

Dear parents and caregivers,

As part of this year's curriculum, your child will attend a sex education event. With this letter, we would like to inform you about the aims, content and structure of the work we do.

In addition to imparting essential knowledge, sex education aims to promote personal development, tolerance, appreciation and mutual consideration. It enables our children to live autonomously, also with regard to social interaction and their sexuality. Sex education has been proven to help protect youths against sexual violations, enabling them to set and respect boundaries.

Puberty is a phase that is often marked by insecurity and many uncertainties. It is vital that youths are not left alone with their questions and experiences. Teenagers appreciate having competent adult contact persons in addition to the people they surround themselves with in their school and family environment. The contents of our sex education events are geared towards the interests of the youths we teach. This includes an age-appropriate study of topics that are key to growing up. These topics may cover puberty, emotions, anatomy, love, relationships, sex and tenderness. Other issues we might discuss are identity, gender roles and clichés, taking a critical approach to media consumption, information about contraception and sexually transmitted diseases.

Respectful language and a sheltered atmosphere are essential for effective sex education. The youths are free to decide how intensely they want to participate in each of the events and topics. In our events, we use discussions, illustrations, drawings, models, films, games, exercises and brochures (e.g., from the *Bundeszentrale für gesundheitliche Aufklärung* (BZgA), the Federal Centre for Health Education). Where appropriate, we also split groups by gender.

We encourage you to speak openly about the topic with your child based on your own values. Many youngsters are relieved when they know that they do not need to have any qualms when approaching their parents with issues of a sexual nature.

Should you be interested in more detailed information, we recommend the brochures "*Über Sexualität reden*", available to order or download on the BzGA website: www.bzga.de. A number of brochures and flyers are also available in English and other languages. You may also enjoy reading the following book together with your child (recommended from the age of 11): von HOLLEBEN, Jan/ HELMS, Antje: "*Kriegen das eigentlich alle? Die besten Antworten zum Erwachsenwerden*", Gabriel Verlag, 2013.

With kind regards

Your sex education team at Familienplanungszentrum Berlin e.V.