



PROJECT

Birds & Bees

Portuguese Youth Workers



Funded by
the European Union



ASSOCIAÇÃO
PLANOi
PARA A
IGUALDADE E
INCLUSÃO



I . PARTICIPANTS

26

Portuguese youth workers

Age range: 24–52 y.o.

Mean age: 37 y.o.

Gender

Females: 59.3 %

Males: 40.7 %

Sex

Feminine: 59.3 %

Masculine: 40.7 %



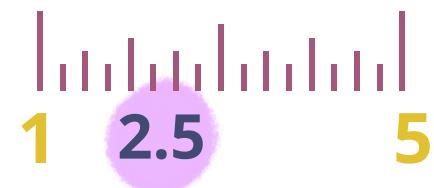
Did you have Sex* Education training?

Yes 44.4%

No 55.6%

How do you evaluate the quality of the Sex* Ed you had access to?

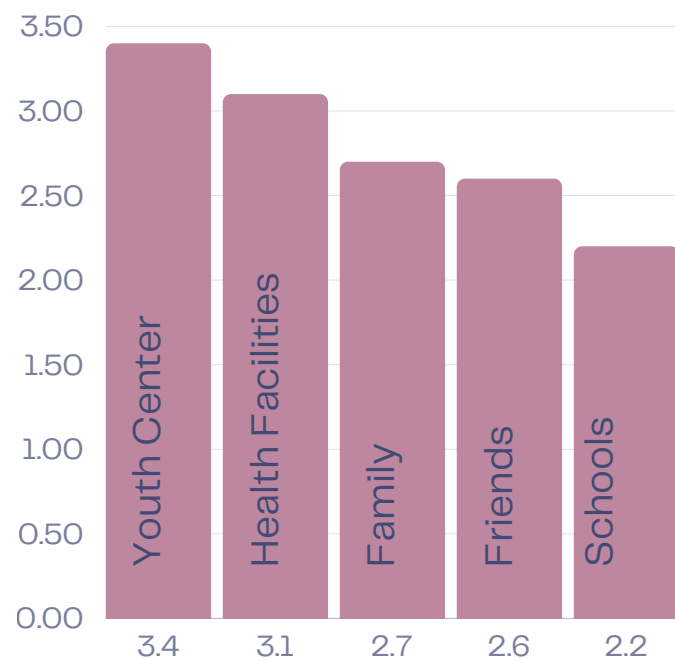
(1 bad - 5 excellent)



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.

Quality of Information about Sex* Ed available to young people

Ranking from 1 (Bad) to 5 (Excellent)



Perceptions about the Quality of Sex* Education received



II. PRACTICES RELATED TO SEX* EDUCATION

Do you search (and where) for information on Sex* Education?



Sources

- 1st Non Formal Education
- 2nd Health Professionals
- 3rd Internet
- 4th Books
- 5th Other Professionals

Mapped Support Network



Health care institutions



Other youth workers/colleagues



Youth worker

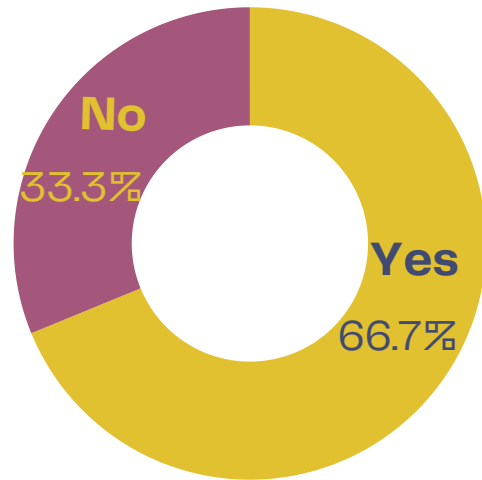


NGO's
(Women's & LGBTIQ rights)

