





Inside & Out: The Elements of Comprehensive Sexual Education

The “[Inside & Out](#)” assessment tool—established by UNESCO and International Planned Parenthood Federation (IPPF)—provides a revealing inside look at the elements of CSE programs. The list of criteria clearly shows that CSE programming is designed to promote sexual rights and sexual pleasure to children at the expense of sexual health. The list can be accessed by clicking on the “Content” tab at the bottom of the excel spreadsheet found at: <https://www.ippf.org/sites/default/files/2016-07/Inside%20%26%20Out%20-%20CSE%20assessment.xlsx>

From choice, a world of possibilities


Western Hemisphere Region

United Nations
Educational, Scientific and
Cultural Organization

JAPAN
Supported by
Japanese Funds-in-Trust
to UNESCO

Inside & Out

A comprehensive sexuality education assessment tool



Comprehensive, gender-sensitive, rights-based sexuality education (CSE) is an essential component of IPPF’s youth programme strategy.

This tool is available in English, Spanish and French.

Developed in partnership with UNESCO, IPPF’s CSE assessment tool *Inside & Out* enables Civil Society Organisations **to assess the quality and comprehensiveness of their CSE programmes** so that they can deliver high-quality rights-based CSE to adolescents and young people, especially in non-formal education settings. It includes analysis of language and messaging, programme development, educator training, interventions and national level health, demographic and social data, with a strong gender focus. The standards are based on IPPF’s *Framework for Comprehensive Sexuality Education* and the content assessed relates to IPPF’s seven components of CSE including; gender, SRH and HIV, sexual rights and citizenship, pleasure, violence, diversity and relationships. The tool also reflects IPPF and Pop Council’s *It’s All One Curriculum*.

Content in CSE Materials

What are the elements of CSE that are included in the materials?

It's All One unit	Component of IPPF CSE Framework	Which of the following topics or learning objectives are included in the CSE materials?
SEXUAL RIGHTS ARE HUMAN RIGHTS	Sexual rights & citizenship	Sexual rights are human rights that relate to people's sexuality
	Sexual rights & citizenship	Understanding the 10 rights in IPPF's sexual rights declaration (right to equality, right to participation, right to life and to be free from harm, right to privacy, right to personal autonomy and to be recognized as an individual before the law, right to think and express oneself freely, right to health, right to know and learn, right to choose whether or not marry or have children, right to have your rights upheld)
	Sexual rights & citizenship	Sexual rights apply to young people
	Sexual rights & citizenship	Examples of national laws and local policies that affect young people's sexual and reproductive life: abortion, HIV transmission, age of consent, age of marriage, sexual orientation, etc.
	Sexual rights & citizenship	Examples of people or institutions to go to or call if someone's sexual rights are violated
	Diversity	Recognizing the range of diversity in our lives (e.g., faith, culture, ethnicity, socio-economic status, ability/disability, HIV status and sexual orientation);
	Sexual rights & citizenship Violence Diversity	Discrimination is any unjust or unequal treatment based on a person's ethnicity, appearance, behaviour, gender or sexual identity or other personal characteristics, including HIV status
	Sexual rights & citizenship	How to recognize cultural and religious beliefs that support sexual rights and those that violate sexual rights
	Sexual rights & citizenship Diversity	Reflection on what it means to respect the rights of other people whose lives and lifestyles may be different to one's own
	Sexual rights & citizenship	Exploration of personal feelings, attitudes and perspectives about violations of sexual rights and their consequences
	Sexual rights & citizenship	How to speak and communicate effectively about your ideas related to equality, discrimination and other aspects about human rights
GENDER	Gender	The difference between sex and gender, including exploration of different expressions of masculinity and femininity
	Gender	How gender norms are learned and based on contextual, societal, cultural and political factors and can change over time
	Gender Diversity	Definitions of sexual diversity, sexual orientation (GLBTQ), and gender identity. An explanation that gender identity is distinct from sexual orientation.
	Gender Sexual rights & citizenship Violence	The negative consequences of gender inequality on sexual and reproductive health, opportunities to access education, civic participation, employment opportunities – for example, gender-based violence, child marriage and female genital mutilation
	Gender SRH & HIV	How gender norms can negatively affect the sexual and reproductive health of both men and women
	Gender Violence	Understanding gender-based violence as any form of violence against women, girls or individuals who do not conform to dominant gender norms
	Gender Violence	Where and how young people can find support and seek help if they experience gender-based violence
	Gender	How young men can play an important role in supporting women's sexual and reproductive health and rights
	Gender	Young men have specific sexual and reproductive health needs of their own
	Gender	Reflections about the gender norms and stereotypes in one's context
	Gender Violence	Reflections on personal attitudes and beliefs about intimate partner violence and sexual coercion
	Gender Diversity	Reflections on personal attitudes and beliefs about sexual orientation
	Gender	Reflection on how gender norms affect self-esteem and feelings of security
	Gender	Skills to analyse one's social context

Content in CSE Materials

What are the elements of CSE that are included in the materials?

