



Co-funded by
the European Union



let's sign about səx

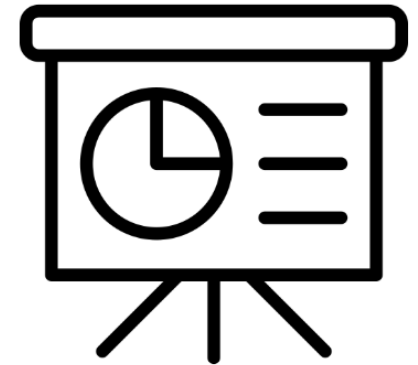
Behavior

2023-2-AT01-KA220-YOU-000180341

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or OeAD-GmbH. Neither the European Union nor the granting authority can be held responsible for them.

WELCOME & LESSON PLAN

- Learning Objectives
- Agreements – Safe Space – Rules
- Ice Breaker – Behaviors-Activity „Heads Up“
- Theory Input: 2 Theoretical Behavior-Models
used in Sex Education including 1 Activity per Model
- Strategies for a positive and respectful behavior
- Feedback



Learning Objectives

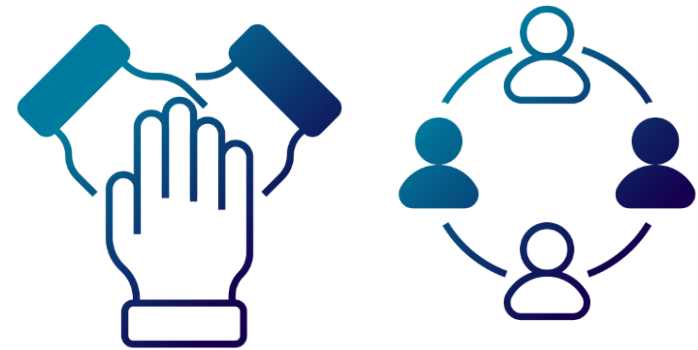


- ✓ be aware of **basic behaviors** in general and in a **sexual context**
- ✓ know various **theory models** that influence human behavior
- ✓ Identify different **factors that influence behavior** in relation to sexuality (e.g., personality, social norms, cultural beliefs, gender roles)
- ✓ recognize **challenging or difficult behaviors** in sexual contexts
- ✓ apply **strategies to promote positive and respectful behaviors** in sexual contexts



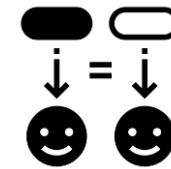
AGREEMENTS

When working with the topic sexuality,
it is important to first create
a safe environment
that respects different opinions
and boundaries.



Agreements – rules for workshops

- You don't have to participate in all activities.
- Only one person signs/speaks at time.
- Tackle problems, not people.
- Everyone participates; no one dominates.
- "Share the air"



ICEBREAKER

HEADS UP - ACTIVITY





Theory-Input

Theoretical Frameworks commonly used in sexuality education and behavior



- Social-ecological Model
- Health Belief Model



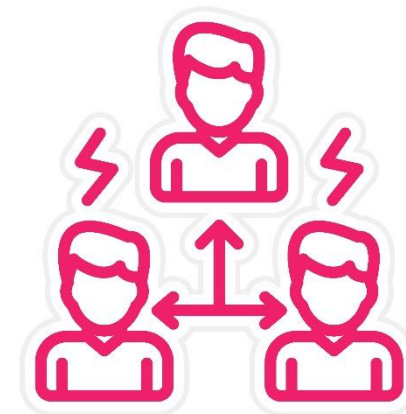
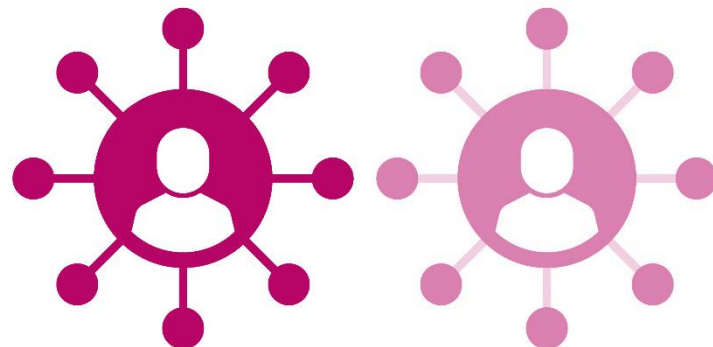
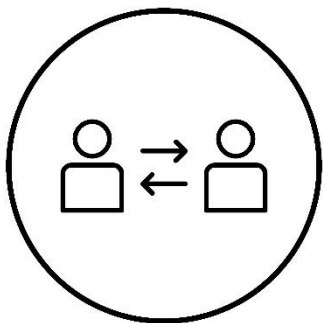


