

CSE Harmful Elements Analysis Tool

The CSE Harmful Elements Analysis Tool¹ was created to help parents, school administrators, educators, and other concerned citizens assess, evaluate, and expose harmful elements within comprehensive sexuality education (CSE)² curricula and materials. For more information, visit www.stopcse.org.

Analysis of

Be In The Know Website

Based on 15 Harmful Elements Commonly Included in CSE Materials

CSE HARMFUL ELEMENTS SCORE = 15 OUT OF 15

Be In The Know contains **15 out of 15** of the harmful elements typically found in CSE curricula or materials. The presence of **even one of these elements indicates that the analyzed materials are inappropriate for children**. Having several of these elements should disqualify such materials for use with children.

Program Description: This website is a how-to guide for every aspect of sexual behavior. Though stated to be about HIV prevention, the site offers no encouragement to use premarital abstinence as the only 100% effective method of preventing STI transmission and unplanned pregnancy. Instead, students are taught that all sexual activities are safe if they include proper use of condoms, including anal and oral sex (“rimming,” “blow jobs,” and “going down” on a female), masturbation, foreplay, and sex toys. Readers are taught about sexual identity and how to determine their sexual orientation and gender identity. They are also taught that they can be peer educators to help inform other youth in their communities.

Note: *These quotes were accurate at the time of the analysis but may have been subsequently edited.*

Target Age Group: Young people

International Connections: Zvandiri Africaid, CIDRZ (Centre for Infectious Disease Research in Zambia), Elizabeth Glaser Pediatric AIDS Foundation, Elton John AIDS Foundation, FCAA (Funders Concerned About AIDS), GenEndIt, GNP+ (Global Network of People living with HIV), Gilead Science Inc., HIFA.org (Healthcare Information For All), KaiOS, OPHID (Organization for Public health Interventions & Development), PIF (Patient Information Forum), Stop Aids, The Mercury Phenix Trust, The Pleasure Project, Umunthu Foundation, Malawi, VSO (Voluntary Services Overseas), Vitol Foundation (Zimbabwe, Zambia, Southern Africa)

HARMFUL CSE ELEMENTS	EXCERPTED QUOTES FROM CSE MATERIAL
1. SEXUALIZES CHILDREN <i>Normalizes child sex or desensitizes children to sexual things. May give examples of children having sex or imply</i>	“Let’s talk about whether you’re ready for sex! Here is a question to help kick-off discussions on the issues you need to talk about! You can share it on social, on WhatsApp or just get talking.” (https://www.beintheknow.org/sex-and-relationships/first-time-sex/am-i-ready-sex)

¹ The CSE Harmful Elements Analysis Tool was created by Family Watch International. Family Watch is not responsible for the way in which the tool is used by individuals who do independent analyses of CSE materials. Visit www.stopcse.org for a blank template or to see analyses of various CSE materials.

² CSE programs are often labeled as comprehensive sex education, sexual education, sexuality education, anti-bullying programs, sexual and reproductive health education, Welcoming Schools programs, and even family life, life skills or abstinence plus education programs, etc. Regardless of the label, if program materials contain one or more of the 15 harmful elements identified in this analysis tools, such materials should be categorized as CSE and should be removed from use in schools.

many of their peers are sexually active. May glamorize sex, use graphic materials, teach explicit sexual vocabulary, or encourage discussion of sexual experiences, attractions, fantasies or desires.

“Also, people might not tell you this, but the first time can be a bit awkward, clunky and even slightly painful. So if your first time isn’t earth-shattering, don’t stress – **the fun is in exploring!**”

(<https://www.beintheknow.org/sex-and-relationships/first-time-sex/how-have-great-sex-your-first-time>)



(<https://www.beintheknow.org>)

“The first time **I had sex was when I was 15** and my boyfriend at the time was 16. The day before was Valentine’s Day and he had taken me out. We had planned to have sex that day, but it just ended up not working in our favour. The entire time we were out, we kept **making out and rubbing crotches and grabbing ass**. It was something that was extremely built up. The next day was a Friday, so after school I went over and we were already prepared with condoms and such. We were on his bed making out heavily and we started to take off our clothes. He asked me if I really wanted to do it, and that we could wait if I didn’t feel ready. He was very sweet about the whole ordeal. When we got down to it, he rolled down the condom on his length, a little shakily, but he got the job done nonetheless. He then proceeded to ask me again if I was ready and again, I said yes. When he entered he did ever so slowly but of course like any virgin, I felt the pain. I gasped a little and he got nervous and asked me if I was hurt. He moved slowly and after a short few seconds **I was luckily able to enjoy our sex**. It was slow and romantic **as he moved himself in and out and his broad back and smooth skin felt amazing under my hands**. I could just see in his face it was such an amazing feeling for him to be in me and **he moaned/sighed when he came**. Even though we didn’t work out, I wouldn’t ever change my first time. I luckily had a pretty amazing first time.”

(<https://www.beintheknow.org/sex-and-relationships/first-time-sex/stories/becca>)

“**I am a teenager who likes to have sex with different partners** and mostly I do bareback... I’ve been testing for HIV every three months, but last time I moved abroad to work for six months. After that I came back to my country – I got work and had friends and family stay with me as usual. One day I felt something red on my body and on my arm, a kind of rash, so I went to the clinic to get checked

out. The doctor said I had an allergy and gave me some medicine. A few days later there was no change, so I did some research about the signs and symptoms of HIV. After that I went back to the clinic for blood tests and also to test for HIV. I was really scared to find out my results. When the doctor told me that I was HIV positive I was really shocked... My message to anyone reading this story is, 'If you love yourself, **practice safe sex.**'"

(<https://www.beintheknow.org/hiv-and-stis/hiv-testing/stories/sann>)

"Well, **it all started when I was 15.** I had reunited with my first love at that age. Yes I know, it was a bit early. I really loved this guy and the more time I spent with him, the closer I got to him, and I trusted him even more. He kept pressuring me to show him I love him **by letting him 'make love' to me.** This statement never worked on me though, because I paid attention in too many health classes at school. Finally, I began to relive just how much I desired to feel what it was like. Although I wanted to keep my promise of saving myself to my mother, I wanted to know. At first him and I did a lot of just touching and kissing and intimate things like that. I figured I was going to be with him forever, so I **decided to let him 'make love' to me.** He put on the condom and many thoughts raced my mind on that August afternoon. It was a little difficult to get it inside but just as he was getting closer, I stopped him. At that point I didn't know whether or not I had already lost it or not, so I let him continue and I lost it. I had so many feelings... I was happy, sad, and felt really guilty. **Since then him and I did it every time I saw him.** After, that's all our relationship developed into, and I broke up with him. **I've had sex with 3 other guys after him** in lengthy relationships. Now I am in love again, and my boyfriend and I went to get tested. We both were diagnosed with Chlamydia and treated for it the next week. Now I am afraid and I want to get tested for HIV. I don't think that I have HIV, but I also didn't think I had Chlamydia. I am now 18 and regret losing my virginity. You don't have to be promiscuous to contract an STD. It only takes one time. **So if anyone considers having sex I'm not against it because it's a wonderful thing, but I would just advise that they use condoms** no matter how much they know someone and trust them. Remember that same person probably trusted their previous loved ones and would have never suspected that they ever had a disease. So please, **be safe and 'wrap it up'...really.**"

(<https://www.beintheknow.org/hiv-and-stis/stis/stories/virginia>)

"Whether you were born with HIV or got it when you were young, there is lots to think about as a young person with HIV. But, **HIV shouldn't stop you from** living a long, productive and healthy life plus **having relationships and sex** when you are ready."

