

# Balancing Risk Taking, Exposure, Rights and Resilience

*Promoting sexual health through sex education amongst youth in group homes?*

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*A research based\* sex education curriculum for young people with a history of psychosocial problems, substance misuse and criminality has been developed. A harm reductive, norm critical and dialogical approach is applied in this school based education used in Swedish group homes. With young people as co-investigators the teacher discusses and investigates the following areas:*

SESSION	MAIN ISSUES TO DISCUSS
1 Body development, anatomy	What is puberty? Female and male anatomy, how do the genitals work?
2 Body image, self-esteem	What is an ideal body and why? What is self-esteem, is it related to sex?
3 Gender roles, heteronormativity, sexualities	What is female/ femininity, what is male/masculinity, why? What is heteronormativity? What is homo, bi, trans, hetero, asexual? What are Sexual and Reproductive Health and Rights, SRHR? Does SRHR vary across different cultures or contexts?
4 Relations	Watch the film “Sex on the map” and discuss it.
5 Contraception, pregnancy, abortion, parenthood	What are the advantages and disadvantages of different contraceptive methods? Menstruation, conception, pregnancy, birth and abortion, how does it work?
6 STIs	How do you contract, discover, seek help, cure and protect yourself from different STIs?
7 Selling/buying sex, pornography, sexual abuse	What does the law say on selling/buying sex, are there any grey zones? What is and where is pornography? What is sexual abuse, what does the law say?
8 Alcohol, drugs and sex	What does the law say? What are the advantages and disadvantages of alcohol and/or drugs and sex?
9 Sexual desire, sex on your own, sex with others	What is sexual desire? Read the booklet “Sex my way”
10 Self-determination, the Internet	How to say yes, or no, to sex? How can the Internet be a (sexual) resource?

*Experiences of sex education according to the curriculum and its teaching style require evaluation among both young people and teachers in order to further develop a worthwhile sex education suitable for use in contexts such as those described here.*

\* Lindroth M, Tikkanen R, Löfgren-Mårtenson L. (2013). Unequal sexual health-Differences between detained youth and their same-aged peers. *Scandinavian Journal of Public Health*, 41(7), 720-726.

Lindroth M, Löfgren-Mårtenson L. (2013). Sexual chance taking: A qualitative study on sexuality among detained youths. *The European Journal of Contraception and Reproductive Health Care*, 18(5), 335-342.

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