

# COMPREHENSIVE SEXUALITY EDUCATION

## Comprehensive Sexuality Education

helps young people to acquire accurate information, develop life skills, and nurture positive attitudes and values with a rights-based perspective. It empowers young people to make informed decisions to protect themselves from sexually transmitted infections, sexual and gender-based violence and unintended pregnancies. CSE increases self-esteem, responsible decision-making and helps young people to develop a safe and satisfying sexual lives.



## The importance of CSE

### A pillar in gender-transformative education

CSE helps build a safer, inclusive society and is integral to sustainable development. It is also:

- an early intervention strategy to address gender inequality, sexual, gender-based and intimate partner violence, early and unintended pregnancies, and the spread of STIs.
- integral to improving the health and rights of adolescents and youth, including those with disabilities.
- an enabler of a shift towards gender-positive attitudes and increased knowledge of rights for young people, especially girls to make autonomous decisions about their bodies, sexuality, and reproduction.



# Delivering sexuality education in humanitarian settings

**The pandemic along with typhoons and other disasters** disrupted access to services in The Philippines, especially for young people. But CSE is still essential in protracted emergencies, alongside high-quality services to address young people's needs and aspirations.

The Family Planning Organization of the Philippines (FPOP) invests in and works with young people to deliver CSE in formal and informal settings, training youth volunteers alongside staff to deliver these services in Reproductive Health Medical Missions. In a three-month period during the COVID-19 quarantine, FPOP was able to deliver sexual and reproductive healthcare



and information through the Minimum Initial Service Package (MISP) to 1,759 vulnerable people

including 747 youth aged 10-24 years old.

## ESEAOR Delivers

**The Rohingya people, ethnic and religious minority group** in Myanmar, have faced decades of persecution and violence at the hands of the military government and religious extremists. The Federation of Reproductive Health Associations Malaysia (FRHAM) has worked to provide primary care, sexual and reproductive health (SRH) care and comprehensive sexuality education for displaced persons in Malaysia.

The CSE sessions under this project were tailored in

consultation with the Rohingya community, including leaders, teachers, and parents. The sessions covered a range of topics based on the Reproductive Health of Adolescents Module (RHAM) such as anatomy, puberty, healthy relationships, contraception, and sexually transmitted infections (STIs). Feedback from the trainers and participants showed that the sessions had helped young Rohingya boys and girls, most of whom had no prior knowledge of SRH, to gain accurate knowledge and skills to make informed decisions about

their SRH needs. The sessions were delivered in a culturally sensitive and respectful way, with an emphasis on open communication and non-judgmental attitudes. The young participants expressed that these sessions provided a safe and supportive environment for them to learn about their bodies, emotions, and behaviours. Through this project, FHRAM provided 90 CSE sessions to 1,006 young people (Rohingya Refugees) and of these, 982 young people received quality assured CSE.



# CSE across the region in 2021

## In 2021, despite the movement restrictions and school closures

due to the COVID-19 pandemic, ESEAOR delivered and enabled comprehensive sexuality education to 31 million young people aged 24 and below (decreasing 4.9 million or 18% from 2019). This includes 22.19 million young people who received CSE from the China Family Planning Association (CFPA), representing 99% of the regional total. Other MAs that reached significant numbers are Lao, Vietnam, Cambodia and Australia.

# 31 M

young people  
completed quality  
CSE programmes

# 71 K

youth peer  
educators trained

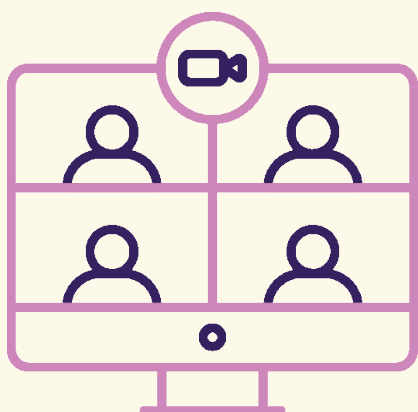
# 7.5 K

educators trained  
to provide CSE

Despite a regionwide decrease in the provision of CSE, the Member Associations (MA) in the Pacific increased their CSE provision, as many trained peer educators were mobilized in the COVID-19 and humanitarian responses, conducting awareness sessions,

and referring young people during mobile outreach activities.

The number of educators trained by MAs to provide CSE to young people or to provide CSE training to other educators was 7,500.



## Digital platforms

**The provision of Comprehensive Sexuality Education** continued during the pandemic and many MAs turned to digital learning platforms to deliver CSE, a good way to engage young people, particularly those who have

difficulties attending conventional classrooms. IPPF has been piloting CSE modules using the Moodle platform in selected Asia-Pacific countries, as the platform provides a flexible learning mode to the user who can learn at their own pace.

## Digital Sexuality Education in Hong Kong

**The Family Planning Association of Hong Kong (FPAHK)** has strong relationships with local schools. During the pandemic, they quickly reviewed program content and incorporated interactive elements to transform school-based programs into online programs conducted on Zoom or Teams. FPAHK make good use of the social media platforms to deliver a variety of programs, such as

Facebook Live, online parent talk, online book fair, and share posts with online content creators. Funding was also obtained to improve a current mobile app game on love and intimacy titled, "Making Smart Choices", jointly developed with Faculty of Education at The University of Hong Kong. The game can also be integrated into the school curriculum in courses such as Social Studies and 'Life and





## What is IPPF?

The International Planned Parenthood Federation is a locally-led, globally connected civil society movement, delivering sexual and reproductive healthcare and fighting for sexual and reproductive rights.

IPPF ESEAOR is based in Kuala Lumpur, Malaysia and is one of IPPF's six (6) regional offices, with a sub-regional office in Suva, Fiji.



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