It's All One unit	Component of IPPF CSE Framework	Which of the following topics or learning objectives are included in the CSE materials?
SEXUALITY	Sexual rights & citizenship	Sexuality is an integral part of being human for all people throughout their lives
	Pleasure	All young people have sexual rights, whether or not they are sexually active
	Sexual rights & citizenship	How sexual norms are linked to gender stereotypes and often have a 'double standard' for boys and girls
	Gender	Understanding consent and abuse in terms of sexual activity
	Sexual rights & citizenship	All forms of non-consensual sexuality activity are forms of violence
	Violence	Young people living with HIV can live fulfilling, happy and healthy lives
	Sexual rights & citizenship	Sexual pleasure is experienced differently for different people and encompasses more than physical stimulation or orgasm
	Violence	Body parts and physiological processes that play a role in sexual pleasure
	SRH & HIV	Safer sex can increase pleasure because there is less anxiety about unintended pregnancy, STIs and HIV transmission
	Pleasure	Masturbation is acknowledged as a safe, enjoyable, and widely practiced way to experience sexuality for young men and women
	Diversity	Explore the concepts of respect, mutuality, and enjoyment as they apply to sexual relationships; true sexual pleasure is mutual
	Pleasure	Reflect on ways to promote and protect positive approaches sexuality
	SRH & HIV	Reflection on personal feelings, motivations and experiences about sexual decision-making
	Pleasure	Reflections on one's own understanding of pleasure in broad terms
	Pleasure	Communication skills to speak openly about sexuality and pleasure
	Sexual rights & citizenship	How to conduct critical evaluation of mass media's messaging about sexuality
INTERPERSONAL RELATIONSHIPS	Relationships	Different types of relationships (e.g., family, friends, sexual, romantic, etc.)
	Relationships	Examples of different types of family relations and structures
	Diversity	Healthy relationships are built on respect, equality, open communication and mutual consent
	Relationships	How unequal power dynamics between people lead to unhealthy relationships
	Relationships	How societal or cultural factors support or violate the right of every young person to be in relationships
	Sexual rights & citizenship	Examples of challenges that young people may face in intimate relationships and how to address them, including violence and how to end a relationship
	Relationships	Understanding different types of violence (physical, emotional, mental, etc.)
	Violence	Bullying and sexual harassment are forms of violence
	Relationships	Reflections about the nature of one's relationships and the kind of relationships that one wants to have in one's own life
	Violence	Reflections on what types of traits are common in healthy and unhealthy relationships
	Relationships	Identify what one believes to be their sources of power and powerlessness and how to bring these perceptions into their interpersonal relationships
	Relationships	Skills on how to make one's own decisions when faced with peer pressure
	Relationships	Effective communication skills to discuss sex and sexual health with partners
	Relationships	Reflections on how age discrepancies in relationships (ex: older men dating young girls) contributes to unequal power dynamics
	Relationships	Skills for conflict resolution within individual relationships in community settings (e.g. schools)
	Violence	Reasons why it is important to develop effective communication skills to discuss sexuality, rights, relationships
COMMUNICATION & DECISION-MAKING	SRH & HIV	Reflections about your own and others' level of maturity and comfort in communicating with a partner about intimate experiences
	Relationships	Basic skills for effective communication
	Relationships	Skills to confidently communicate one's desires and limits in relationships, including about sexual activity
	Relationships	Skills to communicate condom use and contraceptive use
	SRH & HIV	Basic steps to decision-making
	Relationships	Reflections on how to overcome barriers to access condoms or sexual and reproductive health services
	Relationships	
	SRH & HIV	
	SRH & HIV	

Content in CSE Materials

What are the elements of CSE that are included in the materials?

