



United Nations
Educational, Scientific and
Cultural Organization



Sustainable
Development
Goals

Revised edition

International technical guidance on sexuality education

An evidence-informed approach



7.2 Sexual Behaviour and Sexual Response

Learning objectives (5-8 years)

Key idea: People can show love for other people through touching and intimacy

Learners will be able to:

- ▶ state that people show love and care for other people in different ways, including kissing, hugging, touching, and sometimes through sexual behaviours (knowledge).

Key idea: Children should understand what is and what is not appropriate touching

Learners will be able to:

- ▶ define 'good touch' and 'bad touch' (knowledge);
- ▶ recognize that there are some ways of touching children that are bad (attitudinal);
- ▶ demonstrate what to do if someone is touching them in a bad way (skill).

Learning objectives (12-15 years)

Key idea: The sexual response cycle is about how the body reacts physically to sexual stimulation

Learners will be able to:

- ▶ understand that sexual stimulation involves physical and psychological aspects, and people respond in different ways, at different times (knowledge);
- ▶ recognize that sexual response can be impacted by issues such as illness, stress, sexual abuse, medication, substance use and trauma (attitudinal).

Key idea: Every society, culture and generation has its own myths about sexual behaviours and it's important to know the facts

Learners will be able to:

- ▶ differentiate myths from facts when it comes to information about sexual behaviour (knowledge);
- ▶ appreciate the importance of knowing the facts about sexuality (attitudinal);
- ▶ question myths about sexual behaviours (skill).

Key idea: It is important to be able to make informed decisions about sexual behaviour

Learners will be able to:

- ▶ recognize that informed sexual decision-making (i.e. being knowledgeable and confident in deciding if, when and with whom to become sexually active) is important to their health and well-being (attitudinal);
- ▶ recognize that each person's decision to be sexually active is a personal one, which can change over time and should be respected at all times (attitudinal);
- ▶ make responsible decisions about their sexual behaviour (skill).

Learning objectives (9-12 years)

Key idea: People have a sexual response cycle, whereby sexual stimulation (physical or mental) can produce a physical response

Learners will be able to:

- ▶ describe male and female responses to sexual stimulation (knowledge);
- ▶ state that during puberty boys and girls become more aware of their responses to sexual attraction and stimulation (knowledge);
- ▶ explain that many boys and girls begin to masturbate during puberty or sometimes earlier (knowledge);
- ▶ acknowledge that masturbation does not cause physical or emotional harm but should be done in private (knowledge).

Key idea: It is important to be able to make informed decisions about sexual behaviour, including whether to delay sex or become sexually active

Learners will be able to:

- ▶ compare and contrast advantages and disadvantages of choosing to delay sex or to become sexually active (knowledge);
- ▶ understand that abstinence means choosing not to have sex, or deciding when to start having sex and with whom, and is the safest way to prevent pregnancy and STIs, including HIV (knowledge);
- ▶ reflect on how plans for their future can be impacted by the decisions they take in relation to sex and relationships (attitudinal).