(<https://www.beintheknow.org/living-hiv/young-and-positive/being-young-and-positive>)

"How can I work out what my sexuality is? Begin by getting to know yourself and developing the confidence to talk about your feelings and desires. You could start by talking it over with friends. **Many people also find masturbation (pleasuring yourself) a good way to start exploring what turns them on.** Once you begin to understand your sexuality you might want to explore it with someone else. Remember this doesn't need to involve sex. Foreplay, such as

	flirting, kissing and sensual touching, are great ways to start exploring your sexuality with someone else.” https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual) “Hmm, where do I start? I am a sexually active guy, but I never thought I would get HIV. I always made sure I used condoms and tested regularly; I even remember a nurse asking why am I testing so often. I giggled and said it’s a routine, I do it automatically. My friends introduced me to this nude bar around my area, and wow, good looking guys everywhere! My friends warned me that I should use a condom if I have sex with stranger. But excitement took over and bam! I had unprotected sex. A while later I started getting a lot of fevers and colds, but it never struck me that I could be HIV-positive... Then, at work they had a 'wellness day'. It dawned on me that I hadn’t tested for almost 3 years. I walked tall into the testing room. The nurse was nice and gave me counselling, everything was fine so far. Then, I tested positive, and the numbness crept in. The first thing I thought was: ‘Will my colleagues see the expression on my face?’ I sat by the corner for about 15 minutes, I was stressed, not because I was positive but because I was worried about how my aunt would take it. How am I going to cope! I decided to call her, I told her my result and she took it well. She was supportive. I was actually excited. The courage to tell my guardian gave me strength to say: ‘What the heck, life goes on!’ I immediately started my treatment, and boy I have to tell you, I never experienced any sort of setback and have never been sick – and now I am even undetectable.” https://www.beintheknow.org/living-hiv/young-and-positive/stories/mpho) “I want to have sex but I’m scared it’s going to hurt – will it? This is a really common question. It’s normal for vaginal or anal penetration to feel a little uncomfortable at first, especially if you’re new to it or nervous about it. Two things can help the physical side of this: the first is to make sure that you and your partner are using foreplay to ensure you’re turned on and fully in the mood before getting to penetration, and the second is lube. This is especially helpful for anal sex. Penetration is more likely to hurt if you’re feeling tense about it too. Making sure you’ve thought about whether you’re actually ready for sex with your partner can help.” https://www.beintheknow.org/sex-and-relationships/first-time-sex/am-i-ready-sex)
2. TEACHES CHILDREN TO CONSENT TO SEX <i>May teach children how to negotiate sexual encounters or how to ask for or get “consent” from other children to engage in sexual acts with them. While this may be appropriate for adults, children of minor age should</i>	“Have you thought about consent? You might be ready to rush to the bedroom, but is your partner? Talking is the best way to know for sure. Ask them how they’re feeling about having sex. If they’re not up for it or if they’re unsure, that’s their right and you should respect their choice. Try not to pressure them or make them feel guilty about their decision. If you’re both ready to explore, it’s still good to discuss it so you know what you are both comfortable with. Get talking about what you’d both like to try – this in itself can be fun!” https://www.beintheknow.org/sex-and-relationships/first-time-sex/how-have-great-sex-your-first-time) “How does consent work? Whether you’re getting closer and about to start

<i>never be encouraged to “consent” to sex.</i> <i>Note: “Consent” is often taught under the banner of sexual abuse prevention.</i>	having sex or you’re already ‘in the moment’, consent is all about good communication. Giving consent can look like: • clearly agreeing to a sexual activity either by saying yes, or something else positive like ‘I’d like to try that.’ • using physical cues, like letting out a sigh, responding with a similar touch or looking your partner in the eye and smiling.” (https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/what-sexual-consent) “Getting consent can look like: • asking ‘Is this okay?’ and getting a clear and positive response. • talking about what you do and don’t want to do before you start.” (https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/what-sexual-consent)
3. PROMOTES ANAL AND ORAL SEX <i>Normalizes these high-risk sexual behaviors and may omit vital medical facts, such as the extremely high STI infection rates (i.e., HIV and HPV) and the oral and anal cancer rates of these high-risk sex acts.</i>	How to have sex <u>How to have vaginal sex</u> <u>How to have anal sex</u> <u>How to have oral sex</u> (https://www.beintheknow.org/sex-and-relationships) “How to have anal sex: Many people enjoy anal sex – regardless of their sexuality. Some people are curious about it and others dislike it. Are you wondering how to have safe and enjoyable anal sex? This page can help answer some common questions. Having unprotected anal sex comes with a higher risk of HIV and other sexually transmitted infections (STIs) than other kinds of sex. Using a condom correctly will protect you and your partner. Using lubricant (lube) along with a condom will help sex feel more enjoyable!” (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-anal-sex) “What is anal sex? Anal sex is sex where a penis, a sex toy or fingers enter the anus. Oral-anal sex is where a person stimulates the anus with their mouth – this is also known as ‘rimming’. Read more about this on our ‘How to have oral sex’ page. Anyone of any sexuality can enjoy anal sex, whether they are giving or receiving it.” (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-anal-sex) “How do you have anal sex? When you first explore the anal area it can feel strange, so start slowly. If you decide to try penetrating (entering) the anus, touching and caressing it can help you relax. This is important because the

sphincter (a muscle in the anus) needs to relax so that penetration is comfortable. Use lots of water-based lubricant and start by penetrating a little. Then, pull out completely. **When your partner is ready, penetrate further and then pull out again. Continue this until you are in.** Listen to your partner and be ready to stop at any point if they are uncomfortable or in pain. **Anal sex can feel good for both the person giving and receiving it**, but it can also take a while to get to that stage. Your experience might not be perfect the first time, so be patient.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-anal-sex>)

“Is anal sex painful? Anal sex might be uncomfortable or even painful if you rush into it, especially if it’s your first time. **There are things you can do to reduce pain.** These include:

- making sure you and your partner feel relaxed
- starting off slowly
- using lots of water-based lubrication
- **starting with objects such as fingers or sex toys**
- talking with your partner so you know what works for you both.

If you feel it is too uncomfortable or painful, you should stop immediately. Just because you have started something doesn’t mean you need to continue.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-anal-sex>)

“How do I stimulate a man’s prostate gland? Many men have nerve endings in their prostate which is between the bladder and the penis. They might enjoy having it stimulated during anal sex. **You can stimulate it with a finger or sex toy in the anus.** However, there are lots of blood vessels in and around the prostate and it can bruise if handled roughly, so be gentle and use lots of lube.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-anal-sex>)

“Clean gently: Some people **clean their anus before anal sex** because they want to be sure there is no faeces (poo). If you do this, only use water or a mild soap and be very gentle. Otherwise, you might tear or scratch the anus, which can put you at higher risk of STIs.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-anal-sex>)

“What is oral sex? **‘Going down’, ‘rimming’ and ‘blow jobs’** are some of the many ways of describing oral sex. Oral sex means **using your mouth or tongue to lick, suck or stimulate your partner’s genitals or anus.** Many people enjoy oral sex, but it is a personal thing and not everybody likes it or chooses to do it. If you’re happy and comfortable with someone, oral sex can be a great way to get closer and learn what turns each other on.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex>)

“It is important to talk to your partner about oral sex so you can understand

what they like and don't like. **There are different ways to give or receive oral sex.** It can take a while to work out what makes someone feel good so keep communicating with your partner. Ask them to tell you what feels nice and let them know when you are enjoying something. If you find you aren't enjoying something, it's your right to stop any time you want and the same is true for your partner."

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex>)

"How do you give a man oral sex? When you give someone with a penis oral sex, this is also known as a blow job. A penis does not need to be erect for you to start oral sex but you can use your hand to arouse them first. If you hold the penis during oral sex, you can control how deep it goes into your mouth. You can move your hand allowing the penis to go as far into your mouth as you are comfortable with."

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex>)

"A penis is highly sensitive, so be gentle at first and slowly work up to a faster pace. You can try moving your tongue, mouth and head in different ways to see what works best for them but never use your teeth unless asked. Remember you can stop at any time. It's also up to you to decide **if you want to let them ejaculate (or cum) in your mouth.** If they are wearing a condom you will both be protected against STIs."