Theory-Input

Behavior = Interaction

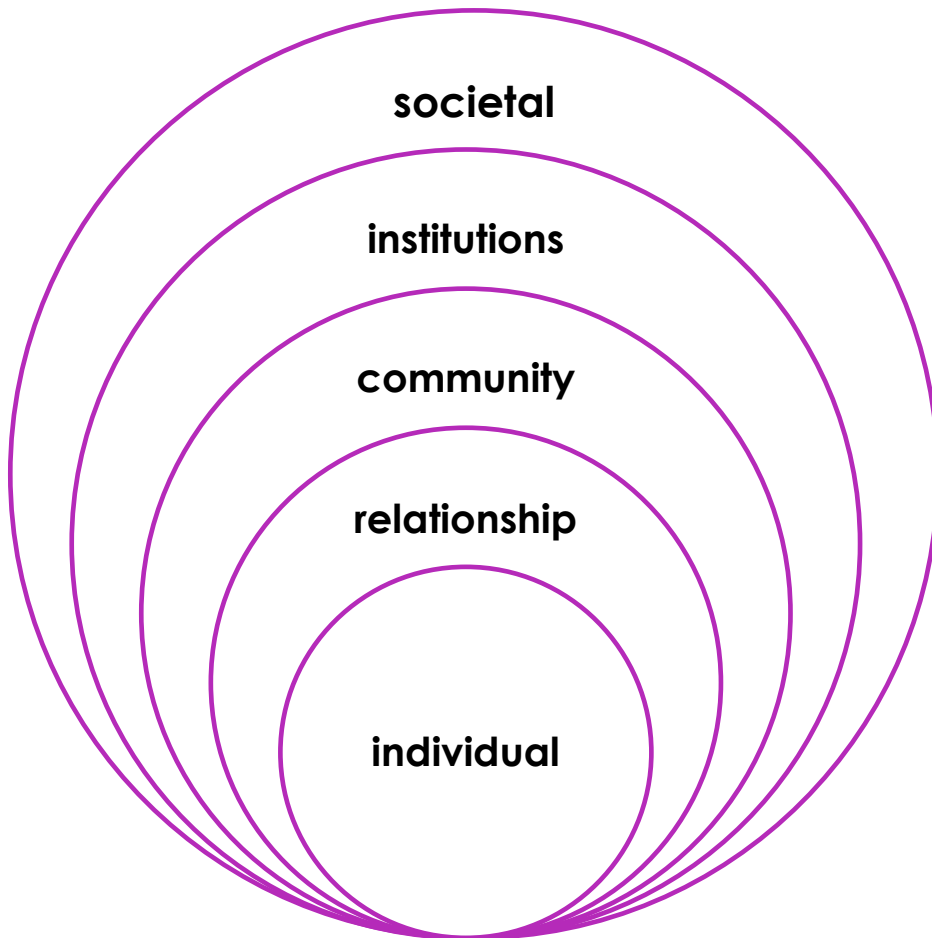
Behavior is influenced by different components.

