

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 *Vibrações Website* Based on 15 Harmful Elements Commonly Included in CSE Materials

CSE HARMFUL ELEMENTS SCORE = 13 OUT OF 15

Vibrações contains 13 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: “Vibartions [Vibrações] is a youth and integrated platform that aims to support Mozambican teenagers and young people to access information and services on Sexual and Reproductive Health and Rights (SRHR). This platform is presented through a website where adolescents and young people can find credible, relevant, up-to-date, unprejudiced information about SRHR and health services where they can be attended, counseled and tested.” (<https://www.vibracoes.co.mz/sobre-vibracoes/>)

Note: The website is originally in Portuguese; our excerpts are taken from the English translation.

Target Age Group: Age 12-24

International Connections: Mozambican Youth Coalition Association (COALIZÃO); Catholic University of Mozambique (UCM); University of Maastrich; Aidsfonds; University of the Witwatersrand

For the complete text of *Vibrações* see: <https://www.vibracoes.co.mz>

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 many of their peers are sexually active. May glamorize sex, use graphic materials, teach explicit sexual vocabulary, or encourage</i>	<p>“Sexual practices refer to the different ways people ... have pleasure. Sexual practices sometimes have nothing to do with sexual orientation. For example, men or women who have sex with someone of the same sex do not always mean that they are homosexual, sometimes people have certain sexual practices out of curiosity, or another factor.” (https://www.vibracoes.co.mz/praticas-sexuais/)</p> <p>“The most common sexual practices are:</p> <ul style="list-style-type: none">• Vaginal sex;• Oral 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.

<p><i>discussion of sexual experiences, attractions, fantasies or desires.</i></p>	<ul style="list-style-type: none"> • Anal sex; • Masturbation; • Read erotic stories; • Sexual fantasies; • Use of vibrators; • Among others <p>Remember that any of these sexual practices should be practiced when you feel comfortable and want to experiment, no one should force you to do anything.” (https://www.vibracoes.co.mz/praticas-sexuais/)</p> <p>“Remember that sexuality is an intimate, complex point that involves self-knowledge, acceptance and above all a deep respect for who we are. It is about allowing yourself to experience your desires, feelings and attractions, honestly and sincerely.” (https://www.vibracoes.co.mz/quero-descobrir-a-minha-sexualidade/)</p> <p>“What does it mean to be aroused? Maybe you haven’t heard the term arousal, but you may have heard ‘being wet or being stiff’ and it means the same thing. You are said to be aroused when your body responds positively to the urge or desire to have sex.” (https://www.vibracoes.co.mz/excitacao-nas-meninas/)</p> <p>“You have the right to decide whether or not you want to have sex while you’re on your period and your partner has an obligation to respect your wishes. Some women report that they feel more pleasure during this period. That sex help relieve menstrual cramps and blood can even bring more lubrication.” (https://www.vibracoes.co.mz/estou-menstruada-sera-que-posso-manter-relacoes-sexuais/)</p>
<p>2. TEACHES CHILDREN TO CONSENT TO SEX</p> <p><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.</i></p> <p><i>Note: “Consent” is often taught under the banner of sexual abuse prevention. While this may be appropriate for adults, children of minor age should never be encouraged to “consent” to sex.</i></p>	<p>“We have the right to decide whether or not we want to have sex. And for there to be sex there must be consent! Consent means that ‘yes’ is ‘yes’ and ‘no’ is ‘no’! Without a ‘yes’ is not very clear, there is no consent, and sex should not happen!” (https://www.vibracoes.co.mz/consentimento-no-namoro/)</p> <p>“Consent means saying ‘yes’ and really wanting to say ‘yes’. It may seem very simple, but in fact it is not always that simple and easy. This is because consent must be given freely, that is, without pressure, without manipulation, without blackmail, without threats!” (https://www.vibracoes.co.mz/consentimento-no-namoro/)</p> <p>“Consent must also be informed. Partners must be honest and open in the relationship, talk about everything, especially sexually transmitted diseases, the use of contraceptives and the existence or not of other sexual partners, pregnancy, possible consequences that may arise from dating.” (https://www.vibracoes.co.mz/consentimento-no-namoro/)</p> <p>“Consent can be withdrawn at any time. We can stop and change our mind at any time, we are free to say ‘yes’ to what we want to do and feel comfortable saying ‘no’ to what we don’t want to do! Consent means that both are enthusiastic. It doesn’t just mean ‘letting it happen.’ Silence is not consent!</p>

