



**Comprehensive
Sexuality Education
equips young people
with the information
needed to protect
their dignity, health
and well-being, and is
integral to advancing
gender equality
and empowering
young people.**

While maintaining its cultural relevance, the 7 essential and evidence-based components of CSE* are—

*IPPF Framework for Comprehensive Sexuality Education (CSE), 2010

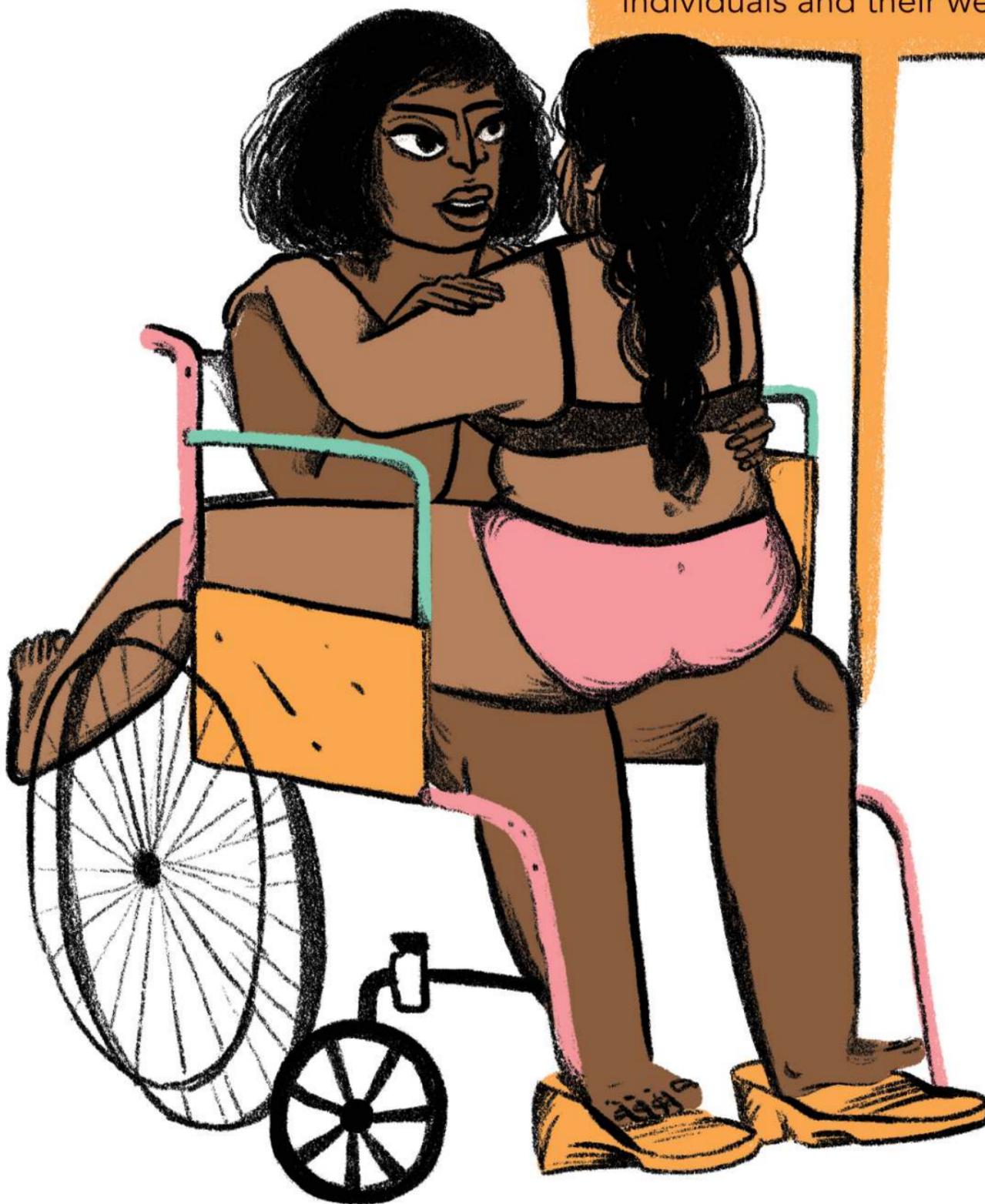
KNOW YOUR BODY

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KNOW YOUR RIGHTS

SEXUAL RIGHTS AND CITIZENSHIP

Discussion about national and international laws on sexuality, sexual identities, choice of sexual partners and consent is essential. This should include learning how laws and social barriers intersect with access to health services and rights and in turn shape society's ideas about these topics. CSE makes a strong case for state recognition and support for all individuals and their wellbeing.



DIVERSITY

CSE encourages us to develop a positive view of diversity and recognise and understand the range of diversity in our lives, particularly with respect to gender and sexual identity.



GENDER

Gender plays a huge role in how we're expected to think and behave. Stereotypes and stigma related to gender issues result in many inequalities, and rigid ideas about masculinity and femininity, which are important for us to know, reflect on, and address. Gender is also different from 'sex': this difference is another fundamental of CSE.