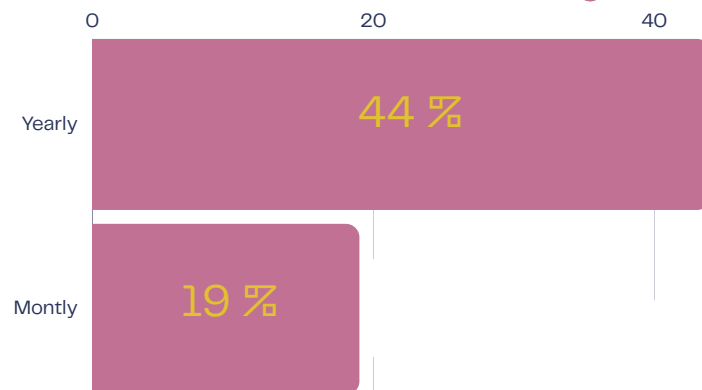


Nurses or
Psychologists

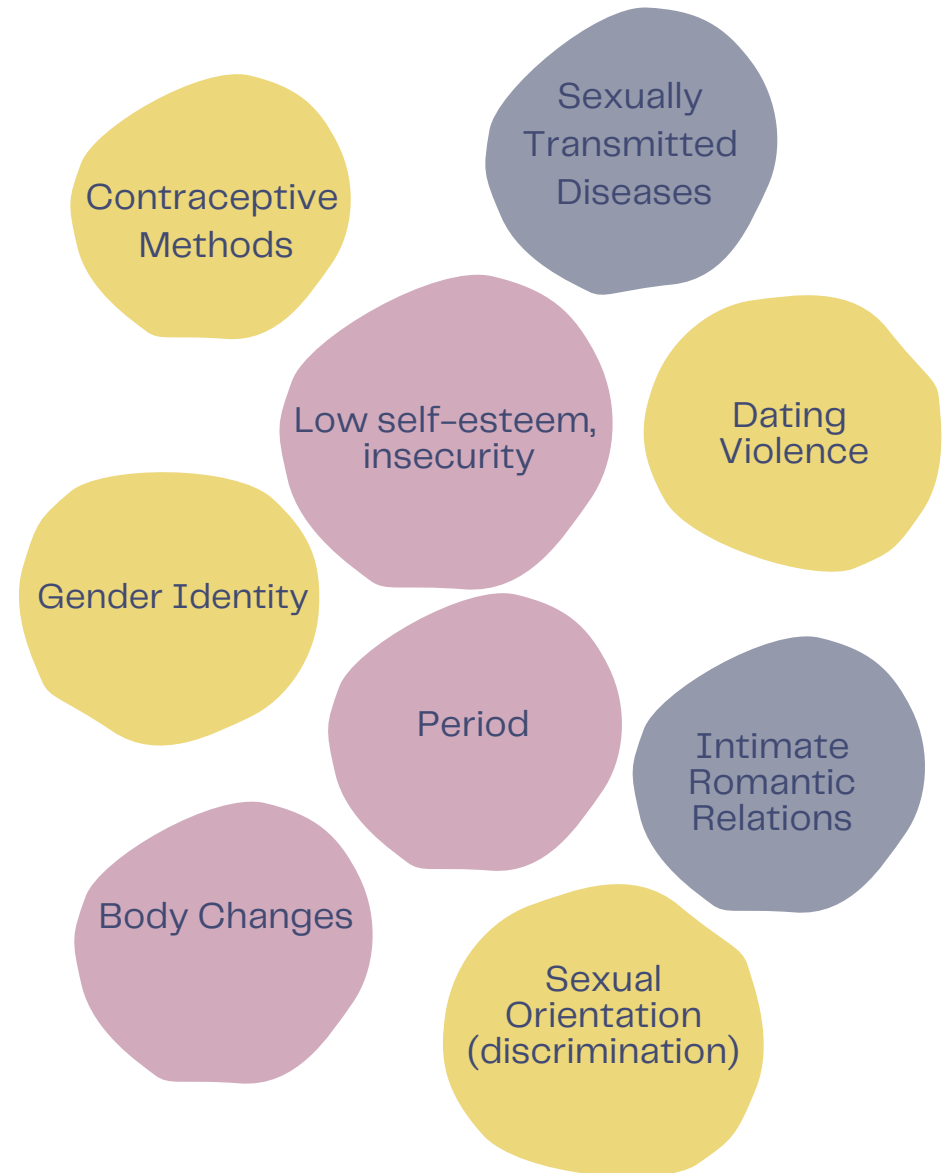
Do young people ask you for support regarding Sex* Education?