	<p>Saying 'I don't know' is not consent either. And no, it's not enough to use body language while verbal language is saying something else or wait for our partner to realize that we're not interested. You need to use words clearly and directly. Saying 'no' can be hard, but it is the right way for us to continue to feel good about ourselves. It's important to trust ourselves and what we want. We don't owe anyone an explanation. We can explain our 'no' if we want to, but we don't have to." (https://www.vibracoes.co.mz/consentimento-no-namoro/)</p> <p>"How do we know that we have our partner's consent? If he says 'yes' to us in a totally clear way." (https://www.vibracoes.co.mz/consentimento-no-namoro/)</p> <p>"Sex should only happen to someone who respects us, not someone who pressures us or makes us feel uncomfortable. And it's not enough to have our partner's consent just once. EVERY time we need their consent. We all have the right to say 'no' to whatever and whenever, regardless of whether we've said 'yes' in the past." (https://www.vibracoes.co.mz/consentimento-no-namoro/)</p> <p>"Consent does not hinder sexual intercourse in the slightest, nor does it 'spoil the moment'. In fact, it can even be quite sexy. Giving consent can be a way to show our partner that we really like them and the moments of intimacy with them. The same happens when we ask for consent. We can say 'I would like you...' or 'you want to try...'. This way we are not only asking for consent, but we are also talking about what we both like, which is very important in a relationship." (https://www.vibracoes.co.mz/consentimento-no-namoro/)</p>
<p>3. PROMOTES ANAL AND ORAL SEX</p> <p><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></p>	<p>"What is oral sex? It is called oral sex when you use your mouth, lips or tongue to stimulate your partner's organs in order to provide and obtain pleasure." (https://www.vibracoes.co.mz/sexo-oral/)</p> <p>"At what point is oral sex performed? Oral sex can be performed as a foreplay before the sexual act, during or after the sexual act, although it itself is also considered a sexual act." (https://www.vibracoes.co.mz/sexo-oral/)</p> <p>"Who can perform oral sex? Anyone can perform oral sex, as long as they want to and feel comfortable, whether they are a man, a woman, sexually active or not." (https://www.vibracoes.co.mz/sexo-oral/)</p> <p>"Although many people don't like it, the only way to avoid getting sexually transmitted infections or other health problems [during oral sex] is to use a male, female, or tongue condom." (https://www.vibracoes.co.mz/sexo-oral/)</p> <p>"Does oral sex hurt? Usually oral sex doesn't hurt, but it's normal for you to feel disgusted when doing it, due to the liquid that comes out of the penis or vagina. In these cases, people can opt for intimate products to disguise the taste." (https://www.vibracoes.co.mz/sexo-oral/)</p> <p>"Some habits to make oral sex more pleasurable</p> <ul style="list-style-type: none"> • Visit the gynecologist;

	<ul style="list-style-type: none"> • Touch yourself and get to know your body; • Talk about what you like with your partner; • Try to do it in other ways” (https://www.vibracoes.co.mz/sexo-oral/) <p>“Some precautions when performing oral sex</p> <ul style="list-style-type: none"> • Use condoms to prevent STIs and HIV; • Wash your vagina or penis before and after sex to avoid infection; • Don’t do it when you don’t feel like it; • Don’t brush your teeth right before oral sex” (https://www.vibracoes.co.mz/sexo-oral/) <p>“What does anal sex mean? When a penis penetrates the anus with the aim of achieving pleasure, this is called anal sex.” (https://www.vibracoes.co.mz/entendendo-o-sexo-anal/)</p> <p>“Does anal sex hurt? Yes, anal sex can hurt when done without preparation, since the anus does not produce lubrication, so it is always important to use a water-based lubricant.” (https://www.vibracoes.co.mz/entendendo-o-sexo-anal/)</p> <p>“Does anal sex give pleasure? Yes, anal sex is pleasurable if done properly, however, some people don’t like it...” (https://www.vibracoes.co.mz/entendendo-o-sexo-anal/)</p> <p>“Can I use a condom in anal sex? Yes, using a condom in anal sex helps lubricate the anus and also prevents STIs.” (https://www.vibracoes.co.mz/entendendo-o-sexo-anal/)</p>
<p>4. PROMOTES HOMOSEXUAL/ BISEXUAL BEHAVIOR</p> <p><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></p>	<p>“Sexual orientation refers to the sex of the person to whom you are sexually attracted. It may refer to:</p> <ul style="list-style-type: none"> • Homosexuality: When you fall in love with someone of the same sex as yours. If you are a man, it can be said that you are gay, and if you are a woman, that you are a lesbian. • Heterosexuality: When you fall in love with someone with a different sex than you.” (https://www.vibracoes.co.mz/orientacao-sexual-identidade-de-genero/) <p>“Sexual orientation means who you are attracted to. Men, women or not. Emotionally, physically or sexually, you don’t choose your sexual orientation, you are born with it. Your sexual orientation is also not always fixed throughout life but can change as you grow up.” (https://www.vibracoes.co.mz/gual-e-a-minha-orientacao-sexual/)</p> <p>“So let’s get to know some terms:</p> <ul style="list-style-type: none"> • Heterosexual: If you’re a boy and you’re only attracted to girls, or you’re a girl and you’re only attracted to boys. Then you’re heterosexual. • Homosexual: If you are a girl and you are only attracted to other girls, or are you a boy and you are only attracted to other boys? In this case, you

are homosexual!

