

## Call for partners for the project “It's all about sex”

multi measure focused on working on the topic of sexuality with teenagers

Dear colleagues,

we decided to create a project which provides the tools and the space to work on topic of sexuality with teenagers. We are going to apply for the deadline of the 1<sup>st</sup> of October 2015 with a multi measure which includes a training and a youth exchange and involves organizations that are working with youngsters aged 15 - 18.

### About us:

No Borders is a voluntary based association founded in August 2014 in Milan, Italy, spin-off of Joint Associazione di Promozione Sociale [<http://associazionejoint.org/>] and still connected with it. No borders has been created by youth workers and young volunteers, in order to have new opportunities to develop their own ideas and projects. Despite being a young organization its members are experienced in writing, organizing and implementing projects, such as youth exchanges and training courses, experience gained while working in Joint.

The aim of our association is to provide opportunities to young people, with a special focus for teenagers, in the field of international mobility and intercultural learning. The main purpose is to work on topics which serve the personal growth of youngsters, the development of their skills and competences and to foster their participation in society.

No Borders presented 2 projects in the past deadlines and both have been approved. The first one is a youth exchange about the impact of media on the society and on developing skills in the field of media. The second one is an exchange focus on rediscover and share local tradition.

### The needs:

We noticed that in the context of education with teenagers the topic of sexuality is treated often in a superficial way, not only in schools but as well in non-formal contexts. It is not exceptional that even the youth workers and trainers are affected by forms of confusion or ignorance on the subject of sexuality or that they have attitudes that stigmatize, even unconsciously, biological sex, gender expression and gender identity or sexual orientations other than their own. This can affect the quality of the content that is offered to young people and can be a risk of spread of stigmatization and generalizations that are already incredibly common. We believe that some of the reasons are lack of specific knowledge and fear to handle in a wrong way such a controversial theme.

It's important to consider that concerning sexuality, the teenager is continuously developing new ideas and feeling new impulses, which the youngster wants and needs to explore, this becomes not only a means to open new horizons, but also a way to create a new identity. This process should however be supported and guided in order to make it less traumatic. Leaving the teenager alone in going through sexuality could be unsafe both physically and psychologically.



Hence the importance of examining this issue, and not just pass over or treat it lightly; but talking about it and exploring it fully without creating traumas or shocks, adopting the methods that are more responsive to such a sensitive subject.

We also believe that would be interesting and illuminating compare each other about this topic, sharing working methods, ideas and opinions, and see how each culture react on this theme. This could be useful not only for the youth workers that will take part in the training but for the youngsters involved in the youth exchange as well, in order to become more open minded and increase knowledge about this topic, but also in order to understand how different culture handle it and learn something from each other, that's why we want to make a project which involve other countries.

### **The project:**

Training: It will be 8 days of training that will be implemented in the month of April 2016 and it will involve 6 organizations for a total of 24 participants.

2 of the 4 participants coming from each organization will be the leaders of the national groups during the exchange so it's important to choose somebody that will participate to the exchange as well because that will be the chance to put in practice what learned during the training; the other 2 participants will not come to the exchange, they will put in action what they learned during the training while organizing activities with teenagers in their local area.

The first part of the training will be focus on providing and sharing knowledge on the topic of sexuality and on methods for working with teenagers. We are planning to involve in the implementation of the program also local organization or/and professionals specialized on the topic of sexuality and teen-age, in order to increase the quality of the project.

The second part will be focused on learning and creating non-formal education tools as workshops, activities and games. The 2 participants who will come to the exchange as leaders will have the opportunity to start organizing the YE, to bring and discuss their proposals about activities, topics and working methods, choose the tasks they will take care of. The 2 participants per organization who will not come to exchange will organize an intermediate activity which will be implemented in their local area between the training and the exchange and they will share their ideas with the other participants in order to have feedbacks and advices.

During the training the youth workers will work on the following points:

- Characteristics of teen-age, issues, problems and needs related with this age and working methods.
- The topic of sexuality related with the following aspects: relation between cultural values and science- identity - health - pleasure - equality.
- How to use non-formal education on this topic.
- Create new workshops and activities on the topic of sexuality.

### intermediate activity:

- The 2 participants who won't come to the YE will organize an activity about the topic of sexuality with teenagers in their local area, the basis of the activity will be prepared in the TC and it will be focused on the needs of each local context and implemented according with the goals of each organization.
- The 2 leaders in national groups will organize an activity with the teenagers who will take part in the exchange aimed to understand the thoughts and the feelings about the topic "adolescence and sexuality" in their reality. The result will be used in the youth exchange. The structure for both this activities will be created during the training.

Exchange: It will include 48 participants (2 leaders who attended the training in April and 5 participants from each organization involved).

It will last 10 days and it will be implemented in July 2016.

The leaders will have the chance to practice the competences gained in the previous activity and they will facilitate workshops created during the training.

The teenagers involved as participants will have the chance to increase their knowledge on the topic of sexuality and consequently with topics that we believe are strictly related with it like the development of a personal identity, self confidence, relations and attitudes towards other people.

In this activity the topics will be treated in a way that take care of the specific needs and characteristics of the teenagers.

**Target:**

Partners:

**6 Organizations** which work on regular basis with teenagers in their local area.

Participants:

\* Training: **4 participants** per organization

a) Youth workers and volunteers who work with teenagers within organizations or youth centers.

Age 20+

b) Students of education science who want to acquire skills in non-formal education and work with teenagers. Age 20+

\* Exchange:

a) **2 leader** per organization who took part in the training.

b) **6 teenagers** per organization with different backgrounds and different perspectives on sexuality. 15 to 18 years old.

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**Deadline** for applying as partner: **15th of September 2015.**