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex>)

"How do you give a woman oral sex? A person with a vulva may find it arousing if you spend some time kissing and touching their upper thighs and the area around the vulva (genitals) before oral sex. The whole genital area is sensitive, but the clitoris (with its 8,000 nerve endings) is often the most sensitive part. Gently part the outer lips of the vagina and look for the vaginal opening, and the hooded clitoris just above it. **Start off softly, using a relaxed tongue to make slow movements and gradually work up to faster movements with a firmer tongue.** You can try moving your tongue in different ways and using different rhythms – ask your partner to find out what she enjoys most."

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex>)

"How do you give oral-anal sex (rimming)? Performing oral sex on your partner's anus (also known as rimming) can be part of any sexual relationship, whatever your sexuality. If you are concerned about hygiene, ask your partner to wash first. You could also bathe together as part of foreplay. Your partner may like it if you gently kiss and touch the area around the anus including the perineum (the area of skin between the genitals and the anus) to arouse them before oral-anal sex. You can then focus on the anus, **moving your tongue around the outer area and finally inserting your tongue.** Remember to listen to your partner and do what they enjoy, whether **that's licking, sucking or gently probing.** If you are giving oral sex to a woman, don't move from the anus to the

	vagina as this can transfer bacteria and cause infection.” (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex) “Should I have oral sex? Deciding whether to have oral sex is a personal choice. Only you and your partner can know if you are ready to experiment with oral sex. Think about whether it feels right, and whether you and your partner are both comfortable with the idea. Talking to your partner about protection before you start having oral sex will help make things easier.” (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex) “Vaginal and anal sex is [sic] the most common way HIV is passed on from person to person. But there are steps you can take to have sex and protect yourself and others from HIV. Meaning sex can be as fun and pleasurable as it should be.” (https://www.beintheknow.org/hiv-and-stis/hiv-prevention/sex-and-hiv) “The risk of getting HIV from unprotected oral sex is extremely low. It only poses a risk if the person giving oral sex has mouth ulcers, sores or bleeding gums, or the person receiving oral sex has sores on their genitals.” (https://www.beintheknow.org/hiv-and-stis/hiv-prevention/sex-and-hiv) “Lubricants, or lube, make sex safer by reducing the risk of tears or damage to the vagina or anus caused by dryness or friction. It can also reduce the risk of a condom breaking. Lube is particularly important for anal sex, as the anus is delicate and does not self-lubricate.” (https://www.beintheknow.org/hiv-and-stis/hiv-prevention/using-condoms-prevent-hiv)
4. PROMOTES HOMOSEXUAL/ BISEXUAL BEHAVIOR <i>Normalizes or promotes acceptance or exploration of diverse sexual orientations, sometimes in violation of state education laws. May omit vital health information and/or may provide medically inaccurate information about homosexuality or homosexual sex.</i>	“Sexuality: Am I gay, lesbian or bisexual? Sexuality is how you experience and express your sexual feelings. It includes who you are attracted to, either romantically or sexually, who you choose to have sex with, and what sexual acts you like. If you are trying to work out how you feel, what you’re into, and who you’re attracted to, you’re not alone. This is really common, and it doesn’t mean that anything is wrong with you. Your sexuality is personal to you and everyone is different. The important thing is that you are comfortable with who you are and how you feel. It’s healthy to enjoy and explore your sexual feelings, whatever your sexuality.” (https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual) “What is sexual orientation? The meaning of sexual orientation, also known as your sexuality, is a way to describe your sexual feelings. It includes who you are attracted to, either romantically or sexually, who you choose to have sex with, what type of sex you like having and what turns you on. It can take time to work out what’s right for you - so don’t worry if you’re not sure yet! Although there are some labels – like gay, straight and bi – not everyone fits into one category or another and that’s absolutely fine.”

[\(https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/\)](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/)

“What if I am **confused about my sexuality**? Don’t worry this is totally normal! If you have never had a sexual relationship, you may not know who you will be attracted to. Or you may feel your sexuality has changed over time. These feelings are very common.”

[\(https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/\)](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/)

“**Am I gay, lesbian or bisexual?** What if none of these labels fit me? Some people use words like ‘gay’, ‘bi’ or ‘queer’ to help define their sexuality. But some people don’t feel that any of these words fit their sexuality or don’t want to be labelled at all. Below are some common terms people use to describe their sexuality and sexual orientation (who you are attracted to). Different ones might be used where you live.

- **Asexual:** Not sexually attracted to anyone.
- **Bisexual (bi):** Sexually attracted to more than one gender.
- **Curious (bicurious):** Not purely heterosexual or homosexual but sometimes curious about or open to sexual activity with the gender they are not normally attracted to.
- **Heterosexual (straight):** Sexually attracted to the opposite gender.
- **Homosexual:** Sexually attracted to the same gender.
- **Gay:** Same as homosexual – often used particularly to describe men who are attracted to other men.
- **Lesbian:** Women who are attracted to other women.
- **Pansexual (pan):** Sexually attracted to people of any gender or sexual orientation.
- **Queer:** It was used as an insult but now many LGBT+ people use it as a way to describe any sexuality that isn’t heterosexual without needing a specific label.
- **Questioning:** Still exploring or unsure about their sexuality.”

[\(https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/\)](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/)

“You may find that all parts of your sexuality match up. For example, you might be a man who is attracted to men and identifies as gay. **Or you may find your sexuality is more complicated.** For example, you might be a woman who is attracted to men and identifies as straight but is also attracted to women.”

[\(https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/\)](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual/)

“My emotional and physical journey of exploring my sexuality started during puberty. **School programmes teach the basics about sexual orientation, but they never explain how to handle things when you’re not completely heterosexual.** This is what I’m experiencing. Guys rarely interest me in a sexual manner. When I’m around a girl I automatically feel that sexual energy flow through me. The feeling of your heart beating, nervousness, the tingling feeling you get down there, etc. These feelings thrill me and just the thought of doing

	something with a girl excites me. All these emotions mixed together give off a wonderful vibe. It feels like you're on a cloud, so amazing and wonderful when felt, but to actually explain your orientation to someone else is terrifying.” https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/stories/shalini “Overall, my feelings towards girls have intensified 10x in the last year and guys are, in all truthfulness, out of the picture. I'm just afraid to label myself. When I come out to people, I don't like to brand myself a certain orientation. I want my freedom to learn, to grow, and to experiment. I find that coming out to someone that I truly care about and love is the hardest. The first family member I have come out to is my cousin. I wrote an email to her a day ago explaining my feelings. I hope to god she loves me for being myself. My advice to anyone else: Discovering your true orientation is not easy, but having the freedom to experiment is a gift. Being 15, this is the age where I slowly want to try new things and to find out who I want and what I want. To anyone I come out to, I'm willing to give them the time to adjust. Give them the same freedom. I wouldn't trade these feelings for anything else in the world. The excitement is actually not knowing – just learning is a big thrill and through experimentation you can learn a lot about yourself.” https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/stories/shalini “Why are men who have sex with men at higher risk of HIV? ...Not enough places in the world provide good sex education (if at all), but sex education that includes sex between men is even rarer. This leaves men who have sex with men without the sexual health knowledge to protect themselves from HIV.” https://www.beintheknow.org/understanding-hiv-epidemic/community/hiv-and-men-who-have-sex-men “Because of the fear of attending a health service, it is important to make condoms available to men who have sex with men at other places where they might meet up or via peer educators in the community.” https://www.beintheknow.org/understanding-hiv-epidemic/community/hiv-and-men-who-have-sex-men
5. PROMOTES SEXUAL PLEASURE <i>May teach children they are entitled to or have a “right” to sexual pleasure or encourages children to seek out sexual pleasure. Fails to present data on the multiple negative potential outcomes for sexually active children.</i>	“Hooking-up or casual sex can be fun – but it's not for everyone. Find out if it's right for you and if there are any risks to think about.” https://www.beintheknow.org/news-and-blogs/guide-casual-relationships “Sex should be a fun and pleasurable experience! Some people have sex exclusively with their romantic partners while others prefer to have casual sex. Casual sex, also called ‘hooking up,’ ‘no strings attached’ or ‘friends with benefits’ means having sex outside of any romantic or committed relationship. While hook-up culture might be popular, if you're tempted to try it, or already doing it, there are a few things to think about.” https://www.beintheknow.org/news-and-blogs/guide-casual-relationships “Interested in exploring your sexuality? Having casual sex can be a great way to

discover what you're interested in and **what turns you on** as it gives you the opportunity to try different things with different people."