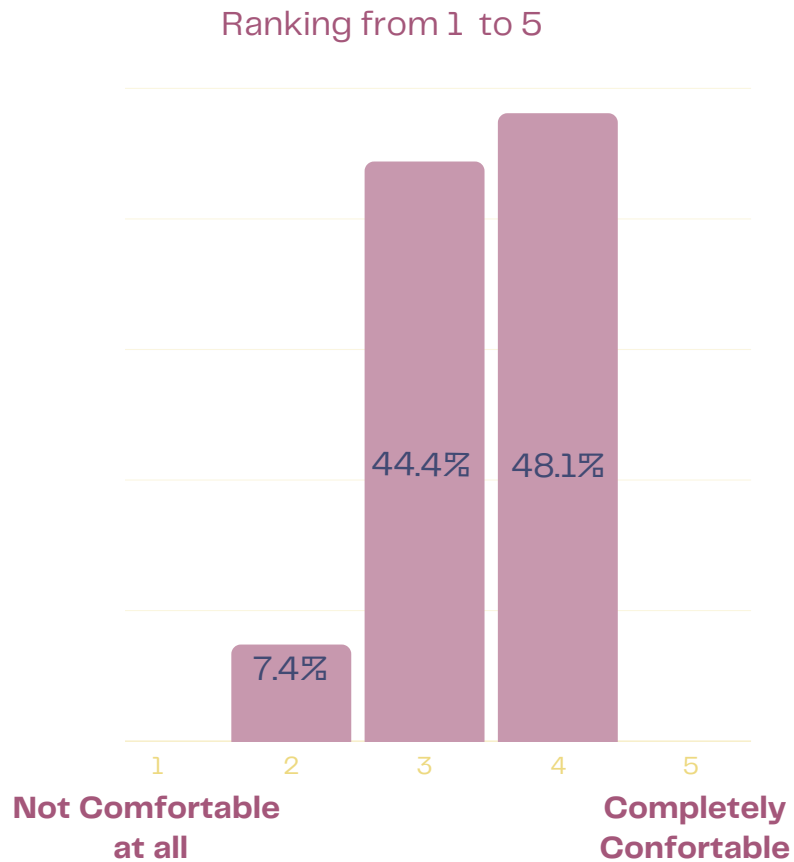
How often



Topics young people ask support



General Capacity to facilitate or support young people



Most uncomfortable topics to tackle

"I don't feel uncomfortable, but I still lack sufficient knowledge on certain LGBT issues."

"Sexual Violence"

"Trauma-sensitive/informed intervention"

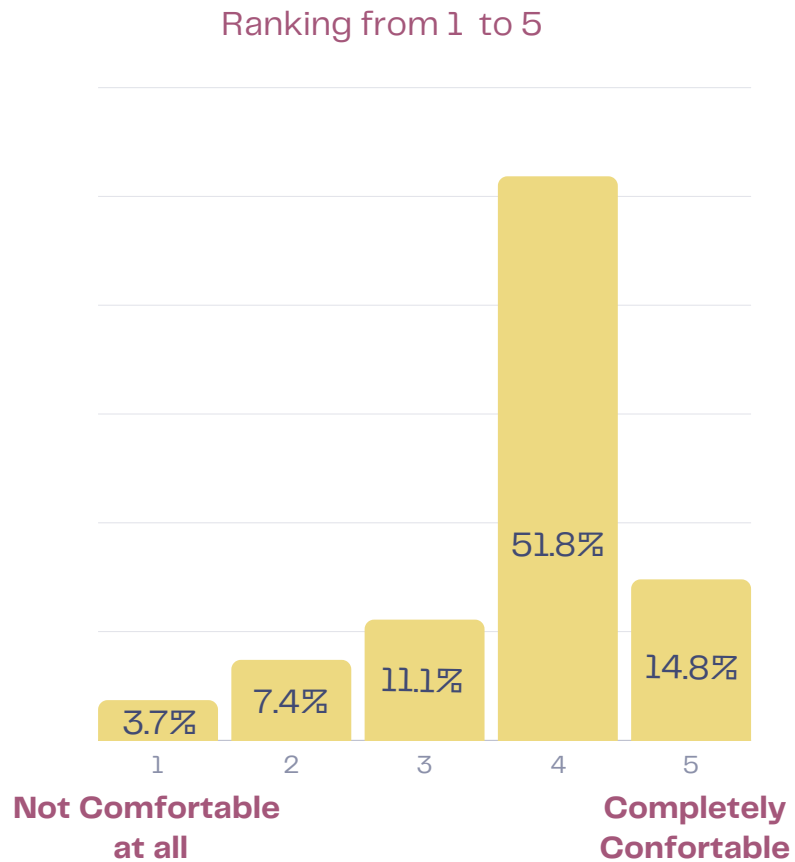
"Gender Identity"

What approaches are more adequate to address Sex* Education topics

Ranking from 1 (Not Adequate) to 5 (Completely Adequate)



Level of comfort to support young people



Where do you think Sex* Education should take place?



