



let's sign about sex

Quiz



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Freya's materials were supplemented by the project team with easy-to-read entries and information on existing video material.



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The quiz is individual work.



Sign all questions.



The participants are given a worksheet (= printed powerpoint) with all the questions and can mark them themselves in their own time.



Option 1

You can use the Quiz also as group work with Deaf youth participants.

- discussion rounds
- exchange of information
- to consolidate and repeat the content covered in training



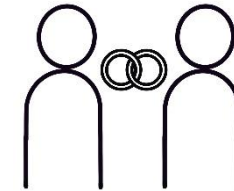
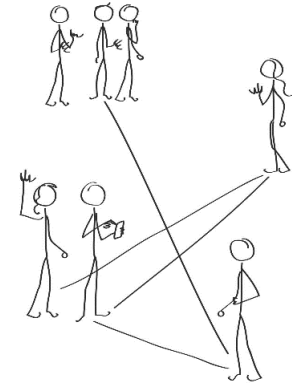
Option 2

Sexuality and I



Who is allowed to have sex?

- ☐ Only people without any disabilities.
- ☐ All people without distinction.
- ☐ Only people who are married or in a permanent relationship.



Sexuality and the Self



Can we talk about sexuality?

☐

Absolutely not. Sexuality is a topic that is not talked about!

☐

Yes! We can talk about sexuality anytime, anywhere, and with anyone.

☐

Yes, we can talk about sexuality.
With someone we trust, and in private.



Sexuality and I



What comes to mind when you hear the word sexuality?

What all belongs to the topic of sexuality?



Write or draw.

Emotions

What feeling are we looking for?

A person may react by hiding or running away.

The heart starts beating faster, breathing quickens, or our mouth becomes dry.



Muscles tense up, our hands or feet may shake.

A person may feel this emotion, for example, when going to an unfamiliar environment such as school or work.

☐

joy

☐

anger

☐

fear

Emotions



How do we reliably find out how another person is feeling?



- ☐ We can ask if the other person wants to tell us how they feel.
- ☐ We assume he feels the same way we do.
- ☐ I'll watch him for a long time and I'll know.



Emotions



How would you describe falling in love?
What does it feel like?

When does it come? How does it manifest itself?



Write or draw.

YES and NO in a Relationship

Imagine the situation:



You are hugging your boyfriend*girlfriend.
After a few minutes, the touching becomes uncomfortable.

Can you tell your boyfriend*girlfriend to stop,
even though you agreed to the hugging before?



Write, draw or just take your time to think
about it...



YES and NO in a Relationship

What should we do if we're not sure someone wants to be touched

- ☐ It's not important to us what the other person wants. What's important is that we want to touch them.
- ☐ We try to touch him*her further, maybe we can convince him*her.
- ☐ We should ask him and make sure if we can touch him and if he*she is comfortable with our touch.



YES and NO in a Relationship

We can express agreement and disagreement:

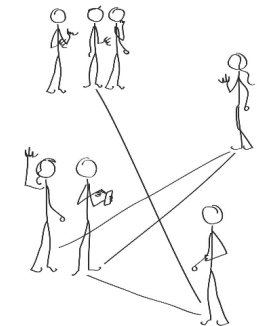
☐ Only with the words YES or NO.



☐ Only by our behavior or facial expression.



☐ Our words, reactions, facial expressions, body postures, behavior, and gestures can express agreement or disagreement.



Touches



Can we refuse a touch we don't like, even if it's someone from our family (parents, siblings, grandparents, uncles, aunts, etc.)?

☐ No, we can't. Our loved ones can touch us wherever they want.



☐ Yes, we can refuse such a touch if we don't like it.



☐ No, we can't. It would be rude to them.



Touches

What should we do if someone touches us?
What if we don't want it?

