

PROJECT ABSTRACT



Sexual Education has been growingly recognized as a fundamental area of health education, either national or internationally. In Portugal, this concern has had legislative repercussions since the 80s, with the right to reproductive health being recognized since then. The school as an entity has been officially proposed as a competent mean to develop and enforce sexual health promoting strategies, implementing these topics in the curricula of elementary and high school schools.

While acknowledging the value of the steps taken and the efforts gathered to implement sexual education, there are still numerous situations in which the enforcement of these measures is lacking. This may be due to the lack of scientific formation of the teachers of the areas that should be teaching sexuality, some discomfort in approaching these subjects (whether by the teachers, whether by the students), the difficulty in approaching and taking advantage of external partnerships or several other logistic problems.

It is in this context that the present project bases its foundation and subsequent work developed. SexED is a valuable effort in pursuing the development of rich curricula on sexuality in schools in Portugal; justifying its relevance with the scientific training acquired while students of the Master's Degree in Medicine, in Psychology or Pharmaceutical Sciences, as well as additional training and pedagogical expertise developed in similar projects with children and adolescents. All participants of SexED have additional training in the area of sexuality.

The limited age gap between SexED members and students, in a peer-to-peer non-formal education method, increases the proximity between trainers and trainees, diminishing the discomfort students might feel while discussing these topics and enforcing an informal and fun environment, without ever abdicating the scientific context and rigor.

The programs we lecture are based in legislative references, international guidelines, including LGBTQI+ themes, in trainings we have received in this context, and in the needs referred by elementary and high school teachers with whom we had the possibility of discussing these issues.

We firmly believe that this sexual education project, in its comprehensive, inclusive, transversal and sex positive approach to sexology will have a relevant impact in public health and in the ethics and civics components of sexuality and society.

The General Coordinator:

A handwritten signature in black ink that reads "Rui Carvalho".

(Rui Carvalho)



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