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let's sign about sex

MODULE PLAN AND CONTENT

KNOWLEDGE



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Modul plan	Partner Contribution	
Partner	Unie neslyšících Brno, z.s.	Innosign
Modul Title	Knowledge	
Duration	6 h.	
Learning objective	By the end of this module, participants will be able to: • Recognize and express basic emotions in themselves and others. • Understand the basics of sexuality, sexual diversity, and personal identity. • Explain the importance of consent and boundaries in relationships. • Clearly and respectfully communicate their own needs and boundaries. • Apply practical strategies for healthy communication and self-care. • Use educational materials effectively in the context of sexuality and sex education. • Understand the meaning of key terms from the field of sexuality. • Distinguish between appropriate and inappropriate touches. • Understand the importance of personal boundaries and respect them. • Identify intimate parts of the body and name them. • Explain the basics of intimate hygiene care. • Become familiar with methods of protection during sexual intercourse. • Explain the basic principles of fertilization.	



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Key topics

- **Emotions:** Types, recognition, expression, and communication
- **Sexuality and Self:** Understanding sexuality, identity, diversity, and self-awareness
- **Consent and Boundaries:** Saying yes and no, recognizing verbal and non-verbal signals, and navigating relationships
- **Touch:** Identifying appropriate and inappropriate touches, understanding boundaries, and respecting personal space, specifics of touch for people with hearing impairments
- **Intimate Areas and Hygiene:** Learning about intimate body parts, hygiene routines, and personal care needs
- **Safer Sex:** Exploring types of protection, basics of fertilization, prevention, and sexually transmitted diseases



Module plan	Partner Contribution
Lesson Plan	1. Introduction (30 min) • Welcome, program overview, and establishing group agreements for respect and a safe space. • Quick icebreaker: "How are you feeling right now?" (Using emoticons or cards). • Group discussion: Ask participants if they have encountered these topics before and if they have any experience in these areas. • Activity: YES/NO – a quick icebreaker to establish contact and relax the atmosphere. 2. Sexuality and Me (35 min) • Presentation: What is sexuality? (Use collages or cards for visual support.) • Explanation: Sexual orientation, gender identity, sexual preferences, LGBT+ terms. • Activity: "Who am I?" – Self-reflection questions (favorite things, identity, values) followed by group discussion. • Group collage or poster: "What does sexuality mean to us?" 3. Emotions (35 min) • Presentation: What are emotions? Why are they important? • Questions about Emotions: In pairs or small groups, act out how different emotions look and feel. The group thinks about how they would ask the question depending on the emotion they feel. • Activity: Match facial expressions/pictures to emotions (joy, anger, sadness, fear, surprise, disgust, love, shame, etc.). • Group sharing: "When was the last time you felt emotion X?"



Lesson Plan

4. Yes and No in Relationships (35 min)

- **Presentation:** What is consent? Why is it important?
- **Activity:** Role-play – practicing saying yes, no, and maybe in various situations (both verbal and non-verbal).
- **Discussion:** How to recognize if someone is comfortable or not; what to do if you feel uncomfortable.
- **Quiz:** Use it at the end of this section to assess understanding in individual, group, or digital form.
- Tips for safe communication and setting boundaries.

5. Touch (35 min)

- **Format:** Presentation + discussion.
- Appropriate and inappropriate touches.
- Understanding the importance of respecting personal space and recognizing that this can differ between individuals.
- Differences in touch among various people: family, friends, teachers, doctors.
- **Activities:**
 - **Paper figure:** Participants assign appropriate and inappropriate touches to different figures (e.g., family, friends, teachers).
 - **Discussion:** Appropriate and inappropriate touching: what is important, what to do, etc.
- References to WP2/WP4 modules for further materials.

6. Safer Sex (35 min)

- **Format:** Presentation + Brainstorming.
- Types of protection during sex – condoms, hormonal contraception, other methods.



Lesson Plan

- Which is prescription-only (from a doctor) and which can be bought freely.
- What sexually transmitted diseases do you know? How can you protect yourself?
- **Activities:**
 - **Protection box:** Introducing participants to various protection methods.
 - **Attach the picture:** Stick the attaches pictures of protection in the right column.
- References to WP2/WP4 modules for additional content.

7. Intimate Areas and Hygiene (35 min)

- **Format:** Presentation.
- Naming intimate areas for males and females.
- What intimate body parts look like and how to care for them. Basics of intimate hygiene and proper care.
- **Activities:**
 - **Female and male intimate areas:** Identify and describe female and male intimate areas.
 - **Hygiene box:** Discussion about different hygiene products and how to use them correctly.
- References to WP2/WP4 modules for deeper exploration.

8. Final Quiz/Reflection/Discussion (30 min)

- Final quiz
- **Group discussion:** Review of answers and clarification of misunderstandings.
- **Reflection:** “What did you learn? What surprised you? Was any topic uncomfortable?” (Feedback sheet with smiley faces for responses).
- Opportunity for participants to ask questions.
- **YES/NO activity:** A review and summary of key training topics.



