

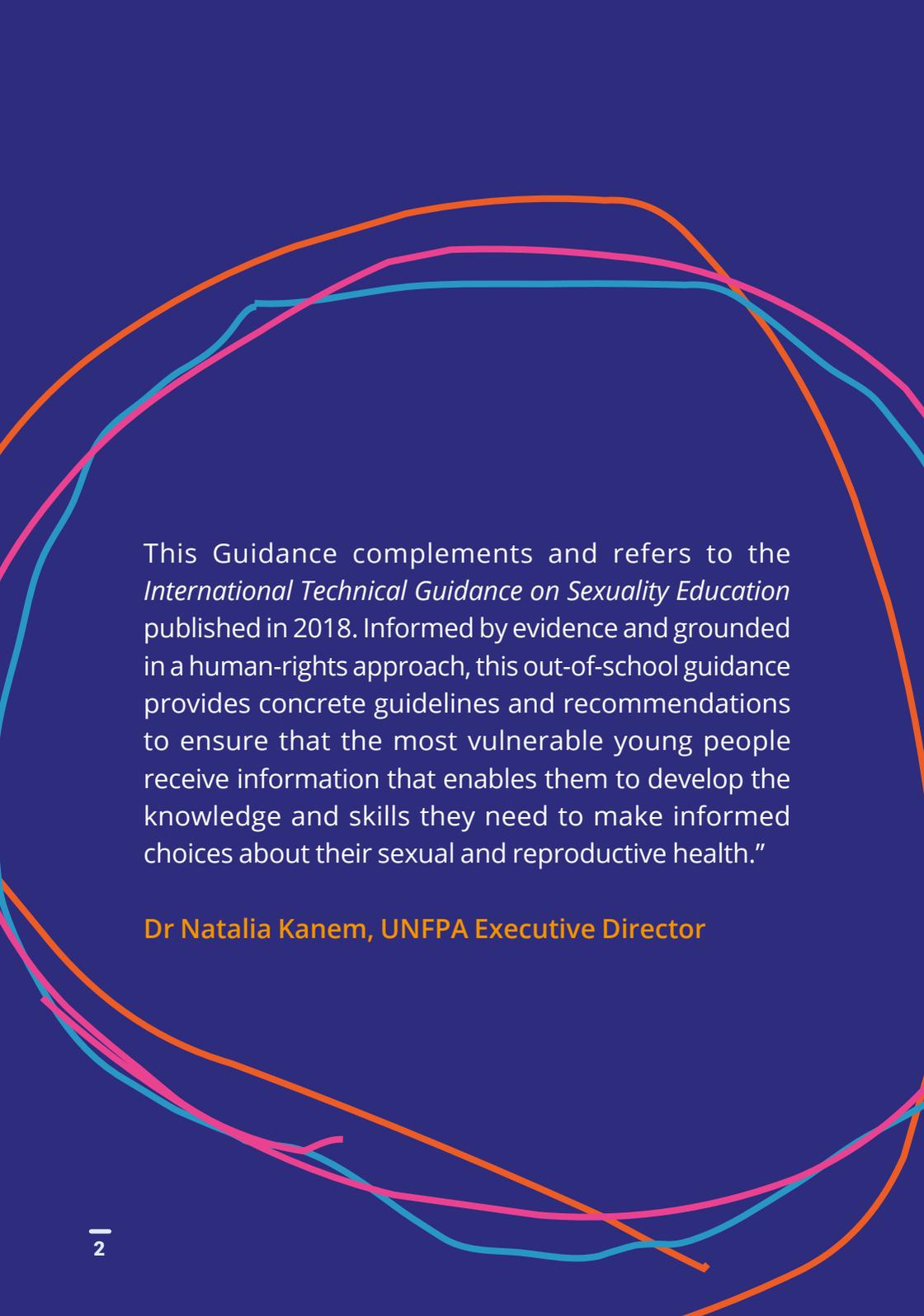
# INTERNATIONAL TECHNICAL AND PROGRAMMATIC GUIDANCE ON OUT-OF-SCHOOL COMPREHENSIVE SEXUALITY EDUCATION



Ensuring rights and choices for all since 1969

An evidence-informed approach for non-formal, out-of-school programmes





This Guidance complements and refers to the *International Technical Guidance on Sexuality Education* published in 2018. Informed by evidence and grounded in a human-rights approach, this out-of-school guidance provides concrete guidelines and recommendations to ensure that the most vulnerable young people receive information that enables them to develop the knowledge and skills they need to make informed choices about their sexual and reproductive health.”

**Dr Natalia Kanem, UNFPA Executive Director**

# WHY WAS THE GUIDANCE DEVELOPED?

Comprehensive sexuality education (CSE) is key to ensuring that young people have the knowledge and skills needed to make informed decisions about their sexual and reproductive health and lives. Providing CSE as part of a comprehensive package of sexual and reproductive health (SRH) and rights education is essential to The ICPD Programme of action and the commitments made at its 25th anniversary of the International Conference on Population and Development. It is also vital for fulfilling the 2030 Agenda for Sustainable Development to reach those furthest behind and to achieve gender equality.