- **Lesbian:** If you're a girl and you're only attracted to other girls, even if you've never been sexually involved with other girls. So, you're a lesbian.
- **Bisexual:** If you're attracted to girls and boys even if you haven't been involved with both at the same time, then you're Bisexual...
- **LGBT:** Acronym that represents the movement of Lesbians, Gays, Bisexuals, Transvestites, Transsexuals and other orientations."
(<https://www.vibracoes.co.mz/gual-e-a-minha-orientacao-sexual/>)

"Although the process of coming out is a way to enjoy your sexuality freely, you are not obligated if you do not feel prepared for it. Assuming your gender identity or sexual orientation can imply life changes, loss of relationships and other unpleasant situations, but that time helps to overcome."

(<https://www.vibracoes.co.mz/como-assumir-a-minha-orientacao-sexual/>)

"Once you decide to come out, what can you do?"

- If you are unsure about your sexual orientation or gender identity, find someone who can help and support you in this period of discovery;
- You need to feel good about the fact that you are what you are, before sharing this information with others;
- Talk first to your parents, siblings, or friends, people who support you and make you feel at ease;
- Be patient with yourself and the people around you, some people take time to understand what is happening;
- Think positive, believing that everything will work out. And **create a network of people who accept you**, support you and above all who respect you;
- Be firm. Lesbian, gay, bisexual, transgender, LGBTQIA+, or any other denomination about your sexual orientation and gender identity, no one has the right to judge you.
- At some point you will need to appear confident and willing to explain the questions you are asked about your sexuality, if you are asked."
(<https://www.vibracoes.co.mz/como-assumir-a-minha-orientacao-sexual/>)

"In the school and work environment

- Here, **there is no rule on how to come out** but, in general, the ideal is to tell your teacher, colleagues and closest bosses who are able to develop support actions.
- It is usually interesting to talk to other people who have already been through this to exchange experiences.
- If, after coming out as a person, you suffer discrimination at school or work, it is important to know that discrimination has become a crime and that, in that case, you can count on legal support.

Now that you know how to come out, remember that each person has their own time and that this process often occurs gradually, and it is essential to respect your moment." (<https://www.vibracoes.co.mz/como-assumir-a-minha-orientacao-sexual/>)

	<p>“Below are some tips that you can use to start a conversation with someone close to you who wants to share your decision:</p> <ul style="list-style-type: none"> • You are very important to me and I trust you, I have something I want to tell you and I hope it doesn’t affect our relationship; • We’ve been friends for a long time and I want you to know something about me; • I have hidden something from you and it does not do me any good, today I want to tell you; • I would like to talk to you about sexual orientation, are you willing to listen to me? <p>Coming out is an ongoing process, so you need to always be prepared to face possible challenges.” (https://www.vibracoes.co.mz/como-assumir-a-minha-orientacao-sexual/)</p>
<p>5. PROMOTES SEXUAL PLEASURE</p> <p><i>Teaches 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></p>	<p>“The G-spot is inside your vagina on the inside of your abdomen, you can feel it if you insert a finger into the vagina. This is a very sensitive place and to cause pleasure you just need to be well stimulated without necessarily using force.” (https://www.vibracoes.co.mz/conhecendo-a-tua-vagina/)</p> <p>“The clitoris exists only for pleasure. If you want to have an orgasm, the clitoris is the easiest way to get there.” (https://www.vibracoes.co.mz/sistema-reprodutor-feminino/)</p> <p>“There are a few signs that show that you are aroused, and these are some of them.</p> <ul style="list-style-type: none"> • Lubrication: Your vaginal canal becomes moist or wet, with a transparent, slippery liquid, similar to egg white, so it is usually said ‘I’m wet’ to refer to arousal. • Enlargement of the vaginal canal: When you are not aroused your vaginal canal is relaxed and tight, but after you become aroused the vaginal canal becomes longer and less tight. • Stiffening of the clitoris: The clitoris gets bigger and more sensitive. The bigger and more sensitive, the more aroused these are. • Sensitive breasts: When aroused, you can also feel your breasts harder and more sensitive, but this does not happen with all women, you can have breast sensitivity just as well as not, and that is normal.” (https://www.vibracoes.co.mz/excitacao-nas-meninas/)
<p>6. PROMOTES SOLO AND/OR MUTUAL MASTURBATION</p> <p><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</i></p>	<p>“What is Masturbation? It is when you caress your sexual organ using your hand or a sex toy with the intention of having pleasure, this is called masturbation, it can also be done by your partner. Masturbation is how you learn to feel good or discover what you like and don’t like sexually. Some people don’t masturbate, and that’s also normal and healthy.” (https://www.vibracoes.co.mz/entendendo-a-masturbacao/)</p> <p>“Is masturbation good? Yes, it helps you have pleasure and can prevent many STIs when done correctly.” (https://www.vibracoes.co.mz/entendendo-a-</p>

