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# let's sign about sex

MODULE PLAN AND CONTENT

ATTITUDE IN PRACTICE

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Module plan	Partner Contribution
Partner	Istituto dei Sordi di Torino (IST)
Module Title	Attitudes in Practice
Duration	3 hours and 30 minutes
Learning objective	<p>Participants will:</p> <ul style="list-style-type: none"><li>● Develop awareness of their own <b>values and biases</b> related to sexuality.</li><li>● Learn to <b>separate personal beliefs</b> from professional responsibilities in sexuality education.</li><li>● Build <b>intercultural and inclusive facilitation</b> skills, particularly in the <b>Deaf community and multicultural contexts</b>.</li><li>● Strengthen <b>reflective attitudes</b> needed to lead <b>safe, respectful, and open</b> sexuality education spaces.</li></ul>
Key topics	<p><b>Professional vs. Personal boundaries:</b> Maintaining neutrality and respect in facilitation.</p> <p><b>Clarification and expression of values:</b> Understanding and recognising how personal values influence the approach to situations and group interactions.</p> <p><b>Intercultural facilitation:</b> Addressing <b>cultural diversity in Deaf communities</b>, including Deaf identity, gender, religion, and social norms.</p> <p><b>Inclusive approaches:</b> Working with Deaf, hard-of-hearing and Deaf+ participants from different cultural backgrounds.</p>



Module plan			
<b>Lesson Plan</b>	Time	Activity	Content & Methods
	20 min	<b>Welcome &amp; Warm-Up</b>	<b>Method: Physical Icebreaker.</b> Participants position themselves along a physical line in the room based on their agreement with statements like "Talking about sexuality is easy for me" or "My personal values never influence my lessons" <b>Micro-Debrief:</b> Discuss what surprised them and the diversity in comfort levels.
	25 min	<b>Personal vs Professional</b>	<b>Mini-lecture + paired discussion:</b> Personal beliefs vs educator's role, maintaining neutrality and respect. <b>Micro-Debrief:</b> Where do you feel boundaries are hardest? Why is this important in Deaf contexts?
	45 min	<b>Circle of Sexuality + Deaf Context</b>	Present the Circle (identity, intimacy, relationships, health & reproduction, sexualization, values). Discuss how Deaf learners experience barriers in each area. <b>Micro-Debrief:</b> Which area feels easiest or hardest to address?
	25 min	<b>Activity: Roles on your back</b>	Roles on participants' backs representing comfort levels, vocabulary, visual needs, and questions. Participants interact as in a Deaf-inclusive sexuality lesson.
	15 min	<b>Break</b>	
	45 min	<b>Role-play: Professional Practice</b>	<b>Group Role-Play:</b> Groups act out 4 realistic professional scenarios: biased LGBTQ+ comments, cultural misunderstandings, unexpected personal questions, and communication barriers . <b>Focus:</b> Practice facilitation skills by responding as a professional, not a private person, emphasizing autonomy and respect.
	15 min	<b>Debrief:</b>	<b>Group Discussion:</b> Analyzing the role-plays



		<b>Professional competence</b>	to identify actions that promoted safety and comfort. Reflecting on moments where neutrality was challenging and how participants adapted their behavior. <b>Micro-Debrief:</b> Which strategies were most effective in supporting learner engagement?
	10 min	<b>The 4 Pillars of a Professional Facilitator</b>	<b>Summary Model:</b> Final synthesis of the professional model: <b>Awareness</b> (of bias), <b>Empathy</b> (listening without judgment), <b>Open-mindedness</b> (exploring viewpoints), and <b>Neutrality</b> (evidence-based info) .
	10 min	<b>Final Reflection</b>	<b>Individual &amp; Circle Sharing:</b> Responding to the reflection prompts: "Which reaction was most challenged today?", "Which moment was most uncomfortable?", and "What will I do differently tomorrow?"
	10 min	<b>Wrap-up &amp; Feedback</b>	Anonymous written feedback: "What did I learn?" / "What do I need to explore further?"



Module plan	Partner Contribution
<b>Material needed</b>	<ul style="list-style-type: none"><li>● Flipcharts &amp; markers</li><li>● Printed case studies &amp; scenario cards</li><li>● Masking tape (for value lines)</li><li>● Sticky notes or reflection worksheets</li><li>● Projector (optional)</li><li>● Whiteboard or digital board (for key points)</li></ul>
<b>Deaf role model integration</b>	<ul style="list-style-type: none"><li>● Invite a Deaf educator, sexologist, or psychologist to co-lead or share personal experiences with facilitating sexuality education.</li><li>● Share video clips or interviews with Deaf professionals discussing how they manage facilitation challenges (values, resistance, cultural differences).</li><li>● Include content reflecting Deaf identity, communication styles, and specific sexuality concerns within Deaf communities.</li></ul>
<b>Adaptation for different delivery formats</b>	<ul style="list-style-type: none"><li>● <i>Online (Zoom)</i>: Use breakout rooms for group work, shared documents, digital whiteboards, and emoji reactions for value line activity.</li><li>● <i>Hybrid</i>: Ensure visual access, and adapt physical activities to screen-based alternatives.</li><li>● <i>Condensed Version (2h)</i>: Focus on “Professional vs. Personal” and “Intercultural facilitation” with condensed discussion.</li></ul>