(<https://www.beintheknow.org/news-and-blogs/guide-casual-relationships>)

"There are lots of different ways to have sex. Different people enjoy different things, and what you try out is up to you. **For great, pleasurable sex, you and your partner need to talk** about what feels good and what you both want.

Talking about sex helps you make decisions together and is the best way to make sure you both feel comfortable and enjoy it!"

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-vaginal-sex>)

"Once the penis is inside, you can move your bodies so that the penis pushes into the vagina and then pulls partly out again. **Do what comes naturally and feels good** – take it slowly, be gentle and make sure you are both comfortable. After a while you might find certain movements, positions and ways of touching that lead to **one or both of you having an orgasm.**"

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-vaginal-sex>)

"How can I maximise pleasure and **make sure me and my partner orgasm during vaginal sex**? You might find that you need time and practice to get to know your body, along with your partner's. This is totally normal, so don't be alarmed if your first few sexual experiences aren't as perfect as you imagined! There are a few things that can help make sure you're both enjoying sex.

- Keep talking to each other – your partner may well appreciate hearing if something they're doing is something you like, and likewise you should ask them how they're enjoying what you're doing.
- It's not all about penetration – for many women, penetration is just one part of sexual pleasure – remember that **gentle stimulation of other areas such as the clitoris can feel great!**
- Consider condoms and lube – not only do these help you stay safe while enjoying sex, but they can **help make sex feel even better!** Lube helps penetration, and feels good. There are a variety of different condoms that add to the pleasure of sex."

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-vaginal-sex>)

"An orgasm (coming or climaxing) happens when you are very aroused, tension builds up in your body, the sexual pressure is then released in a sudden pleasurable rush. For women the most sensitive part of their body is the clitoris, a small bump just above the opening to the vagina. It is full of nerve endings and very sensitive to touch. Many women **need their clitoris to be stimulated to have an orgasm.** You can try different positions for vaginal sex that allow you to move your bodies in a way that rubs the clitoris. Some people choose for them or their partner to touch the clitoris during penetrative sex to stimulate it."

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-vaginal-sex>)

	“The best kind of sex is the kind that feels good for both you and your partner.” (https://www.beintheknow.org/sex-and-relationships/first-time-sex/how-have-great-sex-your-first-time) “Foreplay is anything that turns you and your partner on before sex – whether it’s licking, kissing, touching – whatever gets you going. When you’re having sex for the first time, it’s good to take your time. Foreplay can be a great way to connect with your partner. It also helps your body get ready for sex – so a penis will become erect and a vagina will become wet. Touching and caressing the anus can also help it relax before anal sex. Foreplay can be a lot of fun on its own. You might decide that it’s enough and you don’t want to go on to have penetrative sex. That’s fine too!” (https://www.beintheknow.org/sex-and-relationships/first-time-sex/how-have-great-sex-your-first-time) “Will I have an orgasm? An orgasm is something that happens when you are really turned on. As you become aroused (often through touching or rubbing), tension builds up in your body. When you orgasm, this tension is then released in a sudden pleasurable rush. Semen (white fluid) will come out of your penis. Women or transgender men can release a clear fluid too. Orgasms can be amazing, but they might not happen every time. Both men and women can have intense, pleasurable sex without them. Understanding your body through masturbation, being relaxed, foreplay and telling your partner what you want can all make orgasms more likely.” (https://www.beintheknow.org/sex-and-relationships/first-time-sex/how-have-great-sex-your-first-time)
6. PROMOTES SOLO AND/OR MUTUAL MASTURBATION <i>While masturbation can be part of normal child development, encourages masturbation at young ages, which may make children more vulnerable to pornography use, sexual addictions or sexual exploitation. May instruct children on how to masturbate. May also encourage children to engage in mutual masturbation.</i>	“Masturbation is a type of sex that you do on your own. It’s when you touch yourself to give yourself sexual pleasure. Lots of people masturbate, it’s nothing to be ashamed of. It’s not bad to do it, and it can’t harm you. In fact, it can feel great and help you explore what you do and don’t like when it comes to sex. Plus there’s no risk of pregnancy, HIV or other sexually transmitted infections either.” (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate) “There is no right or wrong way to masturbate. And if you don’t want to masturbate that’s okay too! Masturbation involves touching parts of the body. These parts can be sexual organs like your breasts or penis. But other parts, like your face or stomach, might feel good to touch too... If you want to masturbate, find somewhere you can be on your own where you feel relaxed and won’t be interrupted. If you are using sex toys, make sure they are clean. The same goes for your hands.” (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate) “For women, the most sensitive part of the body is the clitoris. This is a small bump just above the vagina’s opening. Rubbing your clitoris can feel really good.

You can do this with your fingers or a sex toy. You may also like to insert your fingers or a sex toy around and in and out of your vagina or anus.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate>)

“For men, it can feel really good to rub and stroke your penis. You may like to do this quickly or slowly or both. **You may also like to cup, stroke or squeeze your balls.** Or you may get pleasure from inserting your fingers or a sex toy around and in and out of your anus.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate>)

“Some people like to **watch porn or look at sexy photos when they masturbate.** Others prefer to think of things that turn them on, like people they are attracted to or things they have seen in real-life or on TV.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate>)

“**How much you masturbate is up to you.** There is no normal amount, and everyone is different. How much you masturbate is likely to change over the course of your life.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate>)

“**What are the benefits of masturbation?** It can feel great. And it can help you learn about your body and what turns you on. It can also make you appreciate your body, which is especially good if you are feeling worried about your body and how it looks. Masturbation can also help you relax and deal with stress. It can even make you sleep better. **And it’s safer than any other type of sex.** This is because you have no risk of HIV or STIs, and it can’t lead to pregnancy.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate>)

“Some people think that masturbating when in a relationship is a sign of being sexually unfulfilled. But this isn’t true. In fact, **masturbation can improve sex with a partner** as it can help you understand what turns you on and feels good. If you know what you like then you can show your partner. This is likely to lead to better sex. Some people like to masturbate with their partner. This is called **mutual masturbation** and can be really fun.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-masturbate>)

“**Masturbation** has no COVID-19 risk and **is one of the best ways to keep enjoying sex** if you are worried.”

(<https://www.beintheknow.org/sex-and-relationships/sex-and-other-issues/covid-19-and-sex>)

