

Dear Parents

Time has come for health- and sexual education in your child's school year. According to the law the school is obligated to teach about the development of children and teenagers. In that connection Sexekspressen has been contacted by the teacher to attend to part of this education.

Sexekspressen is a team of volunteer students with an interest of health promoting work, who comes out to teach the oldest years in the primary and lower secondary school, to supplement the regular sexual education taught by the teacher. We typically teach for 6 hours with a male and a female educator.

Our sexual education does not encourage the children to have sex but gives them a foundation to understand the physical and emotional changes that occurs during puberty. We work from the general foundation that it is important to have a healthy relationship to your sexuality – including knowing your own body and respecting your own and others boundaries.

During the teaching we go through anatomy, sexual transferred diseases and contraception. Besides that, we discuss subjects such as feelings, love, relationships, friendship, difference and understanding. We commit ourselves to a form of teaching with a great potential for open dialogue, where the students freely can ask questions. In part of the teaching the students will be divided by gender, to give both boys and girls the possibility to ask a teacher questions on their own. Furthermore, the class teacher has an influence on which subjects that are particularly relevant for the specific class.

If you have any questions or wish to know more about us you are more than welcome to visit our website, find us on Facebook or write us an e-mail on the address listed below.

Kind regards,

Sexekspressen

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