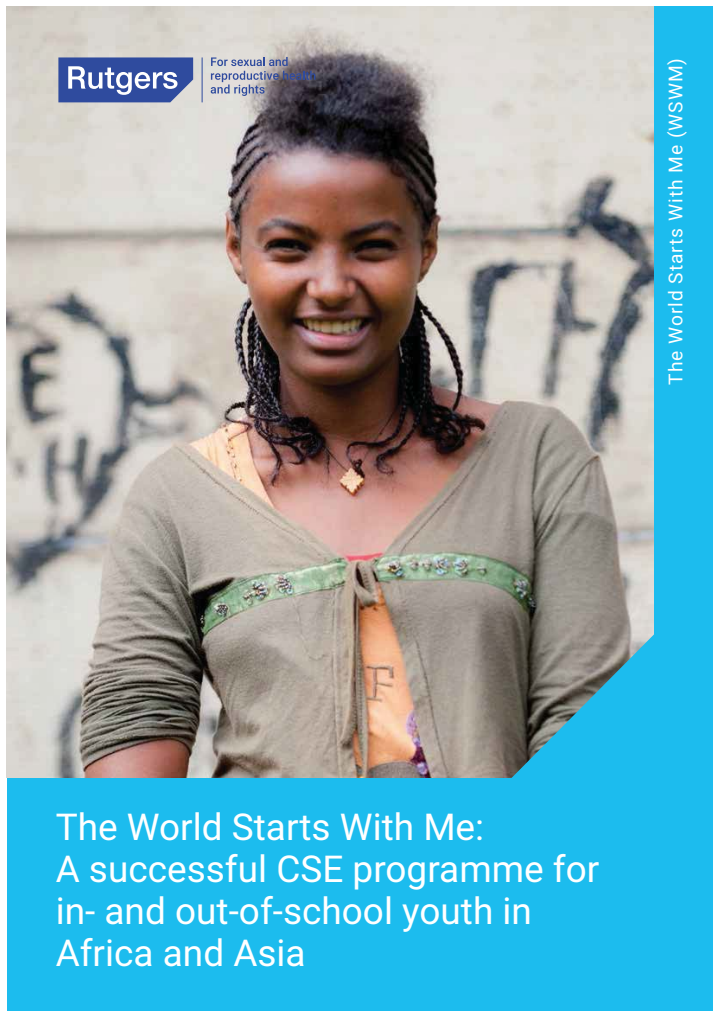


Excerpts from *The World Starts With Me*

An online CSE program



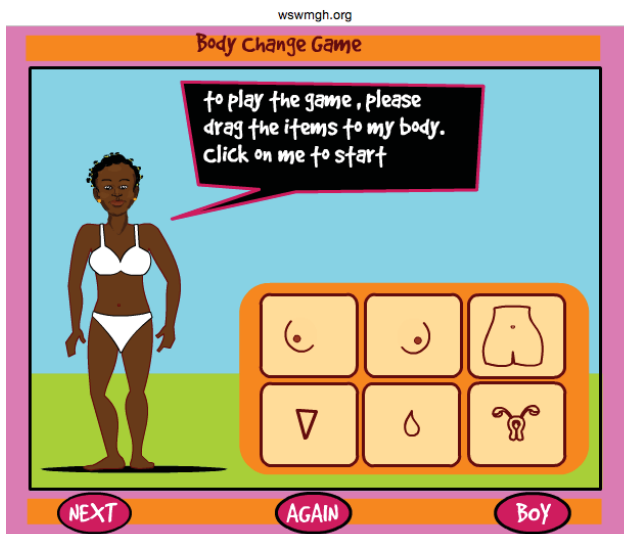
The following pages contain examples of what Comprehensive Sexuality Education (CSE) advocates consider “developmentally-appropriate programmatic instruction” for children. These excerpts and graphics come from the online instruction program, *The World Starts With Me*, targeting children between ages 12 to 19.



The 2010 UNESCO report *International Technical Guidance on Sexuality Education* endorsed the program as one of 18 programs worldwide that is truly comprehensive. It is currently in 11 countries in African and Asia.

LESSON 3: BODY CHANGE

Below are a sample of the interactive slides that are a part of the online CSE program being used in schools to children ages 10 to 19 throughout Africa and Asia.



The above pictures used from *The World Starts With Me* may violate obscenity laws. Therefore, we have blurred the pictures with questionable content.

LESSON 3: BODY CHANGE (continued)

Let's talk about Gender!

