

# Comprehensive Sexuality Education



KNOW YOUR BODY

KYBK YR

KNOW YOUR RIGHTS

# WHAT IS IT?

United Nations Population Fund (UNFPA) defines Comprehensive Sexuality Education as “a right-based and gender-focused approach to sexuality education, whether in school or out of school. CSE is curriculum-based education that aims to equip children and young people with the knowledge, skills, attitudes and values that will enable them to develop a positive view of their sexuality, in the context of their emotional and social development.”

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CSE includes the basics of body anatomy (the parts that are often cut out from school syllabi), as well as abortion, consent, negotiating relationships, diverse sexual and gender identities, violence, rights, and health. What makes CSE comprehensive is that it looks to impart information that is important for every stage of life and for all people. If the curriculum lacks information on any of these topics, *it is not comprehensive and it is not CSE!*

**CSE equips young people with the information needed to protect their dignity, health and wellbeing, and is integral to advancing gender equality and empowering young people.**

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While maintaining its cultural relevance, the 7 essential and evidence-based components of CSE\* are—



\*IPPF Framework for Comprehensive Sexuality Education (CSE), 2010

# GENDER

Gender plays a huge role in how we're expected to think and behave. Stereotypes and stigma related to gender issues result in many inequalities, and rigid ideas about masculinity and femininity, which are important for us to know, reflect on, and address. Gender is also different from 'sex': this difference is another fundamental of CSE.



# SEXUAL AND REPRODUCTIVE HEALTH & HIV

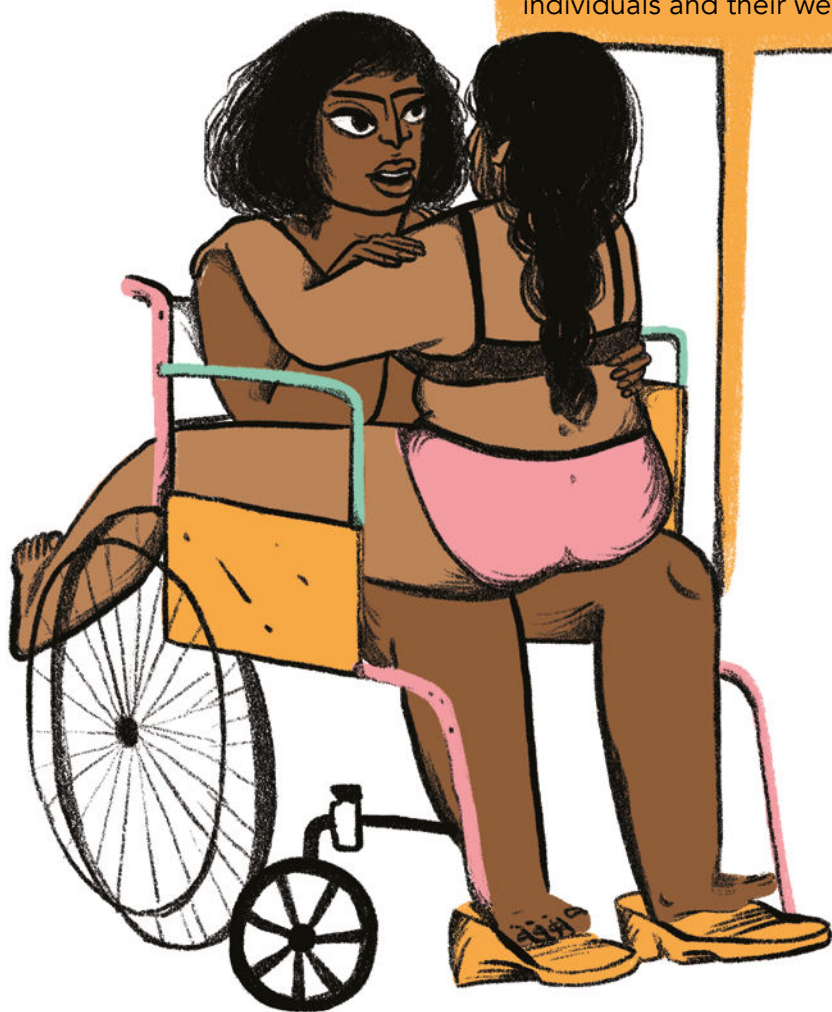
Limited and inaccurate knowledge of our body anatomy and lack of conversation on reproductive and sexual health reduce our understanding to make informed decisions about our body, which can have adverse effects on our physical and mental health. CSE emphasizes that maintaining our sexual and reproductive health is an important part of our physical and mental wellbeing.





# SEXUAL RIGHTS AND CITIZENSHIP

Discussion about national and international laws on sexuality, sexual identities, choice of sexual partners and consent is essential. This should include learning how laws and social barriers intersect with access to health services and rights and in turn shape society's ideas about these topics. CSE makes a strong case for state recognition and support for all individuals and their wellbeing.



# PLEASURE

CSE must have a positive approach to sexuality and sex. Conversation about intimacy, emotions, communication, sexualities and discussions around masturbation and healthy sexual desire is incredibly important to remove the stigma around these topics and encourage sexual well-being.