<p><i>addictions or sexual exploitation. May instruct children on how to masturbate. May also encourage children to engage in mutual masturbation.</i></p>	<p>masturbacao/</p> <p>“Is it OK to masturbate? Yes, it is. It’s not a weird thing to do, it’s not something to be ashamed of. Masturbation is actually the safest way to have pleasure. You don’t have to worry about HIV, STIs, unplanned pregnancy.” (https://www.vibracoes.co.mz/entendendo-a-masturbacao/)</p> <p>“There are many reasons why you might want to jerk off. Maybe it’s because you’re horny or horny [sic]. But it could also be because you’re with nothing to do. Most people masturbate in private, but you might also enjoy doing that with someone. Do what you feel is right for you.” (https://www.vibracoes.co.mz/entendendo-a-masturbacao/)</p> <p>“Tips for healthy masturbation:</p> <ul style="list-style-type: none"> • Wash your hands with soap before and after masturbating; • Avoid having long nails as you can get hurt; • Avoid introducing any object into the sexual organs, prefer to use appropriate sex toys; • Use water-based lubricating gel whenever possible.” (https://www.vibracoes.co.mz/entendendo-a-masturbacao/) <p>“Masturbation has many positive effects</p> <ul style="list-style-type: none"> • It eliminates stress and can improve your mood; • It can help you become sexually comfortable and confident with your body; • It helps you figure out what you like and what you don’t like.” (https://www.vibracoes.co.mz/entendendo-a-masturbacao/)
<p>7. PROMOTES CONDOM USE IN INAPPROPRIATE WAYS</p> <p><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></p>	<p>“To convince your partner to use a condom, you must explain the reasons why you want to use a condom, such as preventing early or unwanted pregnancy, preventing sexually transmitted infections and HIV. You can also explain that protected sex preserves your relationship, as an unplanned pregnancy can greatly harm your future.” (https://www.vibracoes.co.mz/uso-do-preservativo-no-namoro/)</p> <p>“I am using a contraceptive method, do we still need to use the condom? When you use a contraceptive method you only prevent pregnancy, but the condom is the only method that will prevent you from STIs and pregnancy. So, it is recommended that you continue to use the condom in all sexual relations even if you have adhered to a contraceptive method.” (https://www.vibracoes.co.mz/uso-do-preservativo-no-namoro/)</p> <p>“A couple who love each other, in addition to trusting each other, protects the other’s life by adopting healthy behaviors, such as fidelity, condom use, and frequent visits to the health center to get tested. It is very common for couples to stop using condoms after a while of dating, as a synonym for trust, but this is not right. Again, you should talk to your partner and make him understand that using a condom does not mean that there is no trust, it just means that you are</p>

preoccupied with your health and his.” (<https://www.vibracoes.co.mz/uso-do-preservativo-no-namoro/>)

“**What is a female condom?** It is a method used inside the vagina as a barrier to prevent pregnancy, STIs and HIV... It is soft and wide, similar to the male condom but in a larger size and has two rings, one that is inside and the other outside the vagina.” (<https://www.vibracoes.co.mz/o-que-e-preservativo-feminino/>)

“The female condom is one of the most effective in preventing pregnancy, and offers good protection against STIs and against HIV and AIDS... You can **find the female condom for free** at health centers or you can buy it at a pharmacy if you prefer.” (<https://www.vibracoes.co.mz/o-que-e-preservativo-feminino/>)

“What are the advantages [of the female condom]?”

- You only need to use this method when you have sex;
- You can **put it on up to 8 hours in advance**, or use it at the time of sex. It's up to you;
- During vaginal sex, the **outer ring stimulates the clitoris** and the inner ring stimulates the glans increasing pleasure in women and men;
- You don't need a prescription to buy them.”