Lesson Plan	
Material needed	• Cards or images representing emotions • Flipchart or large sheets of paper and markers • Magazines, scissors, and glue (for creating collages or posters) • Worksheets • Pens or pencils • Stickers or coloured pens for marking or decorating • Paper with human outlines (for touch activities) • Sheets with practical scenarios • Computer • Safer sex kit: condom, contraceptive pill, emergency contraception pill, patch, diaphragm, ring, cream, IUD, oral dam (make a model if some items are unavailable) • Hygiene kit: soap, water, menstrual products (pads, period underwear, cup, sponge, tampon)



Module plan	Partner Contribution
Deaf role model integration	• Use visual materials and videos in sign language. • Invite a Deaf role model to participate or show short video clips featuring Deaf individuals. Ensure all instructions are visually clear and accessible.
Adaptation for different deliver formats	• Online: Use digital worksheets, breakout rooms, and virtual whiteboards. • Large groups: Divide participants into smaller teams for activities and assign more facilitators for supervision. • Small groups: Allow extra time for sharing and discussion, support individual work, and one facilitator is usually sufficient.
Additional resources	• Educational videos (with subtitles and/or in sign language) • Informational leaflets covering emotions, sexuality, and consent • List of local support contacts



Content	Description	Content
Lesson Content	Sexuality and Me This part guides participants in exploring the concept of sexuality, including sexual orientation, gender identity, and personal preferences. The goal is to promote self-reflection, respect for diversity, and healthy attitudes toward sexuality.	Note: Emphasize the right of every person to feel safe and respected, regardless of their identity or preferences, throughout the entire program. At the beginning, there will be a presentation on the topic "What is sexuality?", during which participants will share their ideas and create collages. Next, we will explain basic terms such as sexual orientation, gender identity, sexual preference, and LGBT+. • It will also include self-reflective questions such as: "Who am I?", "What do I like?", "What makes me feel good?" At the end, there will be activities: ○ Group collage/poster: "What does sexuality mean to us?" ○ Discussion about respect, privacy, and communication about sexuality.
Lesson Content	Emotions This section helps participants recognize, identify, and express different emotions. The aim is to increase emotional awareness, understand that everyone feels differently, and learn healthy ways to communicate about feelings.	First, we will introduce basic emotions with the presentation: joy, sadness, anger, fear, disgust, surprise, love, shame, and others. Then we will talk about how emotions are expressed—for example, through facial expressions, body movements, or tone of voice. We will also demonstrate this. This will be followed by activities: ○ Matching images/faces to emotions. ○ Role-play: How you would ask a person, how he/she feels? ○ Sharing personal experiences: "When was the last time you felt this emotion?"



		Finally, there will be a group discussion about why it is okay to feel all emotions and how important it is to respect the feelings of others.
Lesson Content	Yes and No in Relationships This section focuses on consent, boundaries, and healthy communication in relationships. Participants learn how to express consent or refusal, recognize verbal and non-verbal signals, and safely handle uncomfortable situations.	First, let's explain the concept of consent – what it means and why it is important. Next, we will show you different ways to say "yes" or "no" – using words, gestures, and behaviour. We will demonstrate this through activities: ○ Role-play scenarios: Practicing how to say yes, no, and maybe. ○ Group discussion: "How can you tell if someone is comfortable or not?" ○ What to do if you or someone else feels uncomfortable or unsafe. Finally, emphasize the importance of respecting boundaries, asking for consent, and communicating openly and kindly.
Lesson content	Touch This section focuses on appropriate and inappropriate touch, understanding personal boundaries, and recognizing that comfort levels differ for everyone, specifics of touch for people with hearing impairments	First, there will be a presentation. It will explain how to recognize and respect personal boundaries in situations involving touch. It will clarify that appropriate touch depends on consent, context, and how a person feels, and that everyone has the right to say no, even to someone they know well. The module will emphasize respect, clear communication, and reflection on one's own boundaries and comfort zones. At the end, there will be activities: ● Paper figure ● Discussion



Lesson content	Safer Sex This section aims to expand participants' knowledge of various forms of protection during sex, their proper use, and the importance of preventing sexually transmitted infections.	Today we will look at the presentation together on the topic of safer sex – how to protect yourself from unwanted pregnancy and sexually transmitted infections. To make it more than just theory, I have brought a box of protection for you. In it, you will find various methods and aids that you can pick up, examine, and see what they look like. The goal is not for you to immediately know the exact instructions for use – but for us to talk together about what we know about these aids, how we perceive them, and what comes to mind when we think about them. Today's meeting is about sharing ideas, experiences, and questions, without judgment or shame. So, let's open the box together and see what can be used for safer sex. At the end, there will be activity – attach the picture.
Lesson content	Intimate Areas and Hygiene This section strengthens participants' knowledge of intimate body parts, understanding their functions, and the importance of proper hygiene.	Today we will discuss a topic that is important to all of us, but is often not talked about openly – intimate areas and their hygiene. Together, we will go over what we actually mean by intimate areas, how they differ between women and men, and why caring for them is important not only for our health, but also for our well-being and self-confidence. We will explain the basic principles of hygiene, share some interesting facts about the human body, and give tips on how to prevent unpleasant problems such as inflammation or irritation. The goal is not to embarrass or judge anyone, but to talk openly about things that affect all of us.



