

**INTERNATIONAL TECHNICAL GUIDANCE  
ON SEXUALITY EDUCATION  
AN EVIDENCE-INFORMED APPROACH**

What's in the revised Guidance?



The revised Guidance provides a comprehensive and fully comprehensive set of key concepts, topics and illustrative learning objectives to guide the development of locally adapted curricula.

Learning objectives are age-appropriate and digitally informed to become increasingly complex with age and developmental ability across four age groups: 0-8 years; 9-12 years; 12-15 years and 16-19 years.

There are eight key concepts which are equally important, mutually reinforcing and meant to be taught alongside each other.

**KEY CONCEPTS**

<b>1. RELATIONSHIPS</b> Topics: 1.1 Families 1.2 Friendship 1.3 Gender 1.4 Relationships 1.5 Intimate Relationships 1.6 Sexual Behaviour and Risks 1.7 Consent 1.8 Gender Equality, Commitment, and Fidelity	<b>2. VALUES, RIGHTS, CULTURE AND SEXUALITY</b> Topics: 2.1 Values and Beliefs 2.2 Human Rights and Equality 2.3 Culture, Society and Sexuality	<b>3. UNDERSTANDING GENDER</b> Topics: 3.1 The Social Construction of Gender and Gender Roles 3.2 Gender Equality, Inequality and Bias 3.3 Gender-Based Violence
<b>4. VIOLENCE AND STARTING SAFE</b> Topics: 4.1 Violence 4.2 Gender-based Violence 4.3 Sexual Violence 4.4 Early and Forced Marriage 4.5 FGM/C 4.6 Child Marriage 4.7 Child Sexual Abuse 4.8 Child Sexual Exploitation 4.9 Child Sexual Abuse 4.10 Child Sexual Abuse 4.11 Child Sexual Abuse 4.12 Child Sexual Abuse	<b>5. SKILLS FOR HEALTH AND WELL-BEING</b> Topics: 5.1 Decision Making 5.2 Communication, Negotiation and Refusal Skills 5.3 Media Literacy and Skills 5.4 Problem Solving and Support	<b>6. THE HUMAN BODY AND DEVELOPMENT</b> Topics: 6.1 Human Body and Development 6.2 Puberty and Menstruation 6.3 Pregnancy and Birth 6.4 Contraception 6.5 Fertility 6.6 Reproductive Health 6.7 Reproductive Health 6.8 Reproductive Health 6.9 Reproductive Health 6.10 Reproductive Health
<b>7. SEXUALITY AND SEXUAL BEHAVIOUR</b> Topics: 7.1 Sexuality and the Sexual Spectrum 7.2 Sexual Orientation and Sexual Behaviour 7.3 Sexual Orientation and Sexual Behaviour	<b>8. SEXUAL AND REPRODUCTIVE HEALTH</b> Topics: 8.1 Pregnancy and Pregnancy Outcomes 8.2 HIV and AIDS Stigma, Care, Treatment and Support 8.3 Understanding, Reducing and Ending the Risk of STIs, Including HIV	

**“We need to be more honest on social media. Instead of UN speak, we need to talk about contraception, abuse – get down to the nitty-gritty. We need to create a social media space of honesty and transparency, and bring to light realities. Only with honesty we don’t leave anyone out of the conversation.”**

**National UN Volunteer  
Sven Meela, South Africa**

Sven Meela is a national UN Volunteer Social Media Fellow with UNFPA in South Africa. He supports honest conversations on reproductive health on social media. UN Online Volunteers also support UNFPA with social media; the infographic on the left was created by Online Volunteer Diana De Leon for UNFPA Asia & Pacific.

## UN Volunteers utilize social media to engage young people in the discourse around reproductive rights

Women in South Africa give birth to 2.3 children on average translating to a population growth of 1.6 per cent. While South Africa’s fertility rate is substantially lower than those of other African countries (in Ethiopia, for example, women have an average of 4.2 children), it is also considerably higher than in countries of the Global North where most countries show rates of below two children. At the same time, teenage pregnancies are prevalent with nearly 7 per cent of 15 to 19-year old girls giving birth (in comparison, the UK rate is at just over 2 per cent).

UNFPA’s mission is to deliver a world where every pregnancy is wanted, every childbirth is safe and every young person’s potential is fulfilled.

The 2018 World Population Day theme honours the role that family planning plays in reproductive rights and health: Family planning is a human right.

Some 176 UN Volunteers served with UNFPA around the world in 2018 and

68 in East & Southern Africa. They contributed particularly as midwives, ensuring healthy births for both mother and child.

In South Africa, two national UN Volunteers with UNFPA in South Africa commit their time and skills in online communications – and particularly social media – to support reproductive health and ensure adequate family planning in the country and the region.

“ We have been raised in a society where there’s a taboo to talk about sex and intimacy – with older people but even peer-to-peer... Governments, the UN, the private sector – everybody needs to listen to young people more. Otherwise, they will feel irritated and ignored. –national UN Volunteer with UNFPA  
Sven Meela, South Africa

National Youth UN Volunteer and Social Media Fellow with UNFPA, Sven Meela, explains the challenges of family planning in South Africa: “I think there is a lack of understanding about family planning in South Africa. There is a general rejection to talk about sex. We have been raised in a society where there’s a taboo to talk about sex and intimacy – with older people but even peer-to-peer.”

“This problem does not only persist in South Africa. Governments, the UN, the private sector – everybody needs to listen to young people more. Otherwise, they will feel irritated and ignored.” –national UN Volunteer with UNFPA Sven Meela, South Africa

His colleague and fellow national UN Youth Volunteer Cleopatra Okumu believes that access to and quality of family planning also heavily depends on the economic situation of the individual.

“ There is a gap between private and public health care. With public health care, you might not get

“ much information about proper family planning and you don’t get the same quality. However, if you can afford private health care, you have quite a range of options of contraception and you get quality information. --national UN Volunteer with UNFPA  
Cleopatra Okumu, South Africa

Social media has been hailed as a space enabling particularly young people to connect, interact, and find information.

Both Cleopatra and Sven believe that their assignments as Social Media Fellows can help young people in South Africa gain a deeper understanding of the importance of family planning.

They write tweets, schedule Facebook posts, and monitor website engagement and reach.

“ We need to be more honest on social media. Instead of UN speak, we need to talk about contraception, abuse – get down to the nitty-gritty. We need to create a social media space of honesty and transparency and bring to light realities. Only with honesty we don’t leave anyone out of the conversation. –Sven Meela

 Sub-Saharan Africa

• South Africa • World Population Day • youth • reproductive health • social media

Sustainable Development Goal: **SDG 3: Good health and well-being**, **SDG 10: Reduced inequalities**, **SDG 17: Partnerships for the goals**