(<https://www.vibracoes.co.mz/o-que-e-preservativo-feminino/>)

“**How to use** [the female condom]?”

- Open the package carefully, with your fingers through the pre-cut part;
- Hold the ring inside the bag with your thumb and index fingers;
- Tighten the inner ring; and insert the condom into the vagina with your index finger;
- Push the ring as far as you can.” (<https://www.vibracoes.co.mz/o-que-e-preservativo-feminino/>)

“**How to withdraw** [the female condom]?”

- Hold the outer ring and squeeze so that the sperm does not pour out;
- Make rotating motions to ensure that no liquid escapes;
- Pull the condom out carefully.” (<https://www.vibracoes.co.mz/o-que-e-preservativo-feminino/>)

“Tips [on female condom use]:

- Check the expiration date on the packaging;
- Check very well that the condom is not torn or damaged;
- Your **partner can help you put on the condom**;
- At the beginning of the activity, direct your partner's penis into the condom;
- Use a female condom from the beginning to the end of sexual intercourse;
- You can **use lubricant** to help prevent the condom from tearing.
- Store female condoms in a cool, dry place.”

(<https://www.vibracoes.co.mz/o-que-e-preservativo-feminino/>)

	<p>“What is a male condom? It is a method used on the penis as a barrier to prevent pregnancy, STIs and HIV... The male condom prevents the sperm that is released by the man from entering his partner’s vagina. All the liquid released is trapped inside the condom.” (https://www.vibracoes.co.mz/o-que-e-preservativo-masculino/)</p> <p>“The male condom is effective in preventing pregnancy and offers good protection against STIs and against HIV and AIDS... You can find the male condom for free at health centers or you can buy it at a pharmacy, if you prefer.” (https://www.vibracoes.co.mz/o-que-e-preservativo-masculino/)</p> <p>“What are the advantages [of the male condom]?</p> <ul style="list-style-type: none"> • Condoms protect you against unwanted pregnancies, STIs including HIV and AIDS; • You don't need a prescription; • You can easily buy them from various places; • You have several options to choose from: sizes and scents; • No semen enters the vagina or anus” (https://www.vibracoes.co.mz/o-que-e-preservativo-masculino/)
<p>8. PROMOTES PREMATURE SEXUAL AUTONOMY</p> <p><i>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.</i></p>	<p>“Is there a right age to have sex? Not really. Sexual intercourse has emotional and health consequences and so it is important that you do it when you feel that you are ready to deal with all the emotions that this may bring.” (https://www.vibracoes.co.mz/sexo-no-namoro/)</p> <p>“You know that you are ready for sex when you want to have sex of your own free will and not by pressure, and when you are not doing it driven by curiosity but by desire. Remember that your time should be respected and no one should pressure you to do something that you are not feeling prepared for.” (https://www.vibracoes.co.mz/sexo-no-namoro/)</p> <p>“What should I know before I start having sex? The most important thing to know is that in a sexual relationship there is a chance that you will contract an STI (sexually transmitted infection), HIV or even becoming pregnant without wanting to. For this reason, you should use condoms in all sexual relations, and inform yourself about contraceptive methods so that you can have a healthy sex life.” (https://www.vibracoes.co.mz/sexo-no-namoro/)</p>
<p>9. FAILS TO ESTABLISH ABSTINENCE AS THE EXPECTED STANDARD</p> <p><i>Fails to establish abstinence (or a return to abstinence) as the expected standard for all school age children. May mention abstinence only in passing.</i></p>	<p>“Can I still have sex with HIV? Yes, you can. Even if you are HIV positive, you can have sex without worrying about passing HIV on to your partner. There are a few ways to do this:</p> <ol style="list-style-type: none"> 1. Using a condom – One way to prevent HIV transmission is to use a condom whenever you have sex. If you use the condom correctly, it will keep your partner safe from HIV. 2. Taking PrEP – Your partner can also protect themselves by using PrEP. It is a daily pill that is also highly effective in preventing HIV. You can take PrEP consistently and in the way you have been told, your doctor can