Behavior always involves an **interaction** between these components





Social-ecological Model

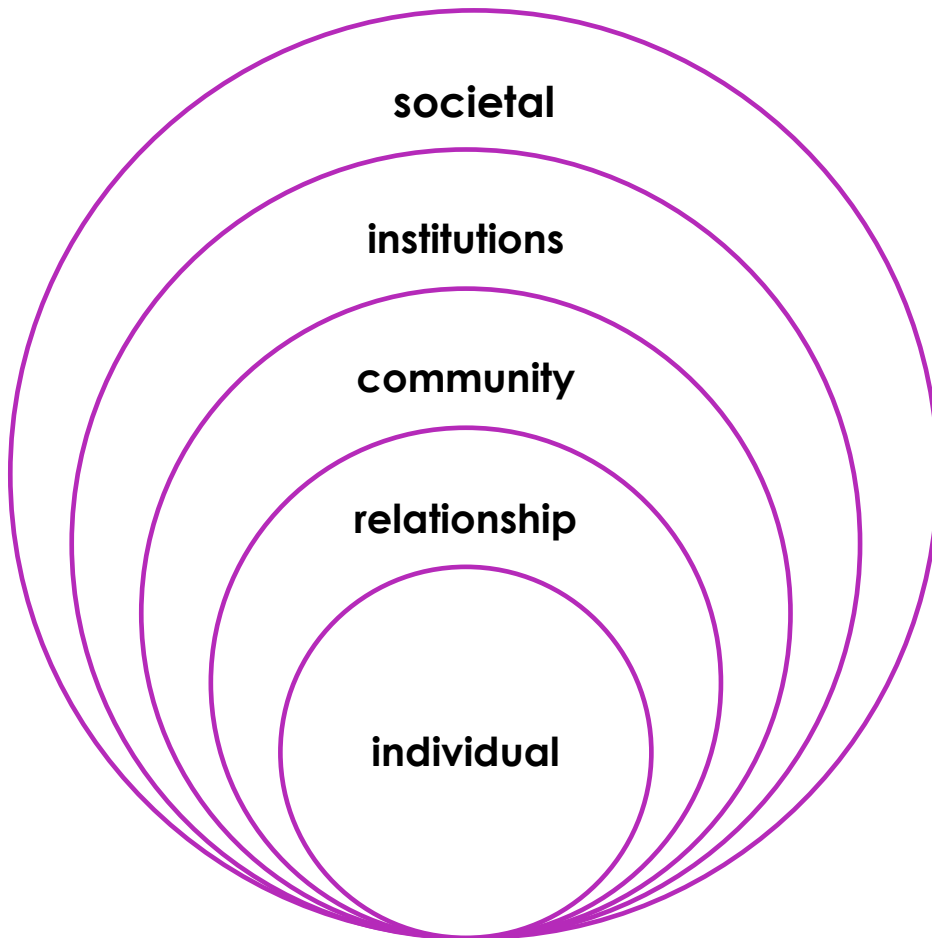


Factors affecting sexual behaviors occur at **multiple levels**.





Social-ecological Model



Societal level

(eg. laws, norms, discrimination)

Institutional level

(eg. school, boarding school, clubs)

Community level

Eg. Deaf community, religious groups, LGBTQIA+)

Relationships - Interpersonal level

(family, friends, peers)