PLEASURE

CSE must have a positive approach to sexuality and sex. Conversation about intimacy, emotions, communication, sexualities and discussions around masturbation and healthy sexual desire is incredibly important to remove the stigma around these topics and encourage sexual well-being.



#KNOWYOURBODY

#KNOWYOURRIGHTS

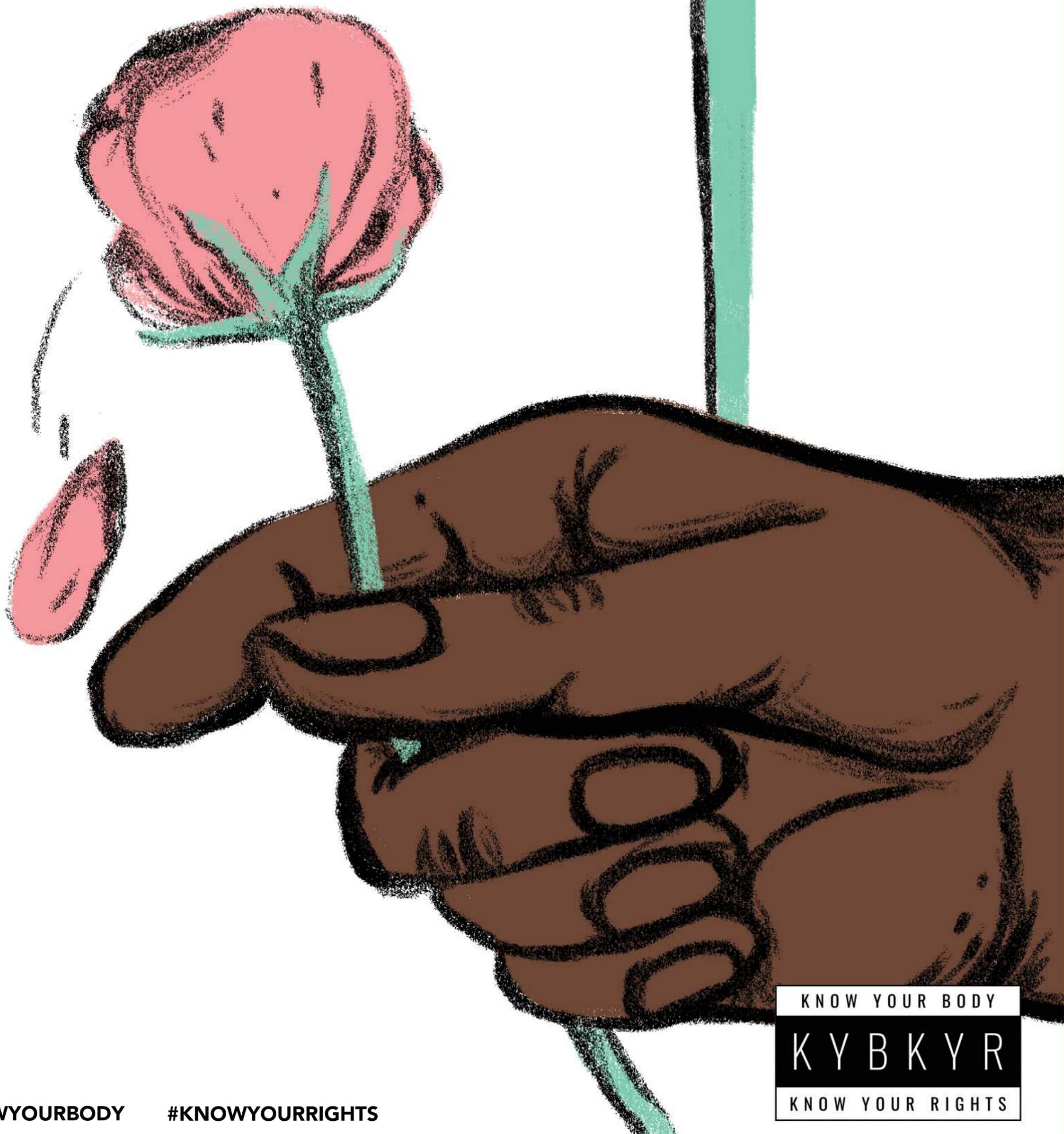
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RELATIONSHIPS

CSE helps building an understanding of different kinds of relationships. Being able to distinguish between what's healthy and unhealthy, being aware of power dynamics and the importance of communication in a relationship is important in order to make informed decisions.



SEXUAL AND REPRODUCTIVE HEALTH & HIV

Limited and inaccurate knowledge of our body anatomy and lack of conversation on reproductive and sexual health reduce our understanding to make informed decisions about our body, which can have adverse effects on our physical and mental health. CSE emphasizes that maintaining our sexual and reproductive health is an important part of our physical and mental wellbeing.



VIOLENCE

Recognising various forms and expressions of violence is vital knowledge. CSE encourages discussion around violence, around understanding the power and gender dynamics of sexual, emotional, and physical violence, and equips young people with the knowledge needed when faced with such situations.