<p><i>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.</i></p>	<p>help you with this. Remember that PrEP does not offer protection against other STIs or unwanted pregnancies.</p> <p>3. Undetectable = Untransmittable (I = I) – If you take your HIV medication every day, you can also protect your sexual partners from HIV. If you take the medication correctly, the virus will reach a point where it can no longer be detected in you and you will not be able to pass it on to others. We call this viral suppression.” (https://www.vibracoes.co.mz/hiv-sida-sexo-tendo-hiv/)</p> <p>“PrEP is only for people who are not living with HIV and are at higher risk of infection. Men, women and transgender people can use PrEP. PrEP may also be a good option for you if:</p> <ul style="list-style-type: none"> • Your sexual partner is living with HIV; • You are in a sexual relationship and do not know your partner's HIV status; • You are a teenager and young person aged 15-24 at risk; • You are transgender or a man who has sex with men and has multiple partners; • Do you share equipment such as blades and other sharp instruments in work or non-work contexts; • You are a sex worker.” (https://www.vibracoes.co.mz/o-que-e-prep/) <p>“There are several ways to protect yourself from HIV, which include:</p> <ul style="list-style-type: none"> • Choose low-risk sexual acts, such as masturbation, whenever you are unsure about your partner's health; • Always use protective barriers, such as condoms, during oral and penetrative sex; • Restrict your sexual activity within a mutually monogamous relationship and limit the number of partners; • Take the test at least every time you start a new relationship and ask your partner to do the same; • Use preparation; • If you think you have been exposed, you can take PEP [sic] within 72 hours at the nearest Health Facility; • Do not share sharp objects, such as needles and syringes • If you follow these rules consistently, you will be able to enjoy sex and at the same time reduce the chances of infection to almost zero.” (https://www.vibracoes.co.mz/como-faco-para-me-proteger-do-hiv/)
<p>10. PROMOTES TRANSGENDER IDEOLOGY</p> <p><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</i></p>	<p>“Gender identity has to do with how you identify, as a woman or a man. Gender identity can be:</p> <ul style="list-style-type: none"> • Transgender: When you are born female but identify [sic] as a woman, or do not feel like a woman. Or when you are born male but you don't identify as a man or you don't feel like a man. • Cisgender: When you are born with the female and feel like a woman, or you are born male and feel like a man, it is said that you are cisgender...” (https://www.vibracoes.co.mz/orientacao-sexual-e-identidade-de-genero/)

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.

“So let’s get to know some terms...

- **Transvestite:** If you feel like a girl but you were born a boy or you feel like a boy but you were born a girl and you don’t want to change your genitals, then you are a transvestite.
- **Transsexual:** If you feel like a girl but were born with a penis or you feel like a boy but were born with a vagina and you want to have surgery to change the genital organ. Then you are transsexual...
- **LGBT:** Acronym that represents the movement of Lesbians, Gays, Bisexuals, Transvestites, Transsexuals and other orientations.” (<https://www.vibracoes.co.mz/qual-e-a-minha-orientacao-sexual/>)

“**What it means to be a trans woman:** Trans is a term used to refer to a person who does not identify with the gender assigned at birth. Therefore, a trans woman is a person who was born with a penis and therefore was assigned the male gender when he was born, however that person does not feel like a man but as a woman, despite having a penis, testicles, and other masculine characteristics.” (<https://www.vibracoes.co.mz/mulher-trans/>)

“Generally, a trans woman does not feel comfortable with the body she was born in and the gender she was given when she was born, and **may resort to surgery to have the body she wants**. Surgery or other treatments usually consist of placing breasts, removing the penis, creating hair and doing feminine hairstyles, wearing makeup, etc.” (<https://www.vibracoes.co.mz/mulher-trans/>)

“**Being a trans woman is not the same as being gay.** A gay man is a man who feels like a man and identifies as a man, but likes other men. While a trans woman feels like a woman and identifies as a woman, even though she was born with masculine characteristics.” (<https://www.vibracoes.co.mz/mulher-trans/>)

“**What it means to be a trans man:** Trans refers to a person who does not identify with the gender they were assigned at birth. Therefore, a trans man is a person who was born with a vagina and was therefore assigned the female gender when he was born, however this person does not feel like a woman but like a man, despite having a vagina, breasts, and other feminine characteristics.” (<https://www.vibracoes.co.mz/homem-trans/>)

“Generally, a trans man does not feel comfortable with the body he was born in and the gender he was given when he was born, and **may resort to surgery to have the body he wants**. Surgery or other treatments usually consist of removing the breasts/breasts [sic]; eliminating hair, training to increase muscles, etc.” (<https://www.vibracoes.co.mz/homem-trans/>)

“**Being a trans man is not the same as being a lesbian.** A lesbian is a woman who feels like a woman, identifies as a woman, but likes other women. While a trans man feels like a man and identifies as a man, even though he was born with feminine characteristics.” (<https://www.vibracoes.co.mz/homem-trans/>)