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response
* Isn't it strange that opinions on having sexual intercourse for boys and girls are so different?
In fact these standard opinions are a bit old fashioned. Don't you think everybody has to make a well informed decision when it comes to having sex?
It is a big responsibility for both girls and boys.
* Moses is not right that boys who do not have sex with girls are not cool. Of course everybody may have her/his own opinion, but having sexual intercourse only when you are ready for it and which is consensual and safe, is the best.

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NEXT 

LESSON 6: Child Rights

This lesson directs children and teens to assert their rights, making claims that children as young as 10 years old have the right to “know about sexuality, contraceptives, STIs/HIV,” to make their own decisions about their sexual health, and the right to choose to marry and plan a family - at age 10.

wswmgh.org

Assert your Rights! 4

Who are these rights for?
These rights are for all people including young people between 10-24 years old and below 10 years. No matter your sex (boy or girl), religion (Muslim, Christian or traditionalist), Married or single, Nationality, sexual orientation, able or disable, HIV Positive or not, We all have the same rights in the 1992 Constitution of Ghana.



BACK NEXT

Assert your Rights! 7

1. The right to be yourself
You are free to make your own decisions, to express yourself, to see sexuality as a positive force, to be safe, to choose to marry (or not to marry) and plan a family.

BACK NEXT

Assert your Rights! 10

2. The right to know
You have the right to know about sexuality, contraceptives, STIs / HIV and other information which enables you to make your own decisions about your sexual and reproductive health.

BACK NEXT

Assert your Rights! 12

Patricia is entitled by her human rights to information about all forms of contraceptives, so that she can make her own choices.

BACK NEXT

Assert your Rights! 13

Message from the Ministry of Education and Sports and Ministry of Health for teachers & parents



Sex education helps to create sexually-healthy adults, who can express intimacy in responsible and appropriate ways. It also helps adolescents to make the passage to adulthood safely, without HIV/STD infection or early pregnancy.

Sex education is based upon key beliefs:

- Sexuality is a natural part of living.

Sex education:

- does not hasten the onset of sexual intercourse or increase its frequency,
- does not teach the mechanics of sexual intercourse,
- is age-appropriate.

Every person has dignity and worth.

Adolescent Reproductive Health Policy

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LESSON 7: Sexuality & Love

Sexuality is? 5

OK! So sexuality can mean:

- * Having sexy thoughts or feelings;
- * Feeling attractive and good about your body;
- * Making up romantic and exciting stories in your head;
- * Touching your own body in a sexual way;
- * Enjoying being touched and hugged by someone you find sexually attractive;
- * Feeling sexually attracted and emotionally close to someone who is sexually attractive to you.

Mute Full Screen Start Again Next

Sexuality is? 9

Put these 13 ways of being intimate
in the right order; from least to most intimate
Do this on a piece of paper for yourself

- flirting •writing letter •petting •deep kissing
- touching and fondling •sexual intercourse
- holding hands •dating •oral sex
- kissing and hugging •masturbation •being together
- thinking about someone

Some of these words are explained on the next slide

Mute Full Screen Back Start Again Next

LESSON 7: Sexuality & Love (continued)

Sexuality is?

10

- petting - touching someones private parts
- deep kissing - also called 'French Kissing, using your tongue to kiss
- sexual intercourse - bringing the penis into vagina or anus
- dating - making a special appointment with a boy or girl
- oral sex - kissing the body, nipples, penis or vagina
- masturbation - stroking the private parts

These words and more are also explained in the glossary
Finish your own list with other possible acts,
before continuing to the next slide

Mute Full Screen Back Start Again Next

about:blank

Sexuality is?

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Do you know what masturbation is?

There are many myths, but here is the truth:

- * Masturbation is stimulating the genital organs by hand -either by yourself or another person, usually leading to orgasm.
- * Both boys and girls masturbate, although more boys tend to do it and more often.
- * Even men and women who are married masturbate.
- * Masturbation is not harmful to health at all, in fact it can be a very safe way to explore your body and your sexuality.


Mute Full Screen Back Start Again Next

LESSON 8: Pregnancy & Contraceptives

Pregnancy 4 boys and 4 girls !

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Barrier methods, avoid semen entering the vagina and thus avoid pregnancy. There are two barrier methods: the male condom for males and the female condom for females. Condoms used correctly are one of the safest methods of contraception. They also have the advantage that they also protect against STIs including HIV/AIDS.



Male condoms

Female condoms

BACK NEXT

LESSON 9: Safe Sex & Abstinence

Protect yourself!

11

A is for ABSTAIN from sexual intercourse
Abstain from sexual intercourse means no penetrative, vaginal and anal sex.
You can still practise other forms of safe sex, such as hugging and kissing, petting etc. (see lesson 7).

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