



“Responsibility – Sexuality – Partnership”

Workshops for young people over 15 to prevent sexualized violence

Subject:

A responsible and informed dealing with sexuality facilitates the perception of border violations or sexual infringements and makes it easier to get help and support.

The reflection of personal values and needs encourages a healthy development of one’s personality and helps adolescents to respect the borders of others and defend their own ones.

Objectives:

- Gaining knowledge about sexuality
- Increasing the reflection skills concerning sexuality, body awareness, partnership and relationship and the personal understanding of roles
- Strengthening the self-esteem and resilience
- Gaining knowledge about sexualized violence: legal information and information about getting help and support

Content:

- Feelings, partnership, responsibility
- Sex education, sexuality
- Sexuality and media / pornography
- Role models, different lifestyles, values
- Identifying sexual infringements and violence
- Systems that provide help

Methods:

Worksheets, discussions that include reflection, working in small groups with a creative and group dynamic character

Timeframe:

- 3 workshops per 3 hours each with the adolescents
- Reflexive conversations with the pedagogues after the workshops

Framework:

- Rooms that offer enough space
- Ideal size per group: 6 to 12 participants; gender homogenous groups
- Parents' evenings and training for the pedagogues are strongly advised!

Costs:

3 workshops per 3 hours and 3 reflexive conversations with the pedagogues:

- € 720 per group; incl. documentation, plus travel expenses

Please note:

There is also a contingent of sponsored trainings and workshops. For information about conditions and capacities please contact us!

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