



# The Pestalozzi Programme

## *Sex/sexuality education - Personal development, prevention of discrimination and violence*

*In cooperation with the Council of Europe Programme "Building a Europe for and with children"*

### **1. General approach and framework:**

The general aim of the training activities of the Pestalozzi Programme is to train education professionals to become multipliers for Council of Europe standards and values in education.

The work is based on three main pillars

- Content : standards and principles as well as project results of the Council of Europe
- Methodology : learner-centred, peer-training, collaborative work on issues of common concerns to find solutions fit for diverse contexts
- Four-fold concept of competences development : developing sensitivity and awareness, knowledge and understanding, individual practice, societal practice

For more information on the framework of the Pestalozzi Modules for Trainer Training, please consult the document "Pestalozzi Modules Framework" on [www.coe.int/pestalozzi](http://www.coe.int/pestalozzi)

### **2. Number:** CoE 2013 1008-1011 SEXED

### **3. Related Council of Europe Projects:**

[Building a Europe for and with Children](#)

[ONE in FIVE Campaign to stop sexual violence against children](#)

Pestalozzi [Modules series for trainer training](#)

**4. Dates Module A:** 08/10/2013 – 11/10/2013

**5. Deadline for nomination:** 15/06/2013

**6. Working language(s):** English and French

Interpretation will be provided

**7. Venue:** European Youth Centre of the Council of Europe, Strasbourg

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Site web: <http://www.coe.int/t/dg4/youth/EYC/Strasbourg>

### **8. Number of available places: 55**

- up to 50 participants from the signatory States to the European Cultural Convention

- ii. up to 5 participants from other countries

Participants under point i. are nominated by the National Liaison Officers of the Pestalozzi Programme in consultation with the respective members of the Council of Europe Steering Committee for Policies and Practices in Education, taking into account the required participants' profile (point 9).

Participants under point ii. are identified and nominated by partner organisations or institutions taking into account the required participants' profile (point 9)

*NB. If there are still places available once the deadline for nomination has passed, funds permitting, we will invite those countries who have already nominated one participant to nominate a second one.*

### **9. Target group:**

Teacher trainers for all age groups in pre- and in-service teacher education. They need to demonstrate a strong interest in the chosen theme and have experience of or the possibility to work on educational projects in relation to sexuality education. They also need to be competent users of at least one of the working languages, English or French.

Participants must be prepared and in a position to commit themselves to collaborative international work for a duration of about 12 months including the development and piloting of educational projects/training materials in their contexts; this includes in particular:

- preparatory reading and writing tasks
- active participation in Module A, – 8-11 October 2013, European Youth Centre, Strasbourg
- development of an educational project/training material and piloting of this material between Module A and Module B; active exchange of information and reporting back via an online working platform
- active participation in Module B in late spring 2014
- revision of materials and participating in the final editing of the resources in view of their dissemination
- dissemination by using the materials developed by all participants in future trainings
- disseminate the programme in their local, regional or national context and continue working with other participants online, as a self-sustaining network after the programme is completed.

The overall workload, including the participation in the modules, is estimated to be between 120-150 hours. Participants will receive certification for the completion of this training programme indicating the nature of competences developed and the workload of the training.

### **10. Focus of the training activity :**

Attitudes and behaviour related to sex, sexuality and other sexual aspects of the life of each individual have an impact on the right to human dignity, self-determination and personal development and thereby include individual legal responsibilities. Parents, carers, professionals working with children, including teachers and educators, peers as well as the media (broadcast and published) and the Internet, influence the nature of our sexual behaviour.

Too often sex education does not address the full picture of respect and human dignity, sexual orientation and gender identity, autonomy, self-reliance, consent, social relations, friendship and love. Sex or sexuality education currently offered in many school curricula is often limited to learning about health issues including reproduction, protection from sexually transmitted infections and prevention of early pregnancy. Evidence seems to suggest that providing children solely with scientific accounts of sex, with specific focus on health risks, can fail to prepare them for the challenges involved in having an emotional and eventually a sexual

relationship. Comprehensive sex education should be perceived as a basic human right which has a strong role notably in preventing children from being victims of sexual abuse by providing them with practical definition of sexual violence, including rape. A fully-fledged sex education and respective training of teachers should include the notions and increase understanding of healthy relationship building, healthy affirmative attitudes to the sexual aspects of our lives as well as all forms of sexual discrimination and violence and abuse including pornography accessible through the internet.

Empowerment is a firm basis to prevent discrimination and bullying related to sexuality as well as to sexual violence and abuse. How every teacher/educator can contribute to empowerment and a healthy affirmative and responsible attitude to the sexual aspects of our lives is the focus of this training course for trainers. It will take account of the need to teach to different age groups and it will focus on aspects such as sex education in relation to well-being, diversity, freedom of expression, participation and association and prevention of sexual violence and abuse and it will develop materials appropriate for and adapted to the different age groups. This work would feed constructively into the Council of Europe ONE in FIVE Campaign to stop sexual violence against children. The ultimate goal is to encourage sustainable change for a positive impact on the well-being of children and young people.

#### **11. Expected results:**

After the training course the participants will be in better position to contribute to sexuality education as part of the development of the personality of their learners; in particular they will be better equipped to

- raise awareness in teachers and learners, in their families and communities of the importance of sexuality education as a way to prevent discrimination and violence
- take action to counter irresponsible behaviour and discriminative attitudes with regard to sexuality
- contribute in their teaching and training practice to the development of a healthy, non-discriminative and non-violent attitude towards sexuality

The participants will form a network of education professionals equipped to continue the training on an international, national, regional and local level with a shared view of the competences which need to be developed and of the appropriate methodology of training and teaching. A collection of tried and tested training resources will be available online to serve as pedagogical support in teacher training and as a stimulation to further develop resources along similar lines

#### **12. Outline of programme :**

Module A is of 4 days duration; the programme will be made available in due course

#### **13. Organising body: Council of Europe, Pestalozzi Programme**

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#### **14. Team of facilitators:** to be determined

#### **15. Travel and subsistence expenses:**

The Council of Europe will cover the expenses for participants from the signatory States (8.i) according to the rules.

#### **16. Other information:**

The success of the training activities depends on the commitment of all the participants. By accepting to participate in the Pestalozzi programme, participants and facilitators agree to participate actively and assiduously in all the phases of the activity.