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NEWSLETTER #2

DEVELOPMENT OF THE PRACTICAL GUIDE COMPLETED

SexEd4all.

As part of the international Erasmus+ project **“SexEd4All – Sex Education for All: Training Service Providers to Support Autistic Individuals”**, the development of a practical guide on comprehensive sexuality education (CSE) for autistic individuals has been completed.

The guide combines contemporary scientific approaches with practical recommendations to ensure accessible and inclusive sexuality education that takes into account each individual's unique needs.

The key message of the guide is:
Everyone has the right to empowering, inclusive, and accessible sexuality education that affirms their autonomy and supports informed choices!

Project code: 2024-2-LU01-KA220-VET-000287191

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WHAT DOES THE GUIDE INCLUDE?

The guide consists of four thematic sections that combine the theoretical foundations of comprehensive sexuality education with practical tools for professionals.

Foundations of Comprehensive Sexuality Education (CSE)
Explores common misconceptions about sexuality among autistic people, as well as differences in sensory processing, social interaction, and communication that need to be considered when delivering sexuality education.

Understanding Autism in the Context of Sexuality
Outlines the fundamental principles of comprehensive sexuality education, grounded in respect for human rights, human dignity, equality, and diversity.

Tailored CSE to the specific needs of ASD individuals
Introduces practical teaching methods, activities, social stories, visual resources, and role-playing scenarios designed to address key topics in sexuality education.

A «How to» on core topics in Sexuality Education
Presents approaches to adapting educational content, teaching methods, and learning resources to accommodate the cognitive, sensory, and communication differences of autistic individuals.

The guiding principles throughout the publication are respect for human rights, human dignity, personal boundaries, and neurodiversity.

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FROM THEORY TO PRACTICE

SexEd4all

A key feature of the guide is its practical focus and direct relevance to professionals' work.

It provides guidance on using visual supports, social stories, role-playing activities, real-life scenarios, step-by-step instruction, and adapted educational materials.

These tools help professionals present sexuality education topics in clear and accessible ways while taking into account the individual characteristics and needs of autistic people.

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SEXUALITY EDUCATION ACCESSIBLE TO EVERYONE!

SexEd4all.

The development of this guide represents one of the outcomes of the international SexEd4All project, which aims to improve the accessibility and inclusiveness of sexuality education for autistic people.

The guide is founded on the principles of respect for human rights, human dignity, bodily autonomy, personal boundaries, and the right to receive accessible and understandable information.

Accessible sexuality education goes beyond acquiring knowledge.
It also helps individuals develop the skills to make informed decisions, respect personal boundaries, protect their own safety, and exercise their right to self-determination.

Learn more about the project: https://sexed4all.eu/

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