 to 100+ in 2022

Belgo, Minas Gerais, Brazil





- Based on principle that sex education is a right
- Students attending school in grades 6-8 and between ages 10-19
- Emphasized importance of relationships in the context of a healthy and pleasurable sex life
- Stimulated gender equity with the aim of reducing adolescents' vulnerability
- Intention to use condoms consistently with a casual partner increased more than two-fold; 68% increase in modern contraceptive use by students at last intercourse

Changes in sexual behavior following a sex education program in Brazilian public schools, Andrade et al, 2009, Cad. Saúde Pública, Rio de Janeiro, 25(5):1168-1176, mai, 2009

Ogbere Oloba/Gbaremu Ona-Ara Ibadan, Nigeria



- HIV positive women given 2 skills training sessions assertion, condom negotiation, challenge barriers to use and overcoming cognitive barriers
- Learning to challenge statements such as 'you never climax with condoms'
- Intervention increased self efficacy, sexual satisfaction and motivation to use increased
- Controls given risk focused health education

the pleasure project.



International Planned Parenthood Federation, Africa Region





Promising Practices: Expanding Pleasure Approaches



the pleasure project.





The Pleasure Audit



"I tell them that sex is sweet at the right time" – making sex education more effective and sex-positive."

In press: Global Public Health 2019

Ghana and Kenya with Rutgers and Get Up Stand Out

We looked at quality markers like: the inclusion of pleasure; the quality of that inclusion; the delivery and impact of this inclusion. Young people were part of the audit each step of the way.

Thank you

www.the pleasure project. org



Additional Slides as needed



Building the evidence base



Promoting Protection and Pleasure: amplifying the effectiveness of barriers against sexually transmitted infections and pregnancy. The Lancet; Vol 368; Dec 2005



Pleasure and Prevention: When Good Sex Is Safer Sex.

Reproductive Health Matters, 2006



Strange bedfellows: bridging the worlds of academia, public health and the sex industry to improve sexual health outcomes.

Health Research Policy and Systems, May 2011



'I tell them that sex is sweet at the right time' – making sex education more effective and sexpositive.

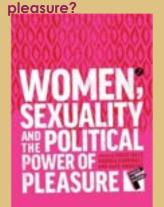
Global Public Health, 2019

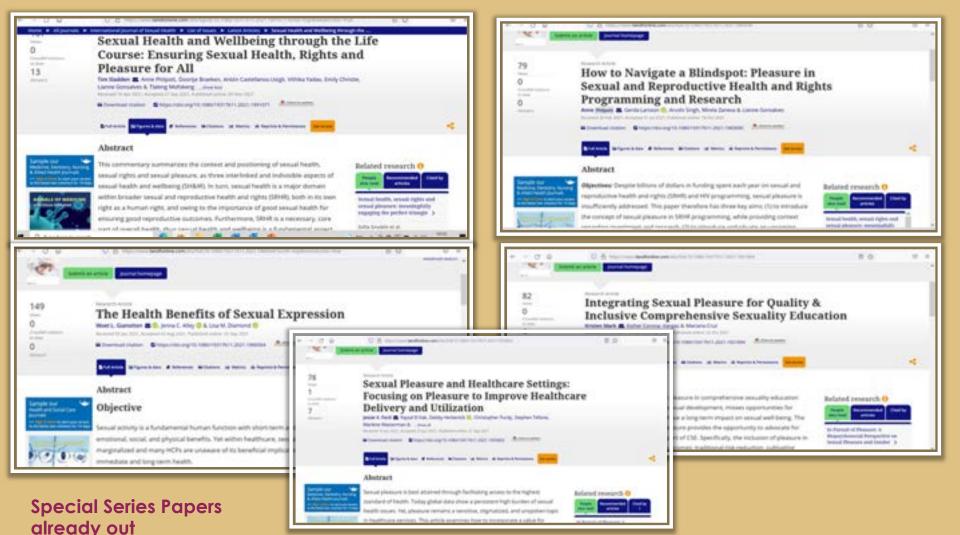


Blurring the
Boundaries of Public
Health: It's Time to
Make Safer Sex Porn
and Erotic Sex
Education.