Unfortunately, more than 263 billion of school-aged young people do not go to school and many more cannot access quality CSE in school. There is an urgent need to meet the CSE needs of the most marginalized young people, who are most at risk of experiencing violence, stigma and discrimination, and negative health outcomes.

# WHAT IS THE PURPOSE OF THE GUIDANCE?

The United Nations Population Fund (UNFPA), with collaborating partners from the World Health Organization (WHO), the United Nations Educational, Scientific and Cultural Organization (UNESCO), the United Nations Children's Fund (UNICEF) and the Secretariat of the Joint United Nations Programme on HIV and AIDS (UNAIDS), have developed this guidance to build upon and complement the UN International Technical Guidance on Sexuality Education (ITGSE). It offers more in-depth programmatic guidance on how to develop CSE programmes that are appropriate and safe for different groups of children and young people, especially those who are unlikely to be addressed in CSE programmes for children and young people generally.

## THE GUIDANCE IS INTENDED TO:

- Provide a clear definition and overview of out-of-school CSE;
- Promote an understanding of the need for out-of-school CSE by raising awareness of the sexuality, health and rights issues and concerns that impact children and young people, including specific groups of children and young people who may not be addressed in school;
- Deliver guidance on how to plan, develop and implement out-of-school CSE programmes that meet the needs of specific groups of children and young people: curricula and teaching and learning materials that are evidence based, culturally responsive, age- and developmentally appropriate, and trauma-informed.
- Provide recommendations for engaging peer educators, involving parents and guardians, and using technology

## WHAT IS **OUT-OF-SCHOOL COMPREHENSIVE SEXUALITY EDUCATION?**

The new guidance defines out-of-school CSE as not being delivered at school to students as a part of the school curriculum, whether within or outside the regular school timetable. Delivering quality CSE in an out of school setting will remain a curriculum based process and can very well be delivered in out-of-school settings, such as in youth centres, refugee camps, health clinics, detention centres, or religious institutions. It follows the same objective than CSE provided in school as it aims to equip children and young people with the knowledge, skills, attitudes and values that will empower them to realize their health, well-being and dignity; develop respectful social and sexual relationships; consider the well-being of others that are affected by their choices; and understand and ensure the protection of their rights throughout their lives.

## OUT-OF-SCHOOL COMPREHENSIVE SEXUALITY EDUCATION (CSE) CAN:

- Provide CSE to children and young people in situations where CSE is not included in the school curriculum;
- Provide CSE to children and young people who do not go to school;
- Supplement in-school CSE, particularly in contexts where it is not comprehensive or of high quality;
- Provide CSE that is tailored to the needs of specific groups of children and young people.

Out-of-school CSE may be delivered in face-to-face sessions by facilitators, peer educators or parents, sometimes using technology.

## BENEFITS OF COMPREHENSIVE SEXUALITY EDUCATION

What does the evidence say?



**IMPROVES YOUNG PEOPLE'S KNOWLEDGE AND ATTITUDES RELATED TO SRH AND BEHAVIOURS**



**DELAYS INITIATION OF SEXUAL INTERCOURSE & REDUCE RISK TAKING**



**REDUCES NUMBER OF SEXUAL PARTNERS AND FREQUENCY OF SEXUAL ACTIVITY**



**INCREASES USE OF CONDOMS & CONTRACEPTION**



**CONTRIBUTES TO GENDER EQUITABLE ATTITUDES, CONFIDENCE & SELF IDENTITY**



**IMPROVES COMMUNICATON WITH PARTNERS ABOUT SEXUALITY, RIGHTS AWARENESS AND SELF EFFICACY**



## WHO IS THE GUIDANCE FOR?

This guidance is intended to assist anyone designing and/or implementing CSE in out-of-school settings, especially in low- and middle-income countries. This includes international and national civil-society organizations, community-based organizations, government departments, UN agencies, health authorities, non-formal education authorities and youth development authorities. It is also intended for anyone else involved in the design, delivery and evaluation of sexuality education programmes out of school, especially those working with the specific groups of young people addressed in the guidance.

# WHAT GROUPS OF YOUNG PEOPLE ARE INCLUDED IN THE GUIDANCE?



Girls and young women;

Boys and young men;

Young people with **disabilities**;

Young people in **humanitarian settings**;

Young **indigenous** people;

Young **lesbian, gay and bisexual** people, and other young men who have sex with men;

Young **transgender** people;

Young **intersex** people;

Young people living with **HIV**;

Young people who **use drugs**;

Young people who **sell sex**;

Young people **in detention**.



## HOW IS THE GUIDANCE STRUCTURED?

### SECTION 1

Provides an overview of out-of-school CSE, including its definition, goals and roles, and the opportunities presented by out-of-school CSE.

### SECTION 2

Presents guidance for developing and implementing out-of-school CSE in general, as well as for engaging peer educators, involving parents or guardians, and using technology.

### SECTION 3

Provides guidance on delivering out-of-school CSE to specific groups of young people.



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**United Nations Population Fund**

605 Third Avenue

New York, NY 10158

+1 212 297 5000

[www.unfpa.org](http://www.unfpa.org)

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