# VIOLENCE

Recognising various forms and expressions of violence is vital knowledge. CSE encourages discussion around violence, around understanding the power and gender dynamics of sexual, emotional, and physical violence, and equips young people with the knowledge needed when faced with such situations.





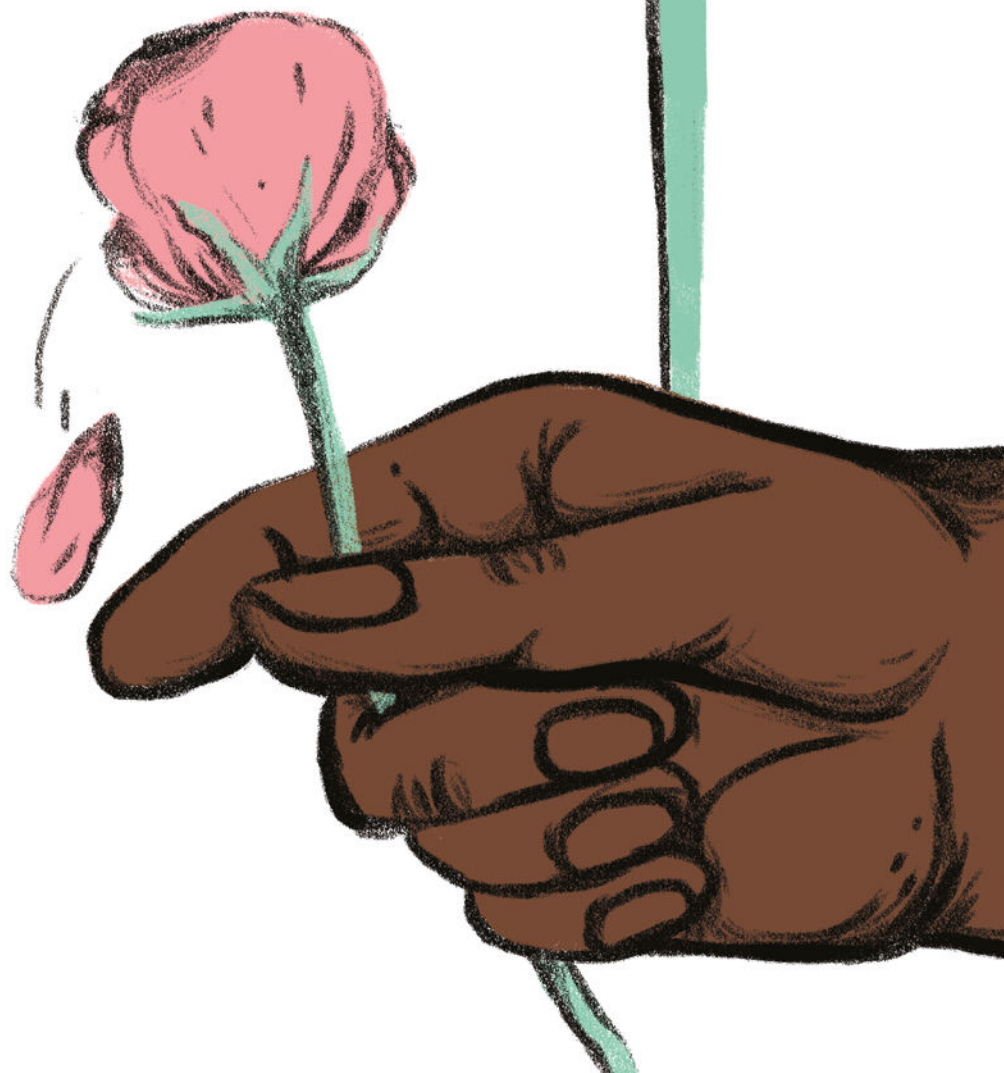
# DIVERSITY

CSE encourages us to develop a positive view of diversity and recognise and understand the range of diversity in our lives, particularly with respect to gender and sexual identity.



# RELATION- SHIPS

CSE helps building an understanding of different kinds of relationships. Being able to distinguish between what's healthy and unhealthy, being aware of power dynamics and the importance of communication in a relationship is important in order to make informed decisions.



# WHY DO WE NEED CSE?

Every young person will one day have to make life-changing decisions about their sexual and reproductive health. Yet research shows that the majority of adolescents lack the knowledge required to make those decisions responsibly, leaving them vulnerable to coercion, sexually transmitted infections, unintended pregnancies, and other negative consequences. CSE gives them accurate information from a trusted and approachable source and helps them make informed choices about their bodies, their sexualities and their relationships.

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CSE is also the starting point of conversation and critical thinking for young people. Critical thinking comes from going into the 'why's of things and challenging what is seen as 'normal' around us. It paves the way for young people to become conscious citizens who can contribute to shaping a more equal, sensitive, and non-discriminatory society.



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The YP Foundation is a youth-led, feminist, and rights-based non-profit organisation based in New Delhi. Founded in 2002, TYPF works with and for young people across issues such as gender, sexuality, leadership, health, and education. TYPF's Know Your Body, Know Your Rights programme provides comprehensive sexuality education to young people from diverse backgrounds across Delhi, Uttar Pradesh and Bihar.

[www.theypfoundation.org](http://www.theypfoundation.org)

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