	<p>“You feel like a girl, but you were born as a boy or you feel like a boy, but you were born as a girl. So, you are transgender. The opposite of transgender is cisgender, which is any person who identifies with the body in which they were born.” (https://www.vibracoes.co.mz/sentindo-se-transgenero/)</p> <p>“You don’t choose to be a transgender person. It is normal for you not to behave in a way that corresponds to your gender. However, many do not feel safe to do so out of fear or shame. The way you express your identity doesn’t change your identity inside from within. And that doesn’t make your feelings of identity any less true.” (https://www.vibracoes.co.mz/sentindo-se-transgenero/)</p> <p>“You have the right to choose whether or not you want to transition and that means you’re going to make the decision to live in a way that aligns more closely with your identity. There are different ways to make the transition:</p> <ul style="list-style-type: none"> • Change your appearance: This can include changing the type of clothing you choose to wear or making different decisions about makeup. • Change your name: You can choose to change the name by which you are called by others and/or on your identification documents. • Changing your body: This may include taking medication and/or having surgery to change parts of your body.” (https://www.vibracoes.co.mz/sentindo-se-transgenero/)
<p>11. PROMOTES CONTRACEPTION/ABORTION TO CHILDREN</p> <p><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></p> <p><i>May encourage the use of contraceptives, while failing to present failure rates or side effects.</i></p>	<p>“Here are some tips to ensure you have a safe abortion:</p> <ul style="list-style-type: none"> • Find out about the criteria for accessing abortion services by visiting the link in the abortion law; • You can decide to abort using pills that you can get through DKT; • You can also search for a hospital closer to you or an Intimo clinic closer to you.” (https://www.vibracoes.co.mz/decidi-fazer-um-aborto-por-onde-omeco/) <p>“When you arrive at the Health Unit you will be referred to the health professional who will be responsible for the procedure where:</p> <ul style="list-style-type: none"> • You will do an exam to find out how long you are pregnant; • A blood test to find out your health status; • You will receive advice on Family Planning where you can choose the method to use after the procedure; • You will be given a consent form that you must read and sign and if you are a minor, your companion will also sign as a witness; • The healthcare professional will give you a prescription that you must follow according to the recommendation that will be given to you. <p>Attention: Make sure you bring your ID with you or if you are a minor, go with someone older who is responsible for you.”</p> <p>(https://www.vibracoes.co.mz/decidi-fazer-um-aborto-por-onde-omeco/)</p> <p>“Abortion can be:</p> <ul style="list-style-type: none"> • Spontaneous – When the interruption of pregnancy happens without your will. Whether due to a health problem, accident or other factors. • Induced – When you are the one who decides to voluntarily terminate

the pregnancy and looks for ways to do so.”

(<https://www.vibracoes.co.mz/perguntas-frequentes-sobre-aborto/>)

“**Is abortion safe?** Yes, abortion done with medical monitoring at the health center and before 12 weeks (three months) is safe. So don't do anything alone, look for a healthcare professional to support you.”

(<https://www.vibracoes.co.mz/perguntas-frequentes-sobre-aborto/>)

“There are **several reasons that lead people to have an abortion**, the main ones are:

- Sexual violence – When the pregnancy is the result of a forced sexual relationship.
- **Teenage pregnancy** – The adolescent who became pregnant is not prepared, psychologically and physically, to manage a pregnancy and a newborn, and may even be studying;
- **Unwanted or unplanned pregnancy** – It is the one that was not programmed by the couple or the woman, and as an alternative prefers abortion;
- Poverty – Sometimes the partners do not have the financial conditions to buy food, clothes, pay for school for the child, etc.”

(<https://www.vibracoes.co.mz/perguntas-frequentes-sobre-aborto/>)

“**Can a teenager have an abortion? Yes you can.** As long as you are accompanied by a person in charge or someone over 18 years of age.”

(<https://www.vibracoes.co.mz/perguntas-frequentes-sobre-aborto/>)

“**Safe abortion is a service that can be done** in the health units of the national health system **for free**... You may feel pain if the abortion is clandestine, done without any follow-up and many times the woman does it alone, but if it is in an accredited hospital with the right follow-up and the right medication, the pain is less and for some women it may not even exist.”

(<https://www.vibracoes.co.mz/perguntas-frequentes-sobre-aborto/>)

“Emergency methods are methods that can be **used to prevent pregnancy in an emergency situation** or failure to use a contraceptive method. Emergency methods only work if the woman is not yet pregnant. In this case, they do not interrupt a pregnancy or harm a developing baby.”

