

Sexual Health in Sports

How to bring the message across ?

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Why sexual health education in sports ?

- Globalization and migration of populations with different cultural en religious background.
- Rapid spread of new media like internet, smartphones etc.
- Emerge and spread of HIV/AIDS and STI's
- Increasing concern about sexual abuse of children and adolescents
- Changing attitudes towards sexuality.
- Changing sexual behaviour among young people.

Definition of sexual health – WHO (2006)

- Sexual health is a state of ***physical, emotional, mental*** and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.
- Sexual health requires a ***positive and respectful approach*** to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.
- For sexual health to be attained and maintained, the ***sexual rights of all persons*** must be respected, protected and fulfilled.

Sexual health education in Europe

- ***Western European countries***
 - Sexual revolution in the 70's: modern reliable methods of contraception (pill), legalization of abortion, emancipation of women and emancipation LGBT.
 - Sweden (1955), Scandinavian countries (60's), Germany (1968), Austria (1970), Netherlands and Switzerland (70's), France and United Kingdom (90's), Portugal, Spain and Ireland (2003).
- ***Central and Eastern Europe***
 - Started after the fall of communism 20 to 30 years later then Western European countries. Forerunners: Czech Republic and Estonia.
 - Slowed down by emerge of conservatism political, cultural and religious.

Programmes of sexuality education (1)

- ***'Abstinence only' programmes***
 - Focus primarily or exclusively on abstaining of sexual intercourse before marriage.
 - Known as 'how to say no' or 'abstinence only' programmes.

- ***Comprehensive sexuality education***
 - Attention to 'safe sex practices'.
 - Consensual (sexual) relationship and intercourse.
 - Prevention of pregnancy and STI's by using contraception and condoms.
 - Including abstinence as option.

Programmes of sexuality education (2)

- ***Holistic sexuality education***

- Including comprehensive sexuality education but it has a wider perspective.
- Sexual development is seen as being part of the personal and sexual growth and development.
- Age appropriate and related to the developmental tasks of children and adolescents.
- Starting at the age 5 years when children are going to school until the age of 16/18 when adolescents leave school.
- Sexuality is seen as a valuable source of personal enrichment.

Outcome of sexuality education (1)

- To contribute to an ***open social climate*** that is ***respectful*** towards sexuality, various lifestyles, attitudes and values.
- To respect ***sexual diversity*** and ***gender differences*** and to be aware of sexual identity and gender roles.
- To empower learners to make ***informed choices*** and ***acting responsibly*** towards oneself and one's partner.
- To have ***knowledge*** about the human body, its development and functions, in particular regarding sexuality.
- To learn to ***express feelings*** and ***needs***, to experience sexuality in a pleasurable way and to develop one's own gender role and sexual identity.
- To have gained ***appropriate information*** about physical, cognitive, social, emotional and cultural aspects of sexuality, contraception, sexual coercion and prevention of STI's and HIV.

Outcome of sexuality education (2)

- To have the necessary live **skills** to deal with all aspects of sexuality and relationships.
- To have **information** about access to counselling and medical services particularly related to sexuality.
- To **reflect** on sexuality and diverse **norms** and **values** with regards to **human rights** in order to develop one's own critical attitude.
- To be **able** to build sexual relationships in which there's **mutual understanding** and **respect** for one another's needs and **boundaries** and to have equal relationships. This contributes to the **prevention** of **sexual abuse and violence**.
- To be able to **communicate** about sexuality, emotions and relationships and have the necessary language to do so.

Framework of integrated policy on sexual health

- ***Prevention***
 - Holistic approach of sexuality education.
 - Safe pedagogical and educational climate in the sports club.
- ***Intervention***
 - React and act when there are signals, incidents or complains.
 - Take measures when it's necessary.
 - Intervene in crisis situations.
- ***Recovery***
 - Learn from incidents and crisis situations.
 - Taking care for victims and perpetrators.

Components of the framework on sexual health

- Physical safety of the complete sport campus: indicating safety measures to be taken if necessary.
- Behavioural code for trainers, coaches, team leaders, referees and officials.
- Behaviour policy for the members of the club: same age groups, adult – juniors/pupils.
- Confidential person in the club for girls/women and boys/men.
- Protocol for crisis / incident intervention.
- Training program for trainers, coaches, team leaders, referees officials and officials for example 'Flirting <-> boundaries'

Contact and information

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