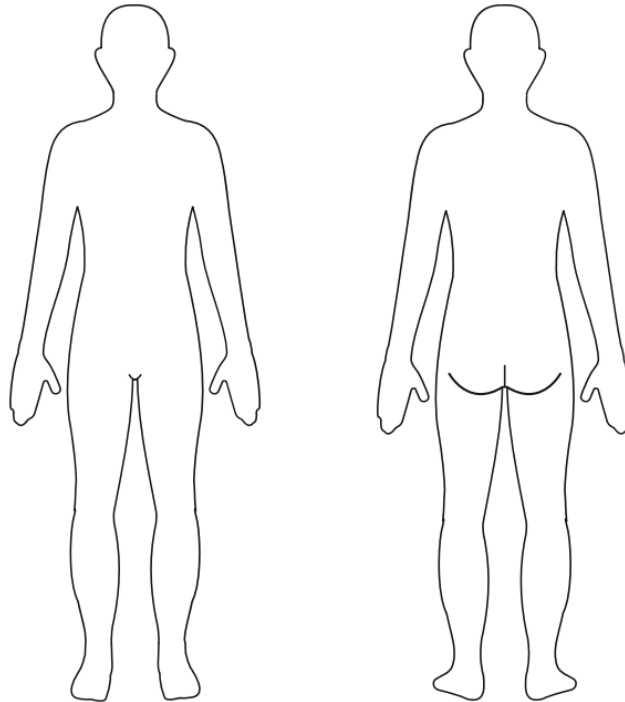


Write, draw or just take your time to
think about it...

Touches



In which places can you touch yourself,
in which not?



Protection, Safer-Sex



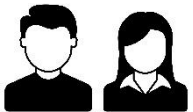
Contraception should always be considered by:

☐

Woman

☐

Man

☐

Both: Woman and Man

Protection, Safer-Sex



Which of the selected types of contraception protects against both pregnancy **and** sexually transmitted diseases?

☐

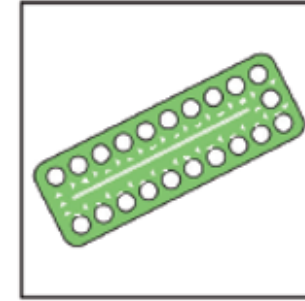
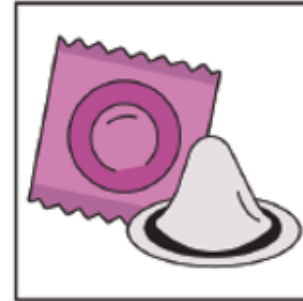
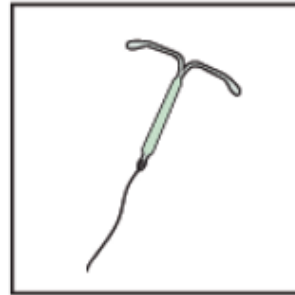
IUD

☐

Condom

☐

Birth control pills



Protection, Safer-Sex



What should you check before using a condom?

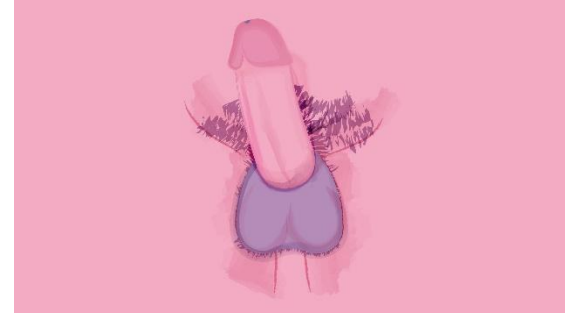


Write, draw or just take your time to think about it...

Intimate Areas and Hygiene



Erection is:



- ☐ A condition when the penis becomes firm, engorged, and enlarged
- ☐ A condition in which muscles relax and the size of the penis decreases.
- ☐ A disorder in which the penis cannot achieve the firmness necessary for sexual intercourse.

Intimate Areas and Hygiene



Choose what the vagina is for:

☐

For the outflow of menstrual blood and urination.

☐

For the outflow of menstrual blood only.

☐

Only for urination.

Intimate Areas and Hygiene



What to use for intimate hygiene?

- ☐ Regular soap or shower gel that we use on the whole body.
- ☐ Special products intended for intimate hygiene.
- ☐ There is no need to wash intimate areas.





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Feedback

Sign all Questions.

The participants receive the feedback form.

Feedback





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Which topic did you like the most?

Was there any topic that made you uncomfortable?
If so, please write why.

How did you feel during the workshops?