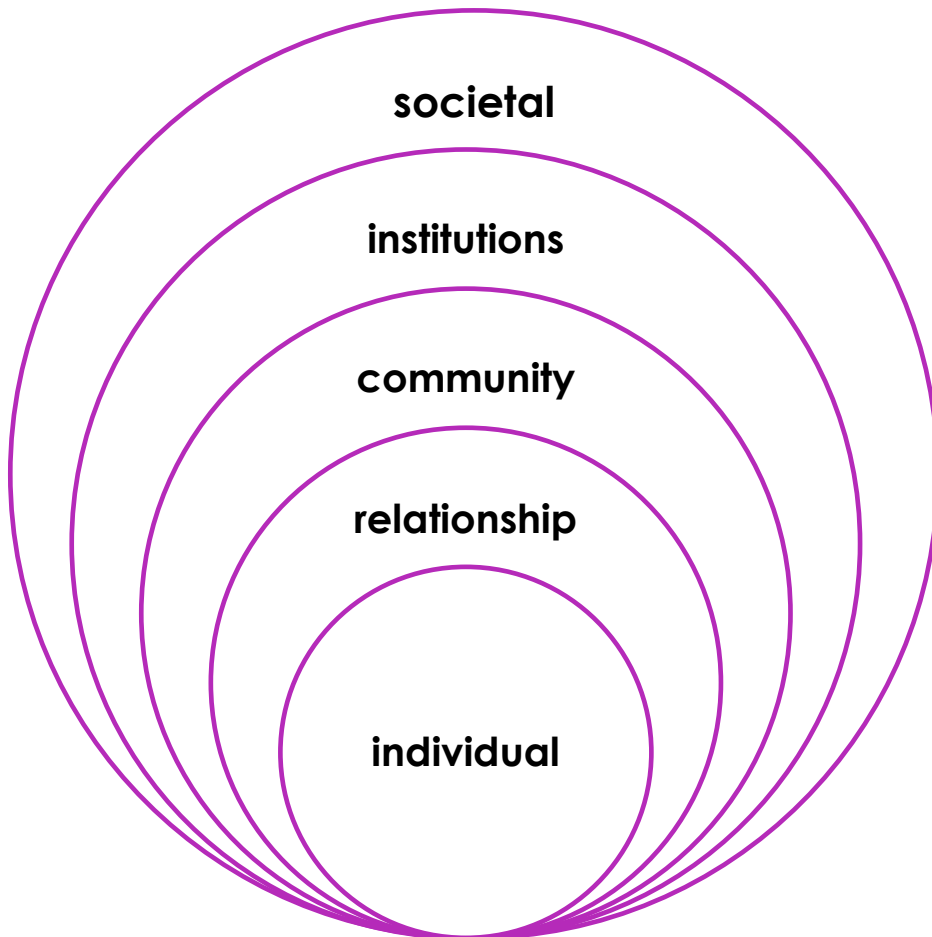
Individual level

(knowledge, feelings, identity)





Social-ecological model



Activity Brainstorming Group analysis



Example
„Coming Out“

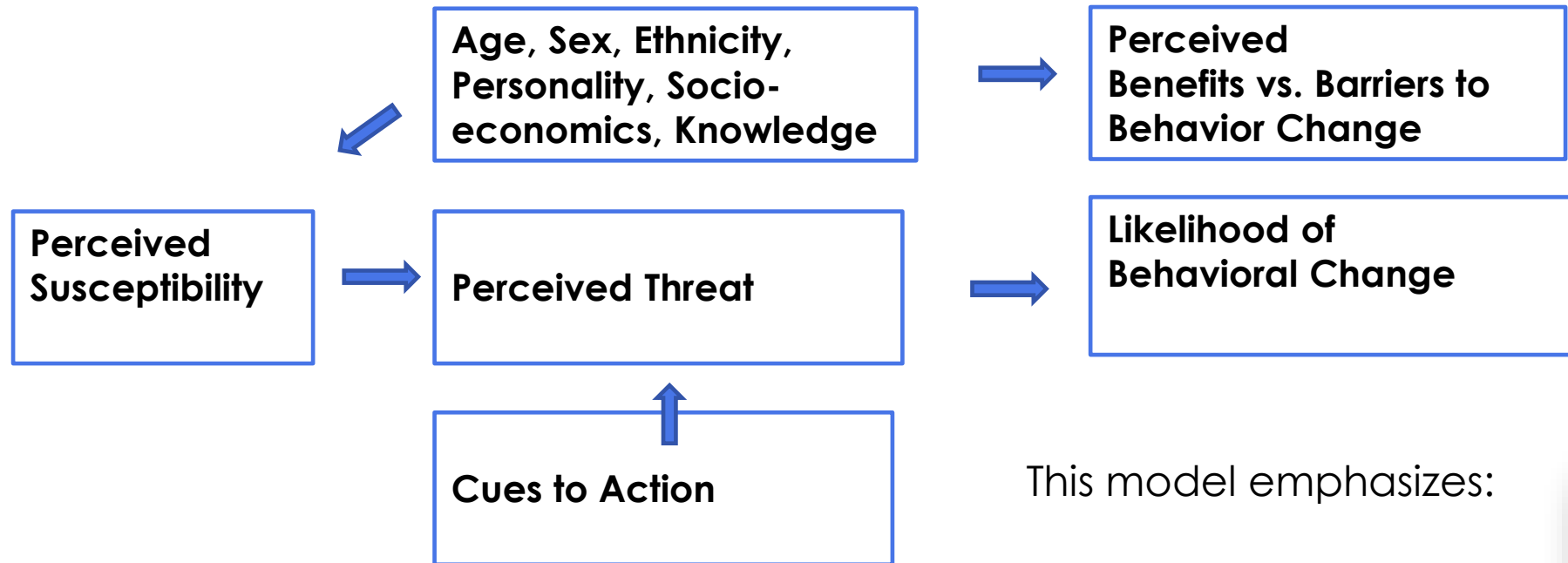
What do you think are barriers, fears or borders for Deaf youth individuals to communicate their Coming Out?