School | 89%



Family | 89%



Health Centre | 89%



Youth Centre | 85%



Friends | 67%

III . YOUTH WORKERS' NEEDS ASSESSEMENT

Listen and Connect

“Listen to young people, answer their questions, demonstrate safe ways to access information, and if technicians cannot clarify with young people, direct them to specialists in the area.”



Hold space and support

“Create a safe space where young people can share information and have opportunities to learn about a topic while also having the space to debate ideas.”

“Supporting young people in accepting themselves, their peers, and their family.”

YOUTH WORKERS' ROLES

Facilitate learnings

“Identify the needs of young people in these areas, promote information programs tailored to different age groups, raise awareness and provide training sessions for families, organize meetings among young people to address these issues, and arrange sessions with experts in the field.”

Inform

“It must be a person with extensive knowledge who bases their support on concrete and scientific data rather than “popular knowledge”.

Do you have specific needs to better support young people in regards to Sex* Education?

YES
55.6%

NO
44.4%

... and if so, what are your needs?

More training/information on the "new" issues of sexual education: how to address sexual and gender identity.

More information about how sexuality is experienced in today's digital and online world.

Specific Training

Trauma sensitive/informed training

Include comprehensive sexual education in the curriculum, taught by qualified professionals in the field of sexology."

Providing support to LGBT youth

More training is needed on the topics that concern young people and the best approach to address them.

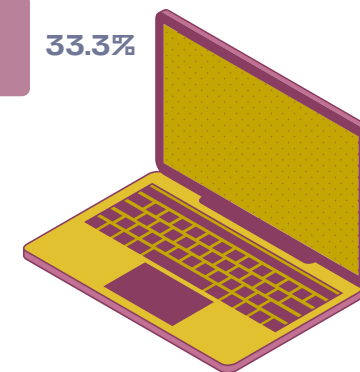
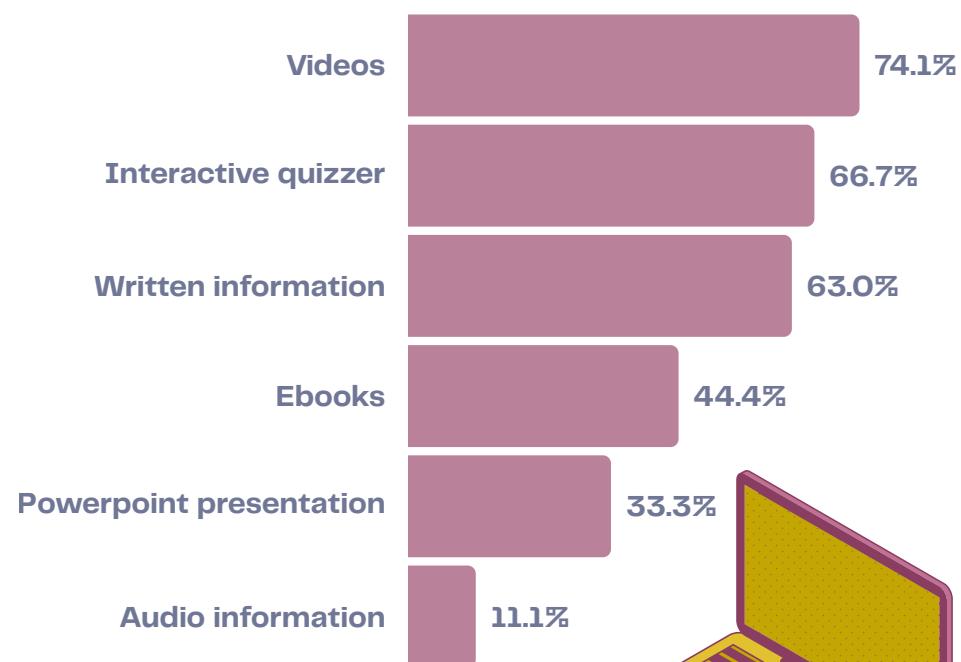
Contraceptive Methods