It's All One unit	Component of IPPF CSE Framework	Which of the following topics or learning objectives are included in the CSE materials?
BODY, PUBERTY, & REPRODUCTION	SRH & HIV	The life cycle including physical and social changes at puberty, reproductive age, menopause, etc.
	SRH & HIV	Female and male reproductive systems and how human reproduction takes place; diversity in sexual organs
	SRH & HIV	What happens during pregnancy (for the woman and foetal development)
	SRH & HIV	Reflections about the importance of respecting one's body and other people's bodies
	SRH & HIV	Reflections about body image and the impact on self-esteem
	SRH & HIV	Strategies to build self-esteem
SRH INCLUDING HIV	SRH & HIV	Different contraceptive methods (including barrier, hormonal, behavior-based, permanent, emergency contraception, and condoms)
	SRH & HIV	Examples of places where young people can access different contraceptive methods
	SRH & HIV	Options if confronted with an unintended pregnancy, including different types of safe abortions
	SRH & HIV	Reasons why a woman might decide to terminate a pregnancy
	SRH & HIV Sexual rights & citizenship	Understanding national laws that regulate access to abortion
	SRH & HIV	Sexually transmitted infections: different types, transmission (including mother-to-child), symptoms, protection, treatment
	SRH & HIV	How HIV is transmitted (including mother-to-child)
	SRH & HIV	What "voluntary HIV counselling and testing" refers to and where to access these services
	SRH & HIV	What anti-retroviral therapy refers to
	SRH & HIV	Living with HIV, including care and support for young people living with HIV
	SRH & HIV	How condoms offer dual protection against pregnancy and HIV and AIDS
	SRH & HIV	Non-sexually transmitted reproductive tract infections (RTIs)
	Diversity Sexual rights & citizenship	Young people have the right to access services and education that are tailored to their diverse realities
	SRH & HIV Gender	Reflections on the impact of gender inequality on STI & HIV transmission and unintended pregnancy
	SRH & HIV Relationships	Reflections on feelings and attitudes about disclosure of HIV or STI status
	SRH & HIV Sexual rights & citizenship	Reflections on feelings about contraceptive and condom use, including how it can affect sexual relationships (negatively and positively)
	SRH & HIV Relationships	Reflections on feelings, values and attitudes about abortion
	SRH & HIV	How to use condoms (male and female)
ADVOCACY FOR SRHR	Sexual rights & citizenship	How youth participation can improve policies and programmes related to youth sexual and reproductive health and rights
	Sexual rights & citizenship	Different strategies to challenge discrimination or injustice in your individual life, communities, national or global level
	Sexual rights & citizenship Diversity	Examples of the roles that everyone can play to support people living with HIV and to end stigma and discrimination
	Sexual rights & citizenship	Reflections on one's own biases and prejudices and motivations to change
	Sexual rights & citizenship	Reflections on experiences and feelings in trying to promote sexual health, human rights or gender equality
	Sexual rights & citizenship	How to research a concern about sexual health, human rights or gender equality
	Sexual rights & citizenship	How to develop and implement an action plan to undertake an activity that contributes to a more just world

Content in CSE Materials

What are the elements of CSE that are included in the materials?

It's All One unit	Component of IPPF CSE Framework	Which of the following topics or learning objectives are included in the CSE materials?
MESSAGING		Could the content in the CSE materials lead to the following conclusions?
	Sexual rights & citizenship Relationships	Pregnancy out of marriage only has negative consequences for young women
	SRH & HIV	Having an abortion usually leads to negative health outcomes
	Gender Sexual rights & citizenship	No one should be discriminated against based on his or her gender, sexual expression, or sexual orientation
	Gender	When girls wear certain types of clothing, it encourages men to harass or assault them
	Gender	Young women need to learn to say no since boys always want sex
	SRH & HIV	HIV and AIDS are a death sentence
	Gender SRH & HIV	Gender inequality increases women and girls' risk of HIV and STI infection and unintended pregnancy
	Sexual rights & citizenship Pleasure	Having sex outside of marriage results in feelings of guilt and shame
	Relationships	Relationships are a choice. No one should ever be forced into a relationship against their will
	Sexual rights & citizenship Sexual rights & citizenship Pleasure	Everyone should be able to enjoy their sexuality, including young people
	SRH & HIV	Because of the risks of STIs/HIV and unwanted pregnancy, it's best for young people not to have sex
	Sexual rights & citizenship	Having an abortion almost always results in feelings of guilt and shame
	Sexual rights & citizenship Pleasure	Young people with multiple sexual partners are promiscuous
	SRH & HIV Pleasure	Abstinence is the best option for young people
	SRH & HIV	Within sexual relationships, each of us has the right to protect ourselves and the responsibility to protect our partners from infection with STIs and HIV and unintended pregnancy
	Gender Diversity	LGBTI people are sinners, immoral or unnatural, or need treatment
	SRH & HIV	All young people have the right to access a range of effective contraceptive methods and must be able to choose which method is best for them
	Sexual rights & citizenship	HIV transmission is linked to "immoral" behaviours so anyone who is living with HIV is immoral or has engaged in immoral behaviours