Create a poster with all levels.



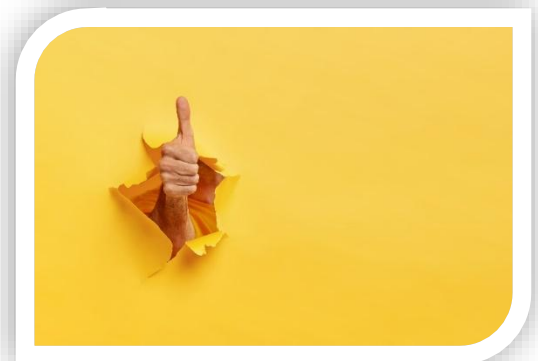


Health Belief Model



This model emphasizes:

- personal goals
- threat assessment
- self-efficacy
- decision-making ability





Health Belief Model



This model emphasizes:

- personal goals
- threat assessment
- self-efficacy
- decision-making ability



Health Belief Model

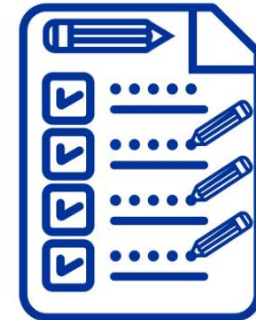
Example:

Encourage young people to gather reasons why they might choose to use protection during sex (= **perceived benefits**) and reasons why they might choose not to (= **perceived barriers**).