“Sex toys, such as dildos, come into direct contact with rectal/vaginal fluids and mucous membranes. This means sharing an uncleaned dildo or other toy can

	pass on HIV. Using sex toys on your own has no risk." (https://www.beintheknow.org/hiv-and-stis/hiv-prevention/sex-and-hiv) "It's important that both people are enthusiastic about having sex and that no one feels pressured or forced into doing anything they don't want to do. Talk to your partner and keep communicating to make sure you have their consent. If you and your partner are keen and relaxed, sex can be a very pleasurable experience for you both." (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-vaginal-sex)
7. PROMOTES CONDOM USE IN INAPPROPRIATE WAYS <i>May inappropriately eroticize condom use (e.g., emphasizing sexual pleasure or "fun" with condoms) or use sexually explicit methods (i.e., penis and vagina models, seductive role plays, etc.) to promote condom use to children. May provide medically inaccurate information on condom effectiveness and omit or deemphasize failure rates. May imply that condoms will provide complete protection against pregnancy or STIs.</i>	"Should I be worried about unplanned pregnancy and STIs? This is a common concern and it's totally normal to worry about it. Luckily you can do something about it. Using a condom is the best way to protect yourself and your partner from STIs and prevent unplanned pregnancy." (https://www.beintheknow.org/sex-and-relationships/first-time-sex/am-i-ready-sex) "Condoms protect you and your partner during anal sex. You can use an external condom (also called a male condom) or an internal condom (also called a female condom) which is inserted into the anus before sex. Some people feel safer using extra-thick condoms for anal sex. You should also put condoms on any sex toys you use and change condoms between partners. Dental dams can protect you during oral-anal sex." (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-anal-sex) Note: The U.S. FDA has only approved certain condoms for anal sex, a fact that is not mentioned in this program. Leading adolescents to believe that all condoms are safe for anal sex increases their chance of contracting an STI. "How can I prevent infections during oral sex? The most effective way to prevent STIs during oral sex is to use a condom if you are giving oral sex to a man or a dental dam for oral sex on a woman or oral-anal sex. A dental dam is a thin, soft plastic cover that acts as a barrier. If you don't have one, you can cut a condom lengthways from bottom to top to make one piece of material that can be used instead. Hold one side of the dam against your partner's vagina or anus and lick the other. Never turn the dam over – just use one side. If you are having oral sex during your or your partner's period, using a dam is even more important because menstrual blood can carry bacteria and viruses, just like other blood." (https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-oral-sex) Note: Our program reviewer tried following these instructions for turning a male condom into a dental dam and found that this should not be promoted to young people as a sufficient way to prevent the spread of STIs during oral sex. A condom is very difficult to cut as it is made from a stretchy material that is usually covered in sticky lubricant. Tears from the scissors were common, and the

final product was a misshapen semi-rectangle that is significantly smaller than a traditional dental dam.

“How does HIV get into the body? HIV can get into our body when certain body fluids of a person with HIV are able to get into our blood stream. This can happen through:

- **unprotected sex (without a condom)**
- sharing needles or syringes
- pregnancy, birth or breastfeeding.”

(<https://www.beintheknow.org/hiv-and-stis/understanding-hiv-and-aids/how-hiv-infects-body>)

“The **best way to protect yourself is to use a condom** every time you have anal, vaginal or oral sex.”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/how-do-you-get-hiv>)

“Some types of sex have more HIV risk than others. **The best way to protect yourself is to use a condom every time you have sex.** You can also take pre-exposure prophylaxis (PrEP).”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/sex-and-hiv>)

“Condoms are available in most pharmacies and are often **given out free of charge in health facilities.** If you are able to use a condom correctly every time you have sex this may be the best choice for you. Condoms are the only HIV prevention method that also prevent other sexually transmitted infections (STIs) and unplanned pregnancy. Both internal (female) and external (male) condoms are available and they **come in different sizes, flavours and textures** so you can experiment and use whichever works best for you.”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/how-can-i-protect-myself-and-others-hiv>)

“Condoms create a barrier that stops HIV from touching and entering your body during sex. **They can prevent HIV during all kinds of sex – vaginal, anal, oral and when using sex toys.** When used correctly, condoms are the best option to prevent HIV.” (<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/using-condoms-prevent-hiv>)

“All condoms can prevent HIV if they are used properly. Make sure you put a condom on before any sexual contact. The main types of condoms are:

- **external** (sometimes called male) condoms
- **internal** (sometimes called female) condoms
- **dental dams.** This is a small plastic sheet that can be used to cover the mouth, vagina or anus **during oral sex.**”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/using-condoms-prevent-hiv>)

How to put on a condom

1.



Check the expiry date and take the condom out of the packet carefully. Don't use scissors or your teeth!

2.



Pinch the air out of the top of the condom. Make sure it is not inside out - the rim should be on the outside.

3.



Put the condom on top of the erect penis. Put it on **BEFORE** it touches a partner's mouth or genital area.

4.



Roll the condom down to the base of the penis. Wear it the whole time you are having sex.

5.



Take the condom off once the penis has been withdrawn completely but while it is still erect.



Make putting on a condom part of the fun! Ask your partner to put it on for you, and keep stimulating each other as the condom goes on.

BE IN THE KNOW

(<https://www.beintheknow.org/api/file?path=/sites/default/files/documents/condom.png>)

“Condoms can prevent HIV if you have any kind of sex. Here is how you can use condoms during different types of sex. Remember to put them on before any sexual contact.

- Vaginal sex – use an **external condom** on the penis, or an **internal condom** inside the vagina.
- Anal sex – use an external condom on the penis, or an internal condom inside the anus.
- Oral sex – use an external condom on the penis, or a **dental dam** on the vagina.
- Sex using toys such as dildos – use an external condom on the toy, or an internal condom inside the vagina or anus.”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/using-condoms-prevent-hiv>)

8. PROMOTES PREMATURE SEXUAL AUTONOMY

Teaches children they can choose to have sex when they feel they are ready or when they find a trusted partner. Fails to provide data about the well-documented negative consequences of early sexual debut. Fails to encourage sexually active children to return to abstinence.

“Am I ready for sex?”

- **Deciding to have sex for the first time** can feel like a big decision. This page can help you think through whether you’re ready.
- Remember that sex can be great but only when you and your partner are both ready.
- The most important thing to decide is whether you want to have sex. **Every time you have sex** you should feel 100% sure and really into it.
- You should never feel pressured to have sex, either because your partner wants to or because other people are doing it. It’s your decision, and it’s ok to take your time.
- If you **decide you’re ready to have sex**, get prepared by making sure that you have protection from STIs and unplanned pregnancy.”

(<https://www.beintheknow.org/sex-and-relationships/first-time-sex/am-i-ready-sex>)

“How do I know if I am ready for sex? The most important thing to work out is whether or not you want to have sex. It should be **something you feel excited about, turned on by, and want to try**. If you’re feeling worried or unsure it could be a sign that you are not ready. Spend some time thinking about it to try to work out how you feel. For some people it’s important to be in a committed and trusting relationship first. Other people might not need this so much.”

(<https://www.beintheknow.org/sex-and-relationships/first-time-sex/am-i-ready-sex>)

“Remember, there are lots of ways to be sexy and intimate with your partner, **you might feel ready to explore some things and not others** – that’s totally ok! You don’t have to do everything all at once. Talk to your partner about what you do and don’t want to try to make sure you’re both on the same page.”

(<https://www.beintheknow.org/sex-and-relationships/first-time-sex/am-i-ready-sex>)

“How can I prepare for my first time having sex? If you’ve **decided that you’re ready for sex**, the next step is to prepare what you need to prevent unplanned pregnancies and STIs. A condom is the best way to prevent STIs as well as unplanned pregnancy. There are other contraception options too that can prevent pregnancy. **Getting lube is also a good idea**. Lube can make sex feel better for both partners. It’s especially important if you’re having anal sex as the anus doesn’t make its own lubrication. If you are having sex, it’s a good idea to test for HIV and other STIs regularly. This will help keep you and your partners healthy.”

(<https://www.beintheknow.org/sex-and-relationships/first-time-sex/am-i-ready-sex>)

9. FAILS TO ESTABLISH ABSTINENCE AS THE EXPECTED STANDARD

Fails to establish abstinence (or

“**Learning how to have sex**, how to do it safely, and who to do it with is all part of exploring healthy relationships. Whether you’ve had sex before or not, be in the know about what **makes sex fun**, how to enjoy the experience and how to protect your health.”

(<https://www.beintheknow.org/sex-and-relationships>)

a return to abstinence) as the expected standard for all school age children. May mention abstinence only in passing.

May teach children that all sexual activity—other than “unprotected” vaginal and oral sex—is acceptable, and even healthy. May present abstinence and “protected” sex as equally good options for children.

“There is no one right way of having vaginal sex. It can be a very gentle, intimate experience or a passionate, adventurous one and many other things in between. You can try having sex however you and your partner would like to. **Finding out which kind of sex works best for you and your partner might take a few tries**, so don’t worry if you’re unsure at first.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-vaginal-sex>)

“**Foreplay can involve kissing, stroking, caressing, rubbing, touching or oral sex.** It helps to get both people sexually aroused (turned on) and ready for vaginal sex. Foreplay should be enjoyable for both partners, so think and talk about what feels good for you both. Some people choose to stick to foreplay and not have penetrative sex.”

