

LET'S START WITH THE PROBLEM...

BOYS

5.9

The average grades for sex education amongst secondary school students in Amsterdam (based on the Dutch grading scale out of ten)

GIRLS

5.7



... of Dutch secondary school students report receiving little or no information about the fun aspects of sex. (rutgers, 2017)

Sexual Education programs that fail to incorporate themes like intimacy, gender, sexuality, and other LOEF lesson modules can have a strong impact on students. For example, students that identify as LGBTQ+ may have negative experiences due to a lack of knowledge amongst their peers.

"I personally think that education about homosexuality in most secondary schools should be improved." Fortunately, Guus says he doesn't face discrimination at his school, but other kids might.

-- Guus (17jr; Homosexual; VAVO) scholieren.com

"Sometimes I get a question that makes me feel uncomfortable. I'll answer those, because it provides more knowledge, but if my school talked about differences in genders and sexuality, such questions would be less common."

-- Eileen (18jr; Bisexual) scholieren.com

In other words,

WE CAN DO BETTER.

BUT HOW?

Join us in helping to foster more open classroom spaces in which students feel encouraged to explore LOEF themes within the context of their own learning.

We've put together a well-researched set of tips and classroom-based suggestions to help achieve this goal.

WHAT CAN YOU DO?

TIPS & ADVICE FOR ACHIEVING A MORE OPEN CLASSROOM

1. FILL THE GAPS IN YOUR OWN KNOWLEDGE.

Contemporary concepts of gender identity, sexuality, and puberty can be complex. Maybe this is all new to you -- that's okay. If you don't feel like you know enough about these topics to engage with students yet, check out the QR code on the back of this brochure.



It's full of resources, media recommendations, and tools to understand these concepts and engage with your students on them.

2. HANG UP A PRIDE FLAG IN YOUR CLASSROOM.

Even something as simple as hanging a pride flag can promote an environment in which students feel more comfortable and safe to ask questions or explore themselves -- especially those who may already feel connected to the LGBTQ+ community.



3. ENCOURAGE ACKNOWLEDGING PERSONAL PRONOUNS.



Although it may seem subtle, by asking students what pronouns they prefer (or by writing your own on the board) you encourage them to reflect on gender identity and remind them that someone's preferred pronouns may not always be what you first assume.

4. DIVERSIFY YOUR CURRICULUM.

Once you feel well armed with the information you need to understand LOEF themes, it may be helpful to include some of this knowledge throughout classroom material.



Here are some examples:

- Acknowledging events and holidays that celebrate the history and importance of the LGBTQ+ community

Each day of Pride Month you could use the first 5 minutes of class to acknowledge a notable person of the LGBTQ+ community who made a difference.

MARK YOUR CALENDAR

- JUNE** Pride Month
- SEPT. 4** World Sexual Health Day
- OCT. 11** International Coming Out Day
- DEC. 9** Purple Friday

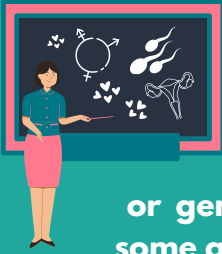


4. DIVERSIFY YOUR CURRICULUM.

- Make links to class content!

Connecting LOEF topics to classroom materials can be an effective way of encouraging discussion and student reflection.

For example: If your class is studying poetry, try to incorporate some poems related to sexuality, intimacy, puberty topics, or gender identity. Poets.org has some great selections.



5. BE AWARE OF CULTURAL SENSITIVITIES AND ENGAGE PARENTS

Depending on your classroom demographics, some students may not feel comfortable engaging with these subjects (SEE TIP #6!), by reaching out to parents about efforts to engage with these subjects in the classroom, (via a school newsletter/website) you gain a better idea of student interest.

6. MAKE A QUESTION BOX



You and/or your students may not feel comfortable engaging in these topics directly. Setting up a classroom question box to ensure anonymity is a great way to facilitate these important dialogues without the awkwardness!

7. GIVE US FEEDBACK

We are always looking for ways to improve our lessons. Check out the back of this pamphlet for further information on how to reach out with comments, questions, observations, and/or potential improvements.



WAYS TO MEASURE IMPACT

HOW DO YOU KNOW YOUR EFFORTS ARE WORKING?

- Monitor participation: Elicit participation with class discussions, questions, and group work. Monitoring participation within groups can be a better way to judge student engagement with LOEF topics.
- Ask your students: Consider creating an anonymous activity or survey to ask students whether your engagement with these subjects is interesting to them and/or what other topics they'd want to explore.

NEED HELP GETTING STARTED?

For more resources on LOEF topics such as gender identity, sexuality, puberty, intimacy, and how to engage with your students on these topics, scan here



WANT TO LEARN MORE ABOUT LOEF?

Go to loefles.com for more information about our mission and what we do. Or get in touch with us directly via the contact form on our website. We'd love to hear from you.

LOEF

for teachers

WHO ARE WE?

LOEF aims to provide comprehensive sex education amongst Dutch students of various age groups. Our curriculum encompasses themes like pleasure, puberty, sexuality, and gender identity.

In short, we want to help students foster a strong understanding of these topics in a space where they feel free to ask questions, reflect, and explore without shame.

THIS IS WHERE YOU COME IN...



We want to ensure