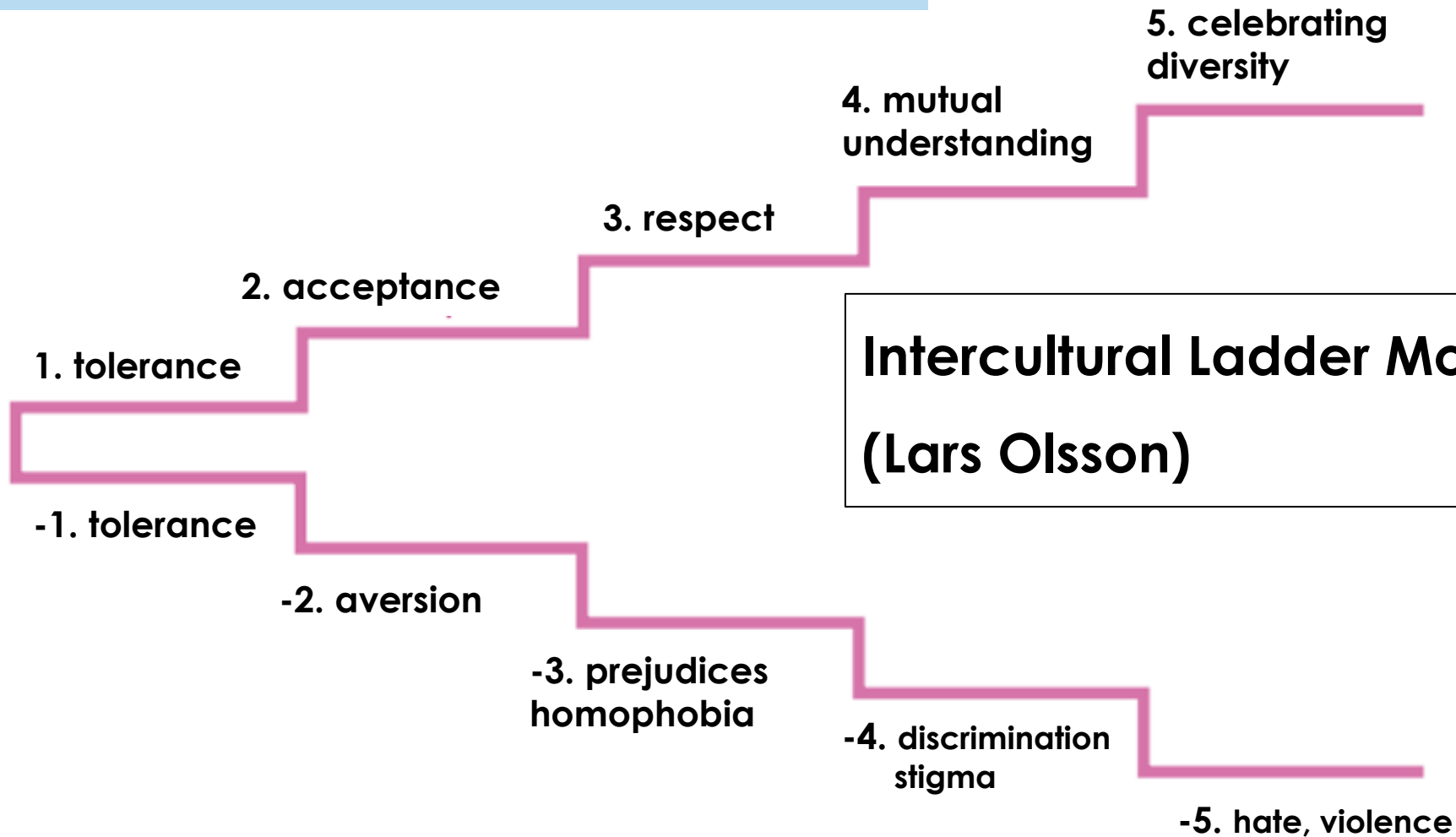
Activity Brainstorming Group analysis

„Protection during sex“

- Perceived benefits
- Perceive barrier



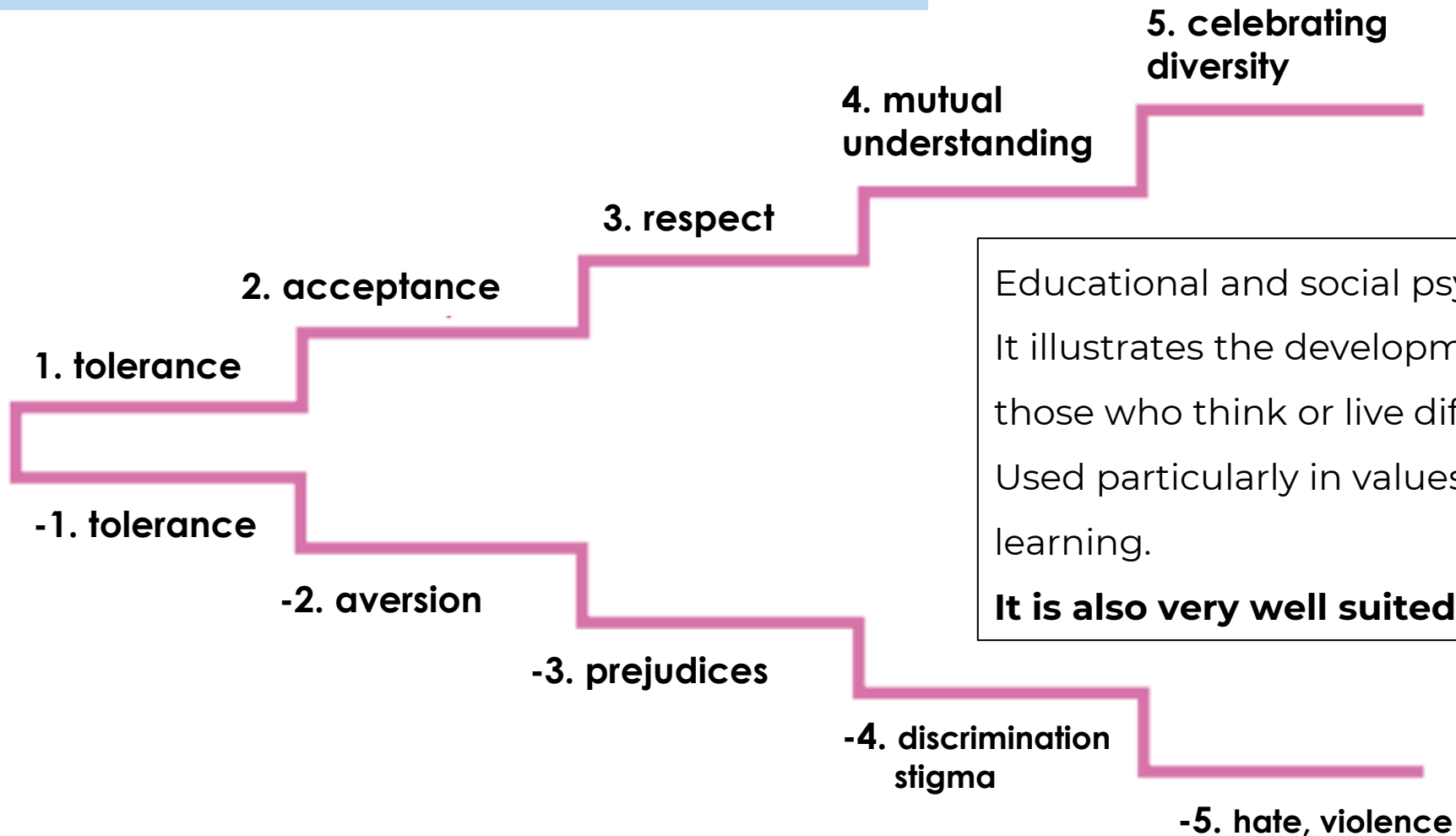
Strategies to promote positive and respectful behaviors in sexual contexts



**Intercultural Ladder Model
(Lars Olsson)**



Strategies to promote positive and respectful behaviors in sexual contexts



Educational and social psychological model.
It illustrates the development of tolerance towards those who think or live differently.
Used particularly in values education and intercultural learning.

It is also very well suited to sex education.



Strategies to promote positive and respectful behaviors in sexual contexts



Important

The goal is not:

“Everyone must celebrate diversity immediately.

”The realistic goal is:

To move the group **one step up**.

Sometimes, moving from “prejudice” to “tolerance” is already a great success.



Strategies to promote positive and respectful behaviors in sexual contexts

Activity
Role Play
Discussion
Group Analysis



Situation in your training room:

A young person signs: "Being gay is wrong"!

Group reactions:

some laugh

some say nothing

one person withdraws



Feedback circle sharing

What was an important new insight today?

What was useful for me?

What will I take away from this?