(<https://www.beintheknow.org/sex-and-relationships/how-have-sex/how-have-vaginal-sex>)

“PrEP is a good option if you are HIV-negative and worried about the risk of HIV infection especially if you **don’t always use a condom**. You might consider taking it if you are in a relationship with someone who has HIV or unsure what your partner’s status is, **you have sex with multiple partners, you have sex for money or gifts, or with someone much older than you**. PrEP works well but only if you take it correctly (often this means once a day).”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/how-can-i-protect-myself-and-others-hiv>)

“Having **multiple sexual partners** increases the risk of HIV infection through sex **if you are not using protection** such as condoms or PrEP.”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/sex-and-hiv>)

“Who can take PrEP?

PrEP is for anyone who is HIV-negative and is recommended if you are at a higher risk of HIV. PrEP may be a good option for you if:

- your partner has HIV and does not have an undetectable viral load
- **you have sex with multiple partners** and you don’t always use condoms
- **you’re having sex with a new partner** and are not sure what their HIV status is
- **you have sex for money, or receive gifts for sex**
- you’ve shared injecting equipment or have been in a treatment programme for injecting drug use.

PrEP can be used by **anyone who is sexually active** – men and women, both trans and cisgender, whether you are gay, bi or straight.”

(<https://www.beintheknow.org/hiv-and-stis/hiv-prevention/pre-exposure-prophylaxis-prep>)

“The most effective way to protect against chlamydia is to use a new external (male) condom or internal (female) condom **every time you have vaginal or anal sex**. If you are having oral sex cover the penis with an external condom or use a dental dam to cover the vulva (female genitals). Chlamydia can be passed on by

sharing sex toys. **Always cover sex toys with a new condom** and wash them each time they're used."

(<https://www.beintheknow.org/hiv-and-stis/stis/chlamydia-symptoms-and-treatment>)

"The best way to protect against gonorrhoea is by using a new external (male) condom or internal (female) **condom every time you have vaginal or anal sex**. If you are having **oral sex** use an external condom to cover the penis or a dental dam to cover the vulva (female genitals). Gonorrhoea can be passed on by **sharing sex toys**. Always cover sex toys with a new condom and wash them each time they're used."

(<https://www.beintheknow.org/hiv-and-stis/stis/gonorrhoea-symptoms-and-treatment>)

"How do you get herpes? The virus can be passed on by:

- having any skin-to-skin contact with the infected area
- vaginal, anal or oral sex **without a condom or dental dam**
- transferring the infection on fingers from someone else to your genitals
- sharing **sex toys that aren't washed or covered** with a new condom each time they are used."

(<https://www.beintheknow.org/hiv-and-stis/stis/herpes-symptoms-and-treatment>)

"Using new condoms and dental dams **correctly every time you have sex** is the best way to prevent syphilis. Remember that the condom or dental dam must cover any sores or rashes or you won't be protected. You should avoid sharing sex toys and if you do share them, wash them and **cover them with a new condom** before each use."

(<https://www.beintheknow.org/hiv-and-stis/stis/syphilis-symptoms-and-treatment>)

"**When we have sex**, certain infections can be passed on if one partner already has an infection. This can include many sexually transmitted infections (STIs), and also HIV. It's important you know how to prevent and test for them **if you are having sex**."

(<https://www.beintheknow.org/hiv-and-stis>)

"How can you stop HIV being passed on?

If you have sex:

- **use male (external) condoms** or female (internal) condoms
- take PrEP before you might be exposed to HIV
- take PEP after you might have been exposed to HIV
- **get medically circumcised if you have a penis** to reduce your risk.

If you inject drugs:

- always use a clean needle and syringe
- never share injecting equipment."

(<https://www.beintheknow.org/hiv-and-stis/understanding-hiv-and-aids/what-are-hiv-and-aids>)

	“Use condoms correctly every time you have sex – it’s the best way to prevent HIV, other STIs and unplanned pregnancy. Condoms prevent HIV during all kinds of sex – vaginal, anal, oral and when using sex toys. Use water-based lubricants (lube) to make sex safer by reducing the risk of tears or damage to the vagina or anus caused by dryness or friction. It also reduces the risk of a condom breaking.” (https://www.beintheknow.org/hiv-and-stis/hiv-prevention/how-can-i-protect-myself-and-others-hiv)
10. PROMOTES TRANSGENDER IDEOLOGY <i>Promotes affirmation of and/or exploration of diverse gender identities. May teach children they can change their gender or identify as multiple genders, or may present other unscientific and medically inaccurate theories. Fails to teach that most gender-confused children resolve their confusion by adulthood and that extreme gender confusion is a mental health disorder (gender dysphoria) that can be helped with mental health intervention.</i>	“What’s the difference between sexuality and gender? You may or may not feel you ‘fit’ into the category of ‘girl’ or ‘boy’. These things relate to your gender identity. This is different to your sexuality and your sexual orientation. People who identify as a different gender to the one they were given at birth are known as transgender people.” (https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual) “Transgender and gender diverse people have a different gender identity to the one they were assigned at birth. A transgender woman is a woman who was assigned male at birth. A transgender man is a man who was assigned female at birth. Some people identify as non-binary, which means they don’t identify as male or female. There are many other words to describe transgender people, including hijras or third gender. Lots of transgender people experience stigma, discrimination and transphobia. This is when someone experiences prejudice because of their gender identity.” (https://www.beintheknow.org/understanding-hiv-epidemic/community/hiv-and-transgender-people) “There is a difference between sex – the body we are born with – and gender – whether we identify as male or female. We can be born with one set of organs but feel as if we belong in the other camp – or in both, or neither. This is called being transgender or non-binary. If this is how you identify, don’t feel ashamed or think you have a problem. You’re just you – and you deserve to be happy and healthy. This includes feeling good about who you are and your body. And having great, safe sex and healthy romantic relationships if you want to.” (https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender) “People whose gender identity (how you feel about being male or female) is opposite to their biological sex (the male or female parts of your body) are sometimes called transgender, or trans for short. Trans women are born with a penis and other male characteristics but identify as female. While trans men are born with a vagina and other female characteristics but identify as male. People who don’t identify as male nor female, or identify as both, are sometimes called non-binary or gender diverse. Being transgender or non-binary will mean different things to different people. And not everyone wants to use these terms to describe themselves, and that’s fine.” (https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender)

[and-rights/sexual-health-trans-non-binary-and-gender](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender))

“Transitioning describes the changes that some trans and non-binary people make so they can live in a way that better reflects their gender identity. Not every trans or non-binary person transitions, and there is no right or wrong way to go about it. It’s different for everyone. Transitioning might include things like **changing your name and pronouns** (he, she, they). Or how you dress, talk or style your hair. It might include making temporary changes to your body, such as **wearing binders** or sports bras to flatten your chest, or using padded materials to enhance it.”

[\(<https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender>\)](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender)

“Some people have **gender-affirming hormone therapy**. In general, people who want to transition to the male gender use testosterone and people who want to transition to the female gender use estrogen, progestogen or both. Some people have **gender-affirming surgery**. This permanently changes body parts associated with biological sex.”

[\(<https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender>\)](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender)

“Wherever you are in your **gender journey**, you deserve a sex life that feels good... If you have gender dysphoria, sex can feel complicated. There are some steps to take that will help you deal with this.

- Masturbation is a great way to safely explore what turns you on and what you might like to do with a partner. **If you’ve had surgery**, this is the best way to get to know your new body once you have healed.
- Find ways to talk about your body parts that work for you. Then use them with your partner/s.
- If **some pronouns and other gendered language** feel good to say during sex, try them out.
- Wear what makes you feel like you during sex. **Sex toys or prosthetics, like a strap-on or pack-and-play**, can feel really good. And if you want to keep wearing certain items of clothes during sex, that’s fine too.
- Have the sex that feels good for you. You don’t have to use any parts of your body that you don’t want to.”