(<https://www.vibracoes.co.mz/metodos-de-emergencia/>)

“Any girl who is sexually active and who has had unprotected sex and does not wish to become pregnant **can use an emergency contraceptive method.**”

(<https://www.vibracoes.co.mz/metodos-de-emergencia/>)

“**When to use?**

- When **no contraceptive was used during sexual intercourse** due to failure;
- In cases of rape or forced sex when the woman was not protected by an effective contraceptive method;

- When there is a failure of the contraceptive method or incorrect use;
- **Condom breakage**, slippage or incorrect use”
(<https://www.vibracoes.co.mz/metodos-de-emergencia/>)

“Have you heard about some **methods that are used to prevent pregnancy**? These methods are called contraceptives. You can use them if you have already started having sex and do not want to become pregnant. There are many options for contraceptive methods.” (<https://www.vibracoes.co.mz/metodos-contraceptivos/>)

“**What are these methods?**

- Male condom
- Female condom
- Daily pill
- Implant
- Injection
- IUD” (<https://www.vibracoes.co.mz/metodos-contraceptivos/>)

“You can find these methods **for free at the health center**. But you can also find some of these in pharmacies, such as condoms and pills... You may be confused about which method you should use. Don’t worry! Look for a health center near you. There you will find a health professional who will **recommend the best method**.” (<https://www.vibracoes.co.mz/metodos-contraceptivos/>)

“You can use contraceptives as soon as you **want to start your sexual life**. You can look for a health professional to better guide you. Remember – the **use of contraception is your reproductive right**. And it allows you to better plan your family and your future.” (<https://www.vibracoes.co.mz/metodos-contraceptivos/>)

“**Depo is an injection** given to women every 3 months and serves to prevent pregnancy... The Depo injection is a hormonal method, this means that it releases hormones so that you do not get pregnant.”
(<https://www.vibracoes.co.mz/o-que-e-injeccao-depo-provera/>)

“The injection is **99% safe in preventing pregnancy** if used correctly. If you decide to use the injection as your method of preventing pregnancy, you should visit a health center, as only a health professional can bite [sic] the injection from you.” (<https://www.vibracoes.co.mz/o-que-e-injeccao-depo-provera/>)

“**Implant** – It is a type of long-lasting method that is placed on the surface of the skin under the arm. The implant is made up of a plastic chopstick the size of a matchstick... When used correctly, the implant has a **very high chance of preventing pregnancy**. However, it does not prevent STIs and HIV and AIDS, so you have to use it together with the condom.”
(<https://www.vibracoes.co.mz/implante/>)

“**Intrauterine Device (IUD)** – It is a small T-shaped device that is placed in the

	<p>girl's uterus to prevent pregnancy. It is made of plastic and can be covered in copper." (https://www.vibracoes.co.mz/dispositivo-intra-uterino-diu/)</p> <p>"What are the advantages of using the IUD?</p> <ul style="list-style-type: none"> • The IUD is effective in preventing pregnancy; • Protection against pregnancy begins as soon as the copper IUD is placed; • You can't feel the IUD during sexual activity; • Its duration is up to 10 years of protection." <p>(https://www.vibracoes.co.mz/dispositivo-intra-uterino-diu/)</p>
<p>12. PROMOTES PEER-TO-PEER SEX ED OR SEXUAL RIGHTS ADVOCACY</p> <p><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></p>	<p>No evidence found.</p>
<p>13. UNDERMINES TRADITIONAL VALUES AND BELIEFS</p> <p><i>May encourage children to question their parents' beliefs or their cultural or religious values regarding sex, sexual orientation or gender identity.</i></p>	<p>(https://www.vibracoes.co.mz/orientacao-sexual-e-identidade-de-genero/)</p> <p>"We are here to give you honest information about your health, sex, relationships, contraceptives and STIs, including HIV, so you can make the best decisions!" (https://www.vibracoes.co.mz/)</p>
<p>14. UNDERMINES PARENTS OR PARENTAL RIGHTS</p> <p><i>May instruct children they have rights to confidentiality and privacy from their parents. May teach children about accessing sexual commodities or services,</i></p>	<p>No evidence found.</p>

<p><i>including abortion, without parental consent. May instruct children not to tell their parents what they are being taught about sex in school.</i></p>	
<p>15. REFERS CHILDREN TO HARMFUL RESOURCES</p> <p><i>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.)</i></p> <p><i>Please Note: A conflict of interest exists whenever an entity that profits from sexualizing children is involved in creating or implementing sex education programs.</i></p> <p><i>(For more information on how Planned Parenthood sexualizes children for profit see www.WaronChildren.org and www.InvestigateIPPF.org)</i></p>	<p>“Where can I find lubricants for masturbation? Lubricants can be found in health centers, youth associations such as: Coalition, AMODEFA, PATHFINDER, LAMBDA, etc.” (https://www.vibracoes.co.mz/entendendo-a-masturbacao/)</p>