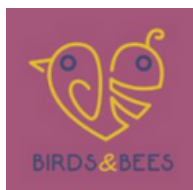




PROJECT

Birds & Bees

Portuguese Young People



Funded by
the European Union



ASSOCIAÇÃO
PLANO I
PARA A
IGUALDADE E
INCLUSÃO



I . PARTICIPANTS

51

Portuguese youth

Age range: 18–25 y.o.

Mean age: 19.9 y.o.

Gender

Females: 54.9%

Males: 43.1%

Other: 2%

Sex

Feminine: 52.9%

Masculine: 47.1%



Do you search for information on Sex* Education?

Yes	No
67%	33%



Sex* Education - is the term we use in this project to refer to the variety of terms used in European countries to refer to the teaching and learning about a broad variety of topics related to sex and sexuality.

TALES OF SUPPORT (AND ABSENCE)

“Pelvic floor physiotherapist. The decrease in my sexual libido and how to explain it to my boyfriend. It was a very useful experience.”

“I turned to my parents and it was general topics and I was explained clearly and I was able to understand more about this subject.”

“I went to the health center to get contraception methods.”

“I went to a doctor about the first sexual experience. It was enlightening...”



“As I am trans, I was practically forced to resort to health services and I have been followed in this regard since I was 16 years old.

However, the first people I turned to in desperation were the school psychologist and my family doctor. Both took the situation the wrong way and were extremely transphobic. They didn't believe me, they said things like "You're simply getting worse grades and you're sadder and you're trying to find a reason for that, it's nothing like that!" and many more. The doctor even said things like "There is a couple of two men who come here to the health center, and one of them takes female hormones thinking that one day she will be a woman and be able to have children together, she will never be able to, just a man and a woman will do it!" Only when I was finally followed up by a team specialized in the subject they treat me properly. More training is needed for health professionals and schools regarding gender identity!”

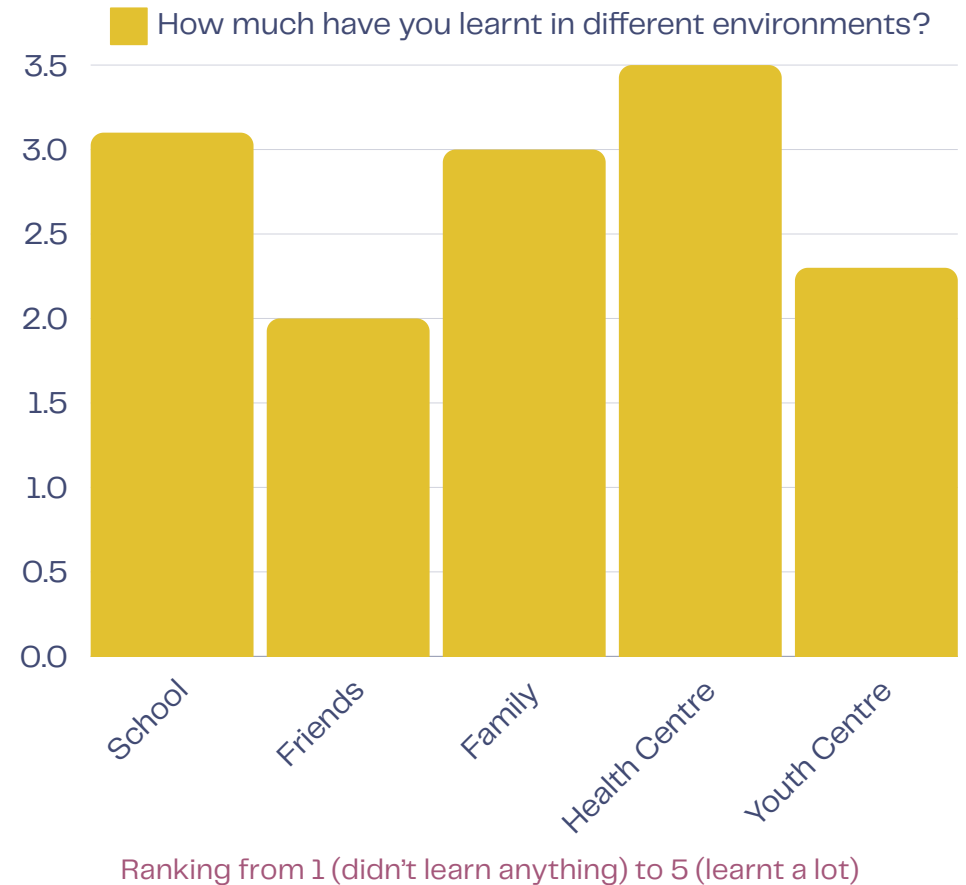
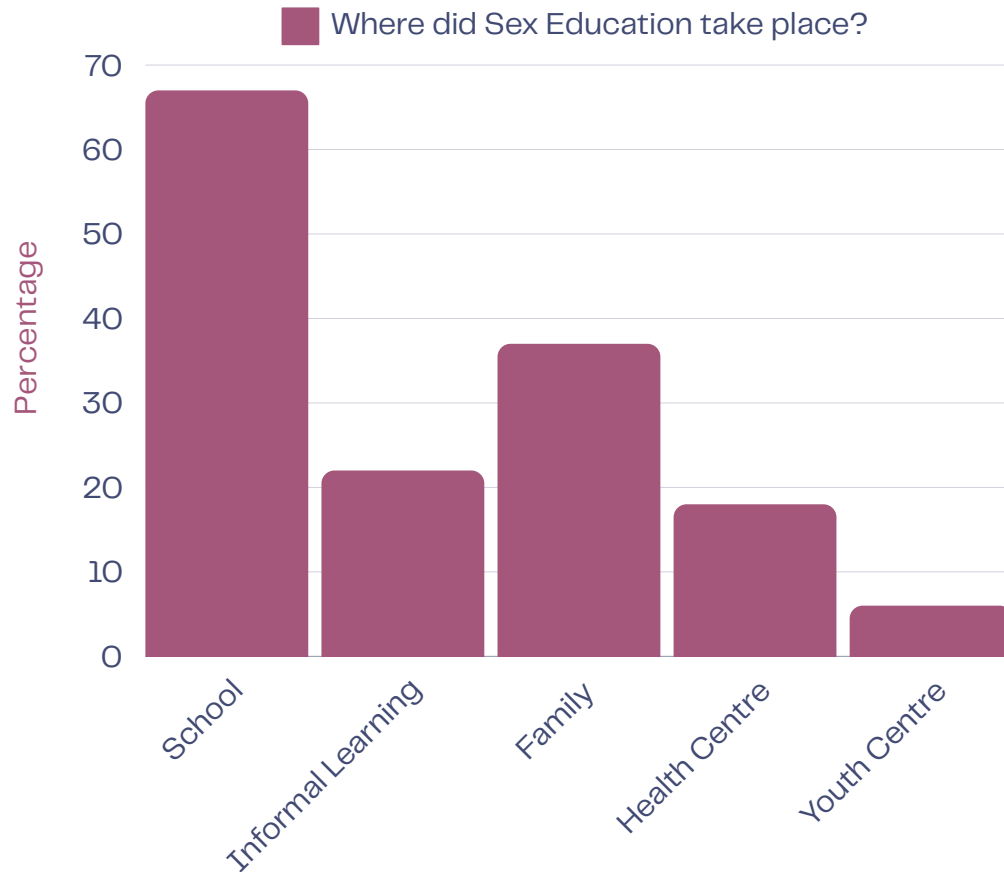
“I went to a Family doctor and asked for help with sex change.”