IDS Bulletin; Vol 48; 2017

Could watching porn increase your expectations of (safe)











7825 articles screened – 33 studies included

Interventions have focused on 'at-risk' populations and HIV/STI reductions

Among included interventions, spectrum of 'pleasure-inclusivity'

Prelim. Obs: a spectrum of 'pleasure-inclusivity'



Borderline/Low

Overall diseaseprevention and/or sexnegative approach

Few/no mentions of sex positivity

Attempts to dispel myths around safe sex hindering enjoyment

E.g. "Condoms don't have to stop pleasure"



Medium

Often still diseaseprevention approach, but could also be embedded in an 'empowerment' approach

Intervention includes components that eroticize condom use or safer sex

E.g. "The advisor encouraged men...to experience condoms as being compatible with sexual pleasure...and to equate condom use with an investment in the men's future.



High

Pleasure and/or sexpositivity approach, determines choice, wellbeing and pleasure as core values

Includes multiple direct and clear mentions of pleasure



7 1999

ast majority – **no** mention of pleasure



Educación Integral en Sexualidad (EIS)

en Pandemia



CIES BOLIVIA: EIS en Pandemia

Contenido







Presentación CIES



Formación en EIS



Red de Profesores/profesoras



Red de Jóvenes



Sensibilización al entorno





Contexto Pandemia Sistema Educativo

Restricciones para la Transitabilidad.

Cuarentena



Unidades educativas cerradas intempestivamente

Clases virtuales

Analfabetismo virtual

Estudiantes sin acceso a recursos tecnológicos e internet.

Deserción escolar al 10%







Miedo Estres Ansiedad

colegio. Limitación de tiempo de profesores y estudiantes.

Gobierno da 2 celulares por

Gobierno de Bolivia determina la clausura del año escolar 2020

Resistencia



Desafíos y Estrategias

Desafíos

Estrategias

Resistencia de profesores para implementar procesos virtuales

Analfabetismo virtual de profesores, jóvenes y equipo educativo.

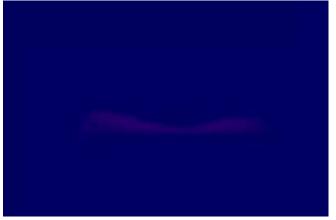






Estrategias Nacionales: foros, youtuber, radio











Desafíos

Estrategias

Red de profesores desarticulada.

Limitaciones de tiempo para las capacitaciones.

Limitaciones de tiempo y acceso a adolescentes en UE para implementar EIS.

Convocatoria a profesoras/profesores antiguos.

Convenios con empresas telefónicas para distribución de megas

Priorización temas en Classroom

APP Tú decides.





Desafíos

Estrategias

Red de jóvenes desarticulada.

Limitaciones de tiempo para las capacitaciones.

Limitación en el contacto con sus pares

Falta de acceso a herramientas tecnológicas.

Convocatoria a jóvenes lideresas y líderes antiguos.

Convenios con empresas telefónicas para distribución de megas



- Instalación de Rinconets
- Actividades virtuales



Estrategias



Desafíos

Resistencia del equipo educativo de trabajar emociones/afectividad de manera virtual.

Inestabilidad emocional de profesores, jóvenes y equipo educativo.





Aprendizajes

- Los miedos y resistencias se superan con capacitación.
- Somos capaces de ser resilientes.
- Desarrollo de competencias para elaborar recursos tecnológicos/virtuales.
- Combinación de recursos tecnológicos para clases virtuales.
- Manejo integral de la EIS a través de medios virtuales: conocimientos, actitudes y emociones.
- No son necesarios recursos virtuales de alta calidad para llevar mensajes.



MUCHAS GRACIAS