		If you have any questions during the presentation, feel free to ask—this is a space for sharing and learning. • Then move on to the presentation and go through it together. This will be activities: • Female and male intimate areas • Hygiene box
Video summary		



Content	Description	Content
Activity	Quick icebreaker	In this quick icebreaker, participants choose an emotion card that reflects how they currently feel and may voluntarily explain their choice and how the emotion appears in their body, followed by a brief discussion on how emotions influence communication, boundaries, and decision-making, leading into the topic of consent.
	Yes/No	Participants move between “YES” and “NO” sides of the room in response to statements about emotions, sexuality, consent, touch, hygiene, and safer sex, followed by brief explanations and clarification from the facilitator.
	Sexuality and Me Creative and reflective activities that allow participants to explore the concept of sexuality and personal identity, while supporting acceptance and respect for diversity.	• Self-reflection worksheet: Answer questions like "Who am I?", "What makes me feel good?", "What do I value in relationships?" • Collage or poster creation: Make a collage or poster using images, words, and symbols to express what sexuality means to them. • Group sharing: Present collages or posters and discuss similarities and differences, emphasizing diversity and respect.
	Emotions Activities to help participants recognize, express, and understand emotions in themselves and others. The goal is to build emotional	• Emotion cards: Match images or emoji cards to different emotions. • Role-play: In pairs or small groups, act out various emotions and questions • Group discussion: Share examples of when participants felt certain emotions and discuss how they expressed them.



	vocabulary, empathy, and trust in emotional communication.	• Collage: Create a group collage or drawing that represents different emotions using magazine cutouts or drawings.
	Yes and No in Relationships Practical activities to help participants understand consent, practice setting boundaries, and recognize different ways to express agreement or disagreement.	• Role-play scenarios: Practice saying "yes", "no", and "maybe" in different relationship or friendship situations (using both verbal and non-verbal cues). • Practicing signals: Identify and act out non-verbal signals of consent and refusal (e.g., nodding, stepping back, avoiding eye contact). • Discussion: Talk about why it is important to respect boundaries and what to do if you or someone else feels uncomfortable. • Quiz: Use short questions or a Kahoot quiz to review key concepts about consent and boundaries.
	Touch Activities designed to help participants understand personal boundaries, notice their own bodies, and distinguish between appropriate and inappropriate touch. The goal is to teach how to recognize uncomfortable situations and respond assertively and safely.	• Activity—paper character: Participants mark on a paper figure which touches are allowed (green) and not allowed (red) on their own body, from loved ones, and from strangers, followed by a brief discussion, while the instructor ensures sensitivity, voluntary sharing, and respect for different answers. • Discussion: Participants divide into two groups, each with its own set of questions to read and discuss under the guidance of a lecturer who leads the discussion and introduces prepared perspectives and situations.



	Safer Sex Interactive and practical activities that encourage open dialogue and reduce embarrassment about sensitive topics. Focus on increasing knowledge about protection and STI prevention.	• Protection Box: Participants explore a “Protection Box” containing various contraceptive methods and discuss their advantages, disadvantages, risks, myths, and challenges related to safer sex and prevention. • Attach the pictures: Participants place pictures into the correct column based on whether the method protects against pregnancy, sexually transmitted infections, or both.
	Intimate Areas and Hygiene Activities focus on practical understanding of intimate hygiene and body care, especially during puberty, to promote healthy habits and remove stigma.	• Female and male intimate areas: Participants label and describe male and female intimate body parts on worksheets, followed by a guided review and reflection on the importance of correct terminology, personal health, and respectful communication in a safe environment. • Hygiene box: Participants explore a “Hygiene Box” containing intimate care products for women and men and discuss their purpose, correct use, maintenance, and role in preventing infections and supporting personal health.
Assessment	The purpose of assessment is to verify how well participants understand and apply the main themes of the module—emotions, sexuality, and consent in relationships.	Methods of Assessment Observation and Participation: Facilitators observe and note how participants engage in activities (such as role-plays, group discussions, and creative tasks) and whether they can recognize, express, and respect emotions and boundaries.



	Assessment uses a combination of observation, group activities, and a final quiz to ensure educational objectives are met in an accessible and supportive way.	Group Sharing: Participants describe examples from their own lives, share their feelings, and discuss scenarios related to emotions, sexuality, and consent. Creative Outputs: Evaluate collages, posters, or worksheets where participants reflect on what sexuality means to them or illustrate different emotions. Final Quiz: A short written or oral quiz based on the provided "Final Quiz.PPT" This includes multiple-choice questions, open-ended questions, and scenario questions covering key module topics such as recognizing emotions, understanding sexuality, consent, boundaries, appropriate/inappropriate touch, and hygiene. Self-Reflection: At the end of the session, participants give feedback about what they learned, what surprised them, and if any topic made them uncomfortable. This can be done using words or smiley-face feedback forms.
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