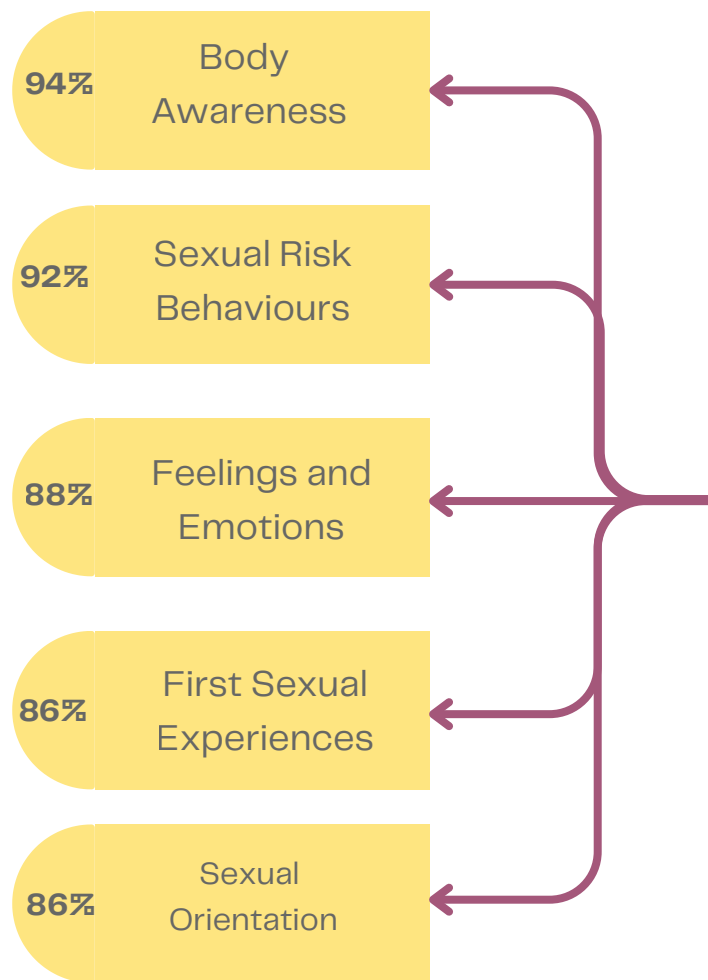
“I had some issues related to the use of contraceptives (pills), some doubts about how to use and not use them, what could affect their effect and symptoms that could arise at a hormonal level.”