Most relevant topics to address with young people

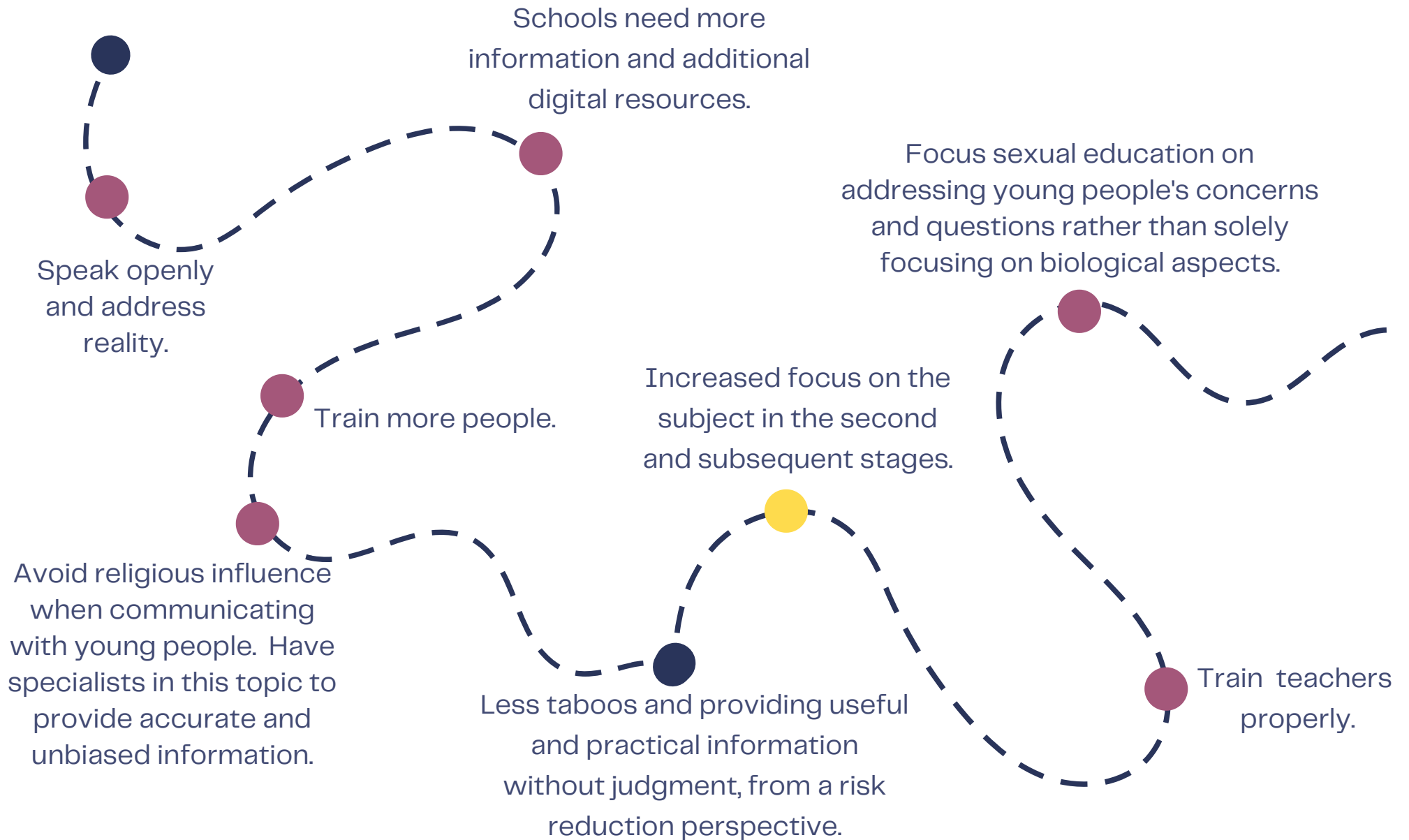
Ranking from 1 (Irrelevante) to 5 (Totally Relevant)

Sexual risks/behaviours	4.7
Feelings and emotions	4.5
First sexual experience	4.5
Abortion	4.4
Body awareness	4.4
Sexual orientation	4.2
Gender identity	4.1
Parenthood	4.1
Other issues (such as:)	3.7
<ul style="list-style-type: none">• Marketing and Sexuality• Pathologies and Sexual dysfunctions• Media• Peer pressure• Spirituality	

What resources do you find more adequate for a Sex* Education Website?



IV. FUTURE STEPS FOR SEX EDUCATION IN PORTUGAL



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Addressing this issue should be mandatory for all age groups, not optional.

It should be a topic that is approached naturally. Debunk myths.

More family planning support at health centers.

Work consistently on this topic starting from preschool education.

More control over the access to pornography and related websites to prevent children from accessing them.

Provide family members with information sessions.



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