<b>Additional resources</b>	<ul style="list-style-type: none"> <li>● WHO – <i>Standards for Sexuality Education in Europe</i></li> <li>● IPPF – <i>It’s All One Curriculum</i></li> <li>● European toolkit on <i>Inclusive Sexuality Education</i></li> <li>● Interviews or testimonies from Deaf sexuality educators or LSAS scenario</li> </ul>
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<b>Content</b>	<b>Description</b>	<b>Content</b>
<b>Lesson content</b>	Attitudes in Sexuality Education	Introduction to attitudes in sexuality education, including awareness, empathy, openness, and facilitator neutrality. Participants reflect on their comfort, assumptions, and personal attitudes.
	Professional vs. Personal Boundaries	Reflection on the role of the educator, understanding the importance of separating personal beliefs from professional responsibilities, and maintaining ethical neutrality and respect in facilitation.
	Values Clarification and Expression	Exploration of how personal values influence facilitation style, language, reactions, and group dynamics. Includes <i>Creating Space for Sexuality Education</i> activity, where participants practice inclusive facilitation in a Deaf-inclusive context.
	Circle of Sexuality	Introduction to the Circle of Sexuality framework (identity, intimacy, relationships, health & reproduction, sexualization, values) and reflection on how Deaf learners may experience barriers in each area.
	Intercultural and Deaf-Aware Facilitation	Understanding cultural diversity within Deaf, hard-of-hearing, and Deaf+ communities. Awareness of norms, body language, taboos, gender, religion, and the impact of these factors on facilitation and group interactions.



	Inclusive Approaches	Strategies for creating safe, respectful, and inclusive learning environments for diverse groups of Deaf and hearing participants. Reinforced through role-play and experiential practice, linking values to concrete facilitation behaviours.
<b>Video summary</b>	Interviews or testimonies from Deaf sexuality educators or LSAS scenarios	

Content	Description	Content
<b>Activity</b>	Welcome & Warm-Up - Values Line	<b>Physical Warm-up &amp; Initial Debrief:</b> Participants explore their comfort and personal attitudes toward sexuality using statements to position themselves along a values line. This creates an immediate visual representation of the group's diversity. The subsequent micro-debrief focuses on uncovering hidden biases and recognizing how comfort levels vary among peers.
	Personal vs Professional	<b>Mini-input &amp; Reflection:</b> A deep dive into the boundary between private beliefs and professional responsibilities. We explore the concept of the "facilitator's filter"—how our language, facial expressions, and pacing can unconsciously influence students. Participants discuss strategies to maintain a neutral and respectful stance, even when a topic clashes with their own values.
	Circle of Sexuality & Deaf Context	<b>Holistic Presentation &amp; Community Analysis:</b> Presenting the Circle's six domains (Identity, Intimacy, Relationships, Health & Reproduction, Sexualization, Values). Participants evaluate specific barriers for young Deaf learners, such as systemic



		lack of sign language resources and strong community taboos . A reflection session identifies which areas of sexuality are hardest to facilitate within the cultural norms of the Deaf community.
	Activity: Roles on Your Back	<b>Experiential Learning Simulation:</b> Participants engage in a group discussion about contraceptives while being treated by others according to a hidden "label" or "role" on their back (e.g., 'naive', 'prejudiced', 'expert') . The debrief focuses on the emotional impact of being labeled and how these dynamics can compromise safety and autonomy in a real classroom setting.
	Role-Play: Professional Practice	<b>Skill-building Scenarios:</b> Groups act out four critical facilitation challenges: responding to a biased LGBTQ+ comment, managing a cultural clash, handling an invasive personal question, and overcoming a technical communication breakdown . Participants practice responding purely as facilitators, using inclusive language and creating a space where every student feels heard without being judged.
	Debriefing Professional Competence	<b>Action Analysis:</b> A collective review of the role-plays to pinpoint specific actions that successfully promoted emotional safety and comfort. Discussion focuses on the difficulty of remaining neutral during high-tension moments and identifying which strategies were most effective in redirecting the focus back to group learning.
	The 4 Pillars of a Facilitator	<b>Framework Consolidation:</b> Final synthesis of the professional model: Awareness (mindfulness of bias), Empathy (listening without judgment), Open-mindedness (exploring diverse views), and Neutrality (sharing evidence-based information) . This provides a clear, memorable anchor for ethical practice.



	Final Reflection	<b>Self-Evaluation &amp; Commitment:</b> A quiet moment for individual written reflection on which personal attitudes were most challenged today. Participants share in a circle one concrete change they will implement in their teaching practice to better support student autonomy and safe expression.
	Wrap-Up & Feedback	<b>Evaluation &amp; Takeaways:</b> Identifying key learning points from the session. Participants complete anonymous feedback forms to rate the session's effectiveness and their increased confidence in applying the discussed strategies.
<b>Assessment</b>	Observation During Activities	Facilitator observes participants throughout activities, including <i>Creating Space for Sexuality Education</i> and role-play scenarios. Focus on how participants adapt communication, demonstrate awareness of values, inclusion, empathy, and respectful interaction.
	Peer Feedback	After role-plays, participants give constructive feedback to each other regarding facilitation strategies, attention to Deaf learners, intercultural sensitivity, and how values influenced their behaviours.
	Individual Reflection	Participants complete a short written reflection highlighting key learnings, personal challenges, and how their facilitation attitudes and practices may change in response to experiences from the Circle of Sexuality, Creating Space activity, and role-play.
	Group Debrief Discussion	Facilitated discussion at the end of each major experiential activity and at the end of the workshop to reinforce learning, clarify doubts, and promote collective reflection on values, accessibility, and inclusive facilitation.



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	Feedback Form	Anonymous evaluation of the workshop's effectiveness, relevance of content, confidence in applying inclusive facilitation strategies, and self-awareness of attitudes in sexuality education.
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