

"CSE is not just about SEX"

**KNOW THE BASICS
OF
COMPREHENSIVE
SEXUALITY
EDUCATION (CSE)**



What is CSE?

Comprehensive Sexuality Education (CSE) is a curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality.

It aims to equip children and young people with knowledge, skills, attitudes and values (which are scientifically accurate, evidence based, age and developmentally appropriate) that will empower them to: realize their health, well-being and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and, understand and ensure the protection of their rights throughout their lives.

Why do young people need CSE?

To protect and advocate for their health, well-being and dignity by providing them with a necessary knowledge, attitude and skills.



What comes under

CSE? Relationship

Values, Rights, Culture and Sexuality

Understanding Gender

Violence and Staying Safe

Skills for Health and Well-being

The Human Body and Development

Sexuality and Sexual Behaviour

Sexual and Reproductive Health



RELATIONSHIP:

**Families,
Friendship, Love and Romantic
Relationships**

Tolerance, Inclusion and Respect

**Long-term Commitments and
Parenting**



VALUES, RIGHTS, CULTURE AND SEXUALITY:

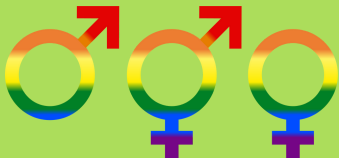
Values and Sexuality

Human Rights and Sexuality

Culture, Society and Sexuality



UNDERSTANDING GENDER:



The social Construction of Gender and gender Norms

Gender equality, Stereotypes and Bias

Gender-based Violence

* EQUALITY FOR ALL *



VIOLENCE AND STAYING

SAFE:



Violence

Consent, privacy and Bodily Integrity

**Safe use of Information and
Communication technologies (ICTs)**

SKILLS FOR HEALTH AND WELL-BEING:



**Norms and Peer Influence on Sexual
Behaviour**

Decision-making

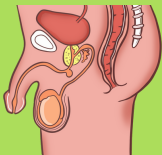
**Communication, refusal and
Negotiation Skills**

Media Literacy and Sexuality

Finding help and Support

THE HUMAN BODY AND DEVELOPMENT:

Sexual and Reproductive Anatomy and Physiology



Reproduction

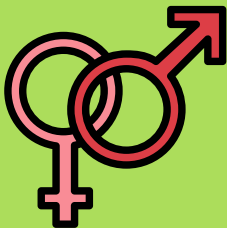
Puberty

Body Image

EVERY BODY IS BEAUTIFUL

SEXUALITY AND SEXUAL BEHAVIOUR:

**Sex, Sexuality and the
Sexual Life Cycle**



**Sexual Behaviour and sexual
Response**



SEXUAL AND REPRODUCTIVE HEALTH:

**Pregnancy and Pregnancy
Prevention**



**HIV and AIDS Stigma, Care,
Treatment and Support**

**Understanding, Recognizing and
Reducing the Risk of STIs,
including HIV**



Sources:

International Technical Guidance on Sexuality Education