III. ACCESS TO SEX* EDUCATION

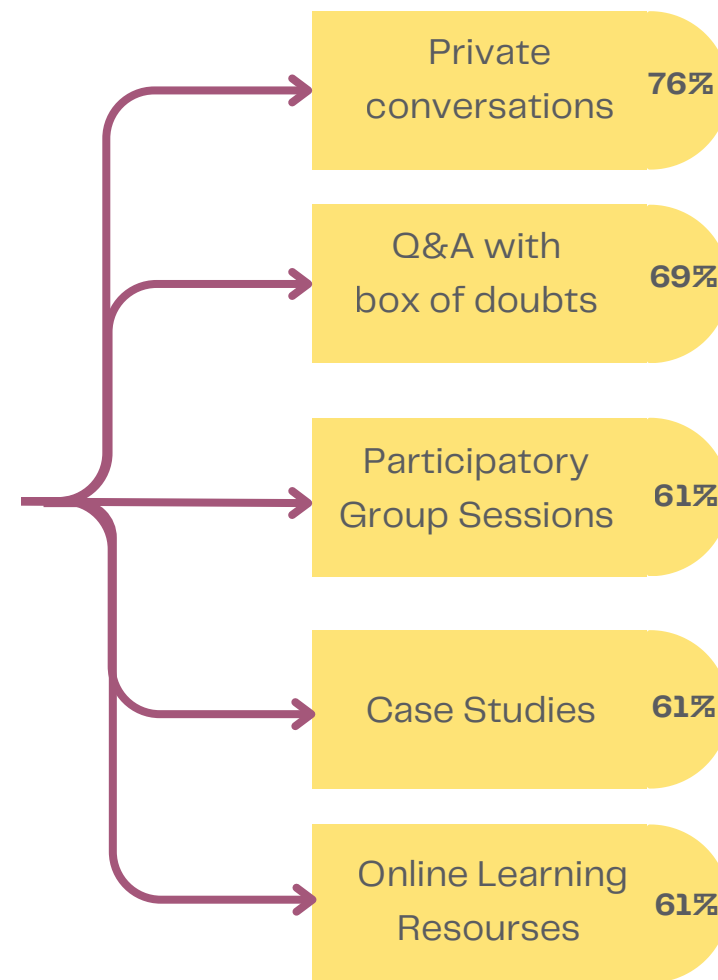
Only **69%** of the participants claim to have had access to education or training related to Sex* Education.



What topics do you consider to be most important?

