

A Day at School

COMPREHENSIVE SEXUAL EDUCATION



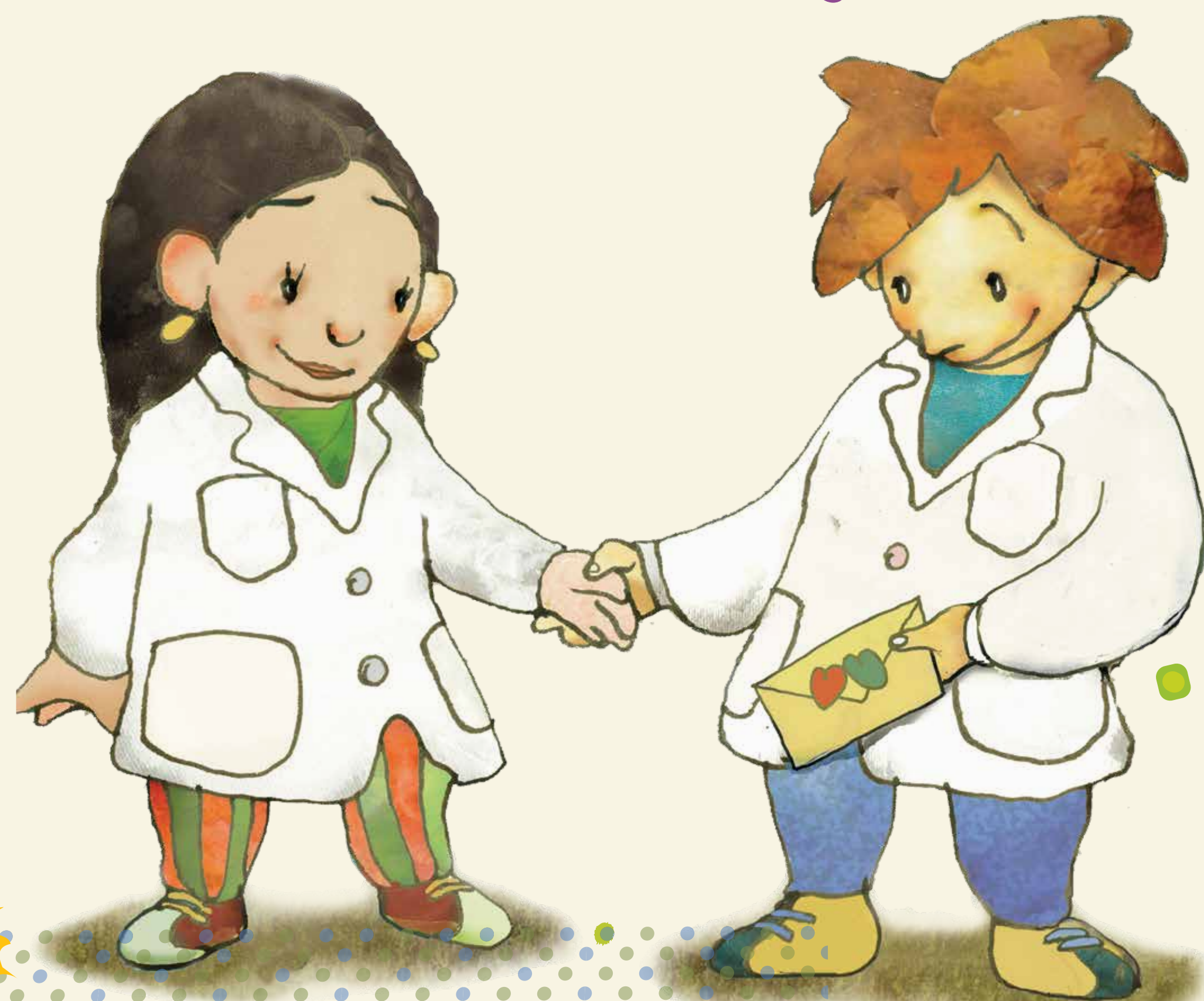
1 GAMES TO SHARE

All the boys and girls have the right to play the same games.



2 THERE ARE SECRETS AND SECRETS

It is better to tell an adult about the secrets that make us feel bad.



3 THIS IS WHAT I FEEL

We express our feelings and respect other's feelings.



4 MY BODY IS UNIQUE AND SPECIAL

We have the right to be looked after and respected.

1

ESI contents

The development of games and physical activities in equal conditions, without prejudices related to the differences between men and women. The critical exploration of the relationships between men and women and their social roles.

Suggested instructions

- How do you think these boys and girls feel when playing "hopscotch"? There is a boy who doesn't want to play...why?
- What games do you play at the break? What games do boys and girls share? What games do we play separately? Why?
- Are there games that we all like? Which ones?

2

ESI contents

The recognition and the expression of the right to be looked after and respected by the adults in society. The reflection about the ways in which the rights of children and adolescents can be vulnerable: sexual violence and abuse.

Suggested instructions

- Why is the girl crying?
- She has a secret. Which could it be? When someone threatens us to keep a secret about things that make us feel bad or confused, it's necessary to tell it to an adult. Who can we ask for help if something like that happens to us?
- We talk. We are authorized to say "No" when the physical contact is not adequate, makes us feel uncomfortable or sad. If this happens, nobody can push us to keep the secret. We can talk with someone we trust. Let's think in other situations in which it's necessary to say "NO".

3

ESI contents

Knowing about oneself and others. The approach of sexuality through affectivity, the system of values and beliefs, the meeting with others, friends, the couple, the love as an opening to the others and as taking care of others.

Suggested instructions

- How do we express our love to people we like? How do we express our feelings and emotions?
- In what parts of the body do we feel fear, anger, joy, sadness and other emotions?
- Let's think of examples of situations in which we express our feelings and emotions respecting the rest, and other situations in which we don't. How can we change these last situations?

4

ESI contents

The appreciation of one's body and of the different parts of the body and sexual characteristics of men and women. The recognition and respect of the emotions and feelings related to sexuality and its changes, fear, shame, modesty, happiness and pleasure.

Suggested instructions

- What topics are these boys and girls working on?
- What is the boy laughing about? Why does the girl blush? What do they feel?
- Let's name the parts of the body.
- What are the similarities and differences between the bodies of men and women?
- How can we take care of our body? Let's reflect about the importance of hygiene, medical control, nutrition, rest, play, and other healthy habits.