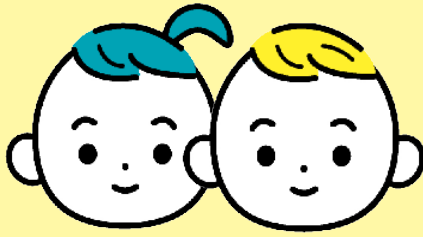
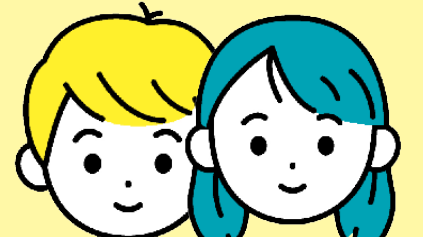
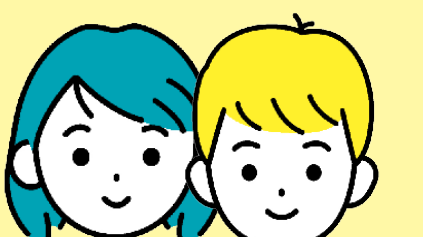
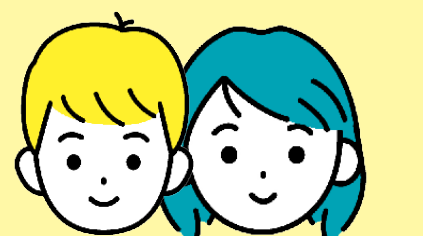


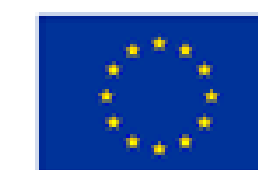
AGE AND SEX EDUCATION

AGE	iNFORMATION	SKILLS	ATTITUDES
 <p>0-4 YEARS OLD</p>	<ul style="list-style-type: none"> • Discovery of own body and own genitals • The fact that enjoyment of physical closeness is a normal part of everyone's life • Enjoyment and pleasure when touching one's own body • If the experience/feeling is not good, you do not always have to comply. 	<ul style="list-style-type: none"> • Children should name the body parts (including the genitals) and recognize body differences • Children can practise hygiene (wash every part of the body) • Children should be able to express needs • Children should distinguish good and bad experiences from their body. 	<ul style="list-style-type: none"> • Promote a positive body-image and self-image: children self-esteem • Teach the attitude "my body belongs to me" • Make them aware that it is "ok" to ask for help
 <p>4-6 YEARS OLD</p>	<ul style="list-style-type: none"> • Age differences in bodies and development • Appropriate sexual language • Different concepts of a family • Abuse: private parts, bad secrets, and that adults can be wrong and make mistakes 	<ul style="list-style-type: none"> • Children should recognize their own and others' need for privacy • Children can talk about differences • Children should ask questions about sexuality • Children must turn to somebody (adult) they trust if in trouble 	<ul style="list-style-type: none"> • Promote respect for differences: some people have babies, others do not; some people have two mums; etc... • Teach the attitude that «they have a choice, they can decide» • Make them aware of risks (but don't scare them)
 <p>6-9 YEARS OLD</p>	<ul style="list-style-type: none"> • Body changes, menstruation, ejaculation, individual variation in development over time • Biological differences between men and women and gender identity • Love, being in love, tenderness • Sex in the media (including the internet) • Sexual violence and aggression 	<ul style="list-style-type: none"> • Children should examine their body and take care of it • Children can deal with sex in the media • Children should ask for help and information • Children should be able to understand "consent" 	<ul style="list-style-type: none"> • Promote the acceptance of insecurities arising from their body awareness • Teach an understanding of "acceptable sex" (mutually consensual, voluntary, equal, age-appropriate, context appropriate and self-respecting)
 <p>9-12 YEARS OLD</p>	<ul style="list-style-type: none"> • Talk about pleasure, masturbation and orgasm 	<ul style="list-style-type: none"> • Children should differentiate between sexuality in "real life" and sexuality in the media • Children should use modern media (mobile phones, Internet) and be aware of risks and benefits associated with these tools 	<ul style="list-style-type: none"> • Teach them the influence of gender, age, religion, culture, etc. on relationships • Promote one's own and others' sexual rights

This table is based in the information shared by the World Health Organisation on children sexual education. There is other important information about relationships, intimacy or emotions that is also part of sexual education. This detailed content is presented in the following pages. See: World Health Organization. (2010). Who Regional office for Europe and BZgA-Standards for Sexuality Education in Europe: A framework for policy makers, educational and health authorities and specialists. Cologne: Federal Centre for Health Education.

More information: www.childrensrighsup.eu
Child helpline: 166 111

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