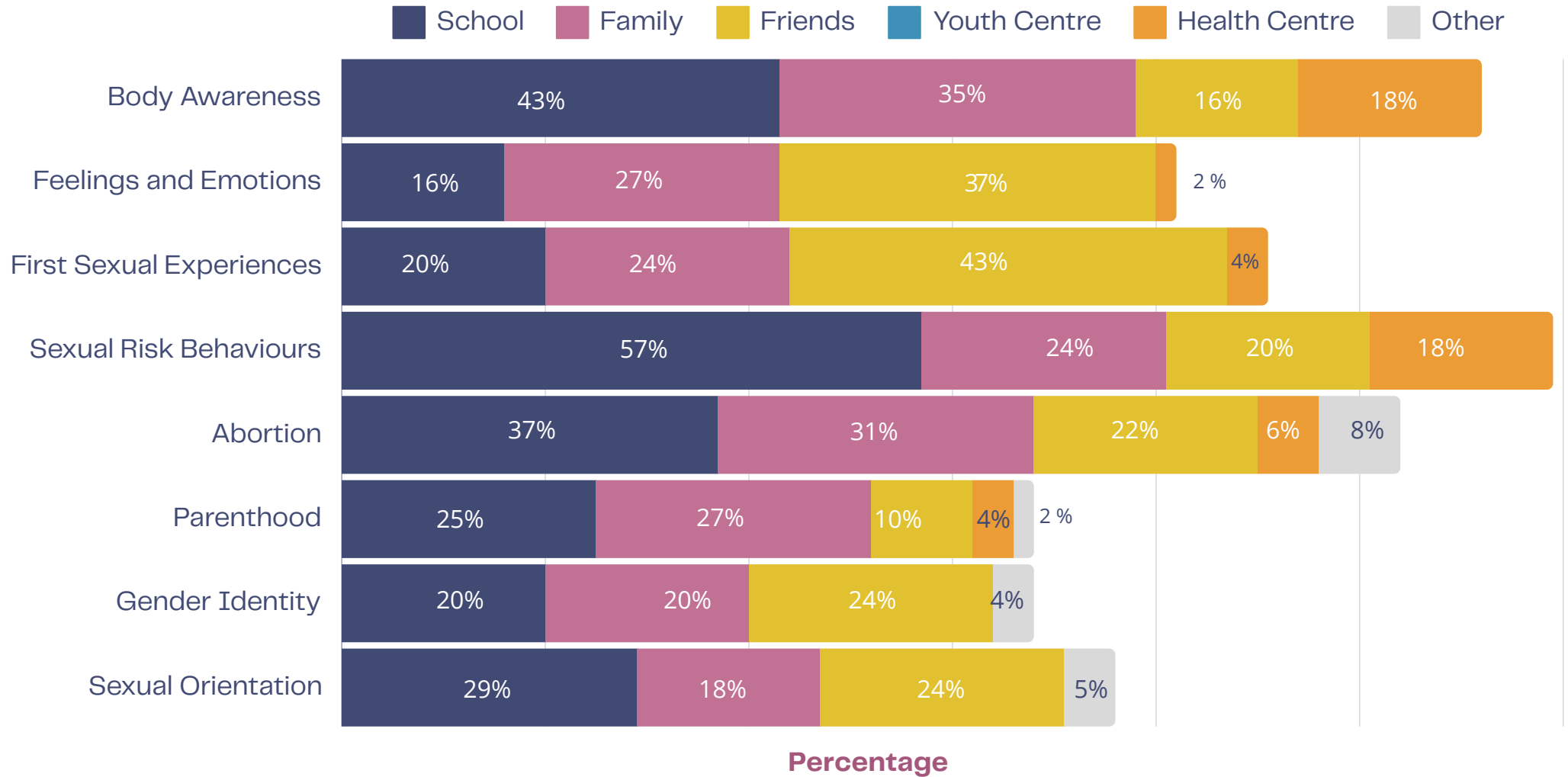


What learning approach do you consider most appropriate?



Where did you learned about each topic?

Data from 69% respondents



IV. THE ROLE OF YOUTH WORKER IN SEX* EDUCATION

HOLD SAFE SPACE

“A youth worker should firstly create a safe space so that young people can have a safe haven to talk about these issues”

“Destroy prejudices, and leave people comfortable to discovering themselves and feeling represented.”

FACILITATION OF LEARNING PROCESSES

“Explain in a brief and clear way but also in a way that encourages people to study and educate themselves on the subject that can sometimes be sensitive but if explained in the right way can help a lot of people.”

“Raise Awareness about sexuality related topics and educate”



INFORM

“To inform and ensure that these topics are no longer taboos, that they are spoken naturally...”

PROVIDE ORIENTATION AND SUPPORT

“Help each young person to deal with the insecurities and questions that arise during puberty, helping them to realize that they are just going through a phase in their life, thus avoiding making premature and/or uninformed decisions.”

II. ACCESS TO SUPPORT

Of all the enquirees, **82%** talk about Sex* Education, **59%** claim to know where to go for Sex* Education support and just about **33%** have ever asked for support.



Whom do you normally talk about sex* education with?



Friends | 80%



Partner | 43%



Mother | 39%



Health Prof. | 29%



Sibling | 20%

V. FUTURE STEPS FOR SEX EDUCATION IN PORTUGAL

"I think there should be a specific subject for sexual education that addresses the different topics discussed in this questionnaire so that young people can have more information and feel safer and more comfortable when starting their sexual life."

"Give more importance to educate teenagers about sexuality."

"In all the schools I've been to so far, almost no issue of sexual education has ever been addressed, so nowadays I notice a huge lack of information among young people and young people doing things they don't even know what they are."

V. FUTURE STEPS FOR SEX EDUCATION IN PORTUGAL

“The way in which subjects are approached and the degree of its complexity. In the country, subjects are transmitted with a low degree of complexity.”

“What I consider most important is to educate about emotions and feelings in adolescence, a topic that is so sensitive and ignored by many. In my opinion is the basis for everything else...”

“Address topics such as gender identity, sexual orientation, education about consent, distinguishing abusive relationships, contraceptive methods and how to act in case of risk.”

V. FUTURE STEPS FOR SEX EDUCATION IN PORTUGAL

“Addressing sexuality from a female perspective (in my school training on the subject, male sexuality was the priority) and issues of gender identity and sexual orientation.”

“Fight the tabbos around the topics.”

“Talk about things more openly and concretely.”

“More inclusion. Sexual education in our country is very cisheteronormative.”