[\(<https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender>\)](https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender)

“External condoms **work for all penises, whether you’ve always had one or not**. They come in different sizes so you can find the right fit for you. Internal condoms go inside the anus and the **vagina/front hole**. Not all trans women who’ve **had lower surgery** can use them, it will depend on the depth of your vagina. Use water-based or silicon lube with condoms. This will help to make sex feel great. It also helps stop condoms from breaking. And it can stop tears happening in your genitals. This is especially important **if you’ve had lower surgery** and the type you’ve had means your genitals don’t have natural lubrication.”

	(https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexual-health-trans-non-binary-and-gender)
11. PROMOTES CONTRACEPTION/ABORTION TO CHILDREN <i>Presents abortion as a safe or positive option while omitting data on the many potential negative physical and mental health consequences. May teach children they have a right to abortion and refer them to abortion providers.</i> <i>May encourage the use of contraceptives, while failing to present failure rates or side effects.</i>	“What’s the best contraception method for me? Using contraception (also called birth control or family planning) allows you to prevent pregnancy or plan when you want to get pregnant. If you do not want to have a baby or are not ready to have one, it is your right to use contraception. There are different types of contraception methods and some might suit you more than others. When deciding, it’s worth remembering that condoms are the only type of contraception that protect you from HIV and sexually transmitted infections (STIs) as well as pregnancy. It can be a good idea to keep using them, even if you use another type of contraception as well.” (https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/whats-best-contraception-method-me) “Is contraception safe? Yes. Understanding what each birth control method is and how it works will help you work out what type is best for you. And remember, just because it is women who get pregnant, it does not mean that it is only women’s responsibility to think about contraception. It is important for men to take responsibility as well. How do I choose the best type of contraception for you? When deciding about birth control, think about: • how long you want your contraception to last • whether you’ll remember to take a pill every day or have the privacy to take it if you think others might disapprove • if you want something you use only when having sex and whether you’ll remember it every time • how you will prevent STIs as well as pregnancy • if you plan to get pregnant in the near future • any health conditions you have and medication you are taking • what options are available where you are.” (https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/whats-best-contraception-method-me) “The contraceptive pill (sometimes called the pill, birth control pills or oral contraceptives) is one of the most popular forms of contraception. It is very effective at preventing pregnancy if you take it correctly. This means taking it every day. The contraceptive pill does not protect against HIV or sexually transmitted infections (STIs). So even if you decide to use it you should think about using condoms as well.” (https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/contraceptive-pill) “What are the different types of contraception? • Condoms – Condoms are the only contraceptive that prevents HIV and STIs as well as pregnancy. But for them to work, you have to use them correctly every time you have sex... • The contraceptive pill – This is very effective at preventing pregnancy, but it has to be taken every day or it stops working.

- **The injection** – This prevents pregnancy for 8-13 weeks, so there is no need to remember to take anything. But you do need to remember when your next injection is due.
- **The implant** – This is a small piece of plastic that is fitted in a woman or transgender man's arm. It prevents pregnancy for three, four or five years depending on the type you get, so there's no need to remember to take anything. But it must be removed or replaced when the time period is up.
- **The contraceptive coil** – This is a small device that is inserted into the womb to prevent pregnancy. It works for three to ten years. There are two types of coil available: an intra-uterine system (IUS) which uses hormones, and an intra-uterine device (IUD) which is not hormonal. Both are very reliable forms of contraception.
- **The patch** – This is a small patch that sticks on your skin. It releases hormones through your skin to prevent pregnancy. Each patch lasts for a week and after three weeks, you have a patch-free week.
- **Pulling out** – Also known as the 'withdrawal method'. This is when the penis is taken out of the vagina before ejaculation (or cumming). This is unreliable because you have to pull out before any semen comes out and this is difficult to do.
- **Emergency contraception** – This is a pill you take after you have had unprotected sex or if something has gone wrong with your usual contraception. Emergency contraception (also called the 'morning after pill') can prevent pregnancy, but it shouldn't be used as your normal form of contraception.
- **Vasectomy** – This is a surgical procedure which blocks the tubes that carry sperm from the testicles to the penis. So, when you ejaculate, the semen (fluid from your penis) will not have any sperm in it, so can't cause pregnancy. This is a permanent type of contraception, so it should only be done if you're sure you don't want to have children in the future."

(<https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/whats-best-contraception-method-me>)

"Abortion

- If you discover that you are pregnant but **don't want a baby** you might consider an abortion.
- Abortions end a pregnancy after it has started. Deciding whether to have an abortion should always be your choice. And if you do decide to have one, it is nothing to be ashamed of.
- There are different types of abortion. One involves taking abortion pills, the other involves a surgical procedure.
- **It's important to have a safe abortion.** This means it must be carried out by a certified medical professional from a licensed clinic. Doing anything else is very dangerous."

(<https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/abortion>)

“What is an abortion? **An abortion ends a pregnancy** (which is why they’re also called pregnancy terminations). You can either have a surgical procedure or take abortion pills – but both things must be done under the guidance of a certified medical professional. It is dangerous to do anything else.”

(<https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/abortion>)

“**Where can I get an abortion?** At a hospital or a clinic that is legally licensed to carry out abortions. It’s important not to go to an unlicensed clinic or an uncertified person, buy abortion pills online, or use herbal remedies or other things that are advertised as ‘at-home abortions’. These can put your health, even your life, in danger.”

(<https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/abortion>)

“How does an abortion work?

- **Abortion pills:** You take two pills, usually one or two days apart. The name of abortion pills are mifepristone, which blocks the main pregnancy hormone, and misoprostol, which ends the pregnancy. You will bleed from your vagina as you pass out the pregnancy. This usually happens a few hours after you take the misoprostol tablet. If you’re less than 10 weeks (2.5 months) pregnant, you can usually take the second abortion tablet at home...
- **Surgical abortion:** A surgical abortion procedure removes the pregnancy from the womb. You’ll be asked to take a medicine that opens your cervix (the opening to your womb) before the operation.
- **Surgical abortion at 14 weeks (3.5 months) pregnant or less:** If you are 14 weeks pregnant or less, you will be given a local anaesthetic to numb your cervix then a tube will be inserted into your womb to remove the pregnancy via suction. This takes about 10 minutes, and you should be able to go home a few hours later.
- **Surgical abortion after 3.5 months pregnant:** If you are more than 14 weeks pregnant, forceps will be used to remove the pregnancy. You will be put to sleep or heavily sedated beforehand. It normally takes about 20 minutes and usually you can go home the same day.”

(<https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/abortion>)

“How much bleeding is normal after an abortion? After an abortion, it’s likely you’ll get some stomach cramps and vaginal bleeding. This can last for around two weeks. **If you keep bleeding after two weeks**, or your bleeding is getting heavier not lighter, go and see a healthcare professional. It’s normal to feel lots of emotions after your abortion. Everyone’s experience is different. **If you are struggling**, the best thing to do is to speak to someone you trust or a trained counsellor.”

(<https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/abortion>)

	“Is abortion legal? Different countries have different laws about when you can get an abortion and in what circumstance. In some countries an abortion is only legal if the mother’s life is at risk, or only up to a particular time in the pregnancy. And there may be certain things you have to do beforehand, like getting agreement from more than one doctor. It’s important to know about the abortion laws in your country so you can understand whether it is legal or not for you to have an abortion. If it is illegal, don’t panic. You can speak to an organisation that works on reproductive rights to discuss your options. Some people who are pregnant but don’t want a baby choose adoption or even travel to somewhere where abortion is legal.” (https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/abortion) “Will having an abortion harm my chances of getting pregnant later on? A safe abortion from a licensed clinic should not affect your ability to have a baby in the future. It’s possible to get pregnant soon after an abortion, so it’s a good idea to think about your birth control options.” (https://www.beintheknow.org/sex-and-relationships/preventing-pregnancy/abortion)
12. PROMOTES PEER-TO-PEER SEX ED OR SEXUAL RIGHTS ADVOCACY <i>May train children to teach other children about sex or sexual pleasure, through peer-to-peer initiatives. May recruit children as spokespeople to advocate for highly controversial sexual rights (including a right to CSE itself) or to promote abortion.</i>	“How can I support someone who is exploring their sexuality? It can be hard for young people to talk about their sexuality, especially if they are questioning it. Try talking through the answers in this section with them. You could also try encouraging them to talk to other young people who have had similar experiences by connecting them with LGBTQ+ support groups or helplines. People whose sexuality or gender identity is different can experience prejudice, negative attitudes, social exclusion and abuse. This can stop people talking about their sexuality and seeking support. It is important to be as encouraging as possible. Let someone know there is nothing wrong with how they are feeling and you are here to listen – without judgement – if they want to talk.” (https://www.beintheknow.org/sex-and-relationships/relationships-sexuality-and-rights/sexuality-am-i-gay-lesbian-or-bisexual) “You might like to join a support group to meet other young people with HIV.” (https://www.beintheknow.org/living-hiv/young-and-positive/being-young-and-positive) “Getting to know other young people with HIV will help you feel less alone with your status. There are support groups for this which is where you can meet with other young people like you. Ask your healthcare provider about any that are near you.” (https://www.beintheknow.org/living-hiv/young-and-positive/being-young-and-positive) “Public campaigns led by LGBTI people to challenge homophobic attitudes can reach large numbers of people. For example, Gay Pride events celebrate LGBTI people, and there have been successful anti-homophobia campaigns carried out in specific areas, such as sport.” (https://www.beintheknow.org/understanding-hiv-

	epidemic/context/homophobia-and-hiv) “Educating young people about LGBTI issues is key to overcoming prejudice. This can happen in or out of school. For example, by working with young LGBTI role models or running sessions about sexuality and gender identity in youth clubs and other places where young people socialise.” (https://www.beintheknow.org/understanding-hiv-epidemic/context/homophobia-and-hiv) “How can HIV services meet the needs of young people? • ...Train young peer educators: Young people are more likely to open up to other young people of a similar age than adults. Young peer educators can make HIV services more accessible for young people. • Work with schools: Schools and out-of-school clubs are good places to provide young people with correct information on HIV. Speak with local schools and clubs to see if your service can provide local young people with sex and HIV information. • Make condoms available: Make condoms available to young people at the places they meet up or via peer educators in the community.” (https://www.beintheknow.org/understanding-hiv-epidemic/community/hiv-and-young-people)
13. UNDERMINES TRADITIONAL VALUES AND BELIEFS <i>May encourage children to question their parents’ beliefs or their cultural or religious values regarding sex, sexual orientation or gender identity.</i>	“How can I stay safe while taking drugs? If you decide to take drugs there are things you can do to reduce your risk of HIV and other STIs: • always use clean needles and equipment when injecting drugs and don’t let someone else inject you • if snorting drugs, avoid sharing noses or straws • take a small amount of drugs at a time, as it’s hard to know how strong they are.” (https://www.beintheknow.org/sex-and-relationships/sex-and-other-issues/alcohol-drugs-and-sex) “Structural interventions need support from all levels of society – from the national governments making laws to individual members of society. Interventions might involve: • addressing inequality • decriminalising sex work, homosexuality or drug use • implementing laws to protect the rights of people with HIV • increasing access to school education for girls.” (https://www.beintheknow.org/hiv-programming-and-best-practice/prevention/hiv-prevention-programmes#421d1bf3-2501-4174-be1e-40ffd199e8ff) “Teach young people about sex and gender rights: Comprehensive sexuality education (CSE) that focuses on gender rights and power dynamics is effective in reducing unwanted pregnancies, HIV infections and other STIs.” (https://www.beintheknow.org/understanding-hiv-epidemic/context/gender-inequality-and-hiv)

	“If you are working to end HIV, it is important to support LGBTI-led advocacy to change the laws that criminalise same-sex activities and different gender identities.” https://www.beintheknow.org/understanding-hiv-epidemic/context/homophobia-and-hiv “Some countries criminalise transgender people or people who ‘impersonate’ the other gender such as by cross-dressing. Some countries also criminalise same-sex sexual activity. A transgender person could break two laws if they have sex with someone of the same sex as their sex assigned at birth.” https://www.beintheknow.org/understanding-hiv-epidemic/community/hiv-and-transgender-people “Allow change of gender on identity documents: If people could change their gender identity on official documents, they would feel more comfortable accessing services that require ID, such as health services and law enforcement.” https://www.beintheknow.org/understanding-hiv-epidemic/community/hiv-and-transgender-people “Condom programmes aim to get condoms to as many people as possible. Condom programmes is [sic] more than just handing them out. It must include: • educating people about condoms • creating demand for condoms • distributing condoms in appropriate places to the people who need them. In countries where it is hard to access condoms, there are low levels of condom use. Conversely, countries that have supplies of condoms to match the demand have relatively higher levels of condom use.” https://www.beintheknow.org/hiv-programming-and-best-practice/prevention/hiv-prevention-programmes
14. UNDERMINES PARENTS OR PARENTAL RIGHTS <i>May instruct children they have rights to confidentiality and privacy from their parents. May teach children about accessing sexual commodities or services, including abortion, without parental consent. May instruct children not to tell their parents what they are being taught about sex in school.</i>	“Changing laws on parental and spousal consent will increase women and girl’s access to HIV and SRH services.” https://www.beintheknow.org/understanding-hiv-epidemic/context/gender-inequality-and-hiv “Some countries require people under a certain age (often 18) to provide parental consent before they can access sexual health, contraception, HIV testing or harm reduction services. Young people are often afraid to speak with their parents about these subjects, and so do not access the services.” https://www.beintheknow.org/understanding-hiv-epidemic/community/hiv-and-young-people

15. REFERS CHILDREN TO HARMFUL RESOURCES

Refers children to harmful websites, materials or outside entities. May also specifically refer children to Planned Parenthood or their affiliates or partners for their lucrative services or commodities (i.e., sexual counseling, condoms, contraceptives, gender hormones, STI testing and treatment, abortions, etc.)

Please Note: A conflict of interest exists whenever an entity that profits from sexualizing children is involved in creating or implementing sex education programs.

(For more information on how Planned Parenthood sexualizes children for profit see www.WaronChildren.org and www.InvestigatethePPF.org)

“How can I find out more [about structural interventions]?

- [UNAIDS: Social protection](#)
- [UNAIDS: Human rights](#)”

(<https://www.beintheknow.org/hiv-programming-and-best-practice/prevention/hiv-prevention-programmes#421d1bf3-2501-4174-be1e-40ffd199e8ff>)

“How can I find out more [about condom programming]:

- [UNAIDS: Condoms](#)
- [UNAIDS: Condoms and lubricants in the time of COVID-19](#)”

(<https://www.beintheknow.org/hiv-programming-and-best-practice/prevention/hiv-prevention-programmes>)

“How can I find out more [about harm reduction programming]:

- [UNAIDS: Harm reduction programmes: saving lives among people who inject drugs](#)
- [UNAIDS: HIV and people who use drugs — Human rights fact sheet series 2021](#)”

(<https://www.beintheknow.org/hiv-programming-and-best-practice/prevention/hiv-prevention-programmes>)

“Video series: Young Voices Africa

- When your boyfriend **wants to stop using condoms:** <https://youtu.be/neZN2MMxsEs>
- Do you always have to say yes to sex with your partner: https://youtu.be/ihmlxRDHt_s
- **Forgetting to use a condom:** <https://youtu.be/SFuWmno2U1M>
- Options for contraception: <https://youtu.be/2Lm7CTi85Jo>”

(<https://www.beintheknow.org/video-series-young-voices-africa>)

For the complete text of *Be In The Know* Website see: <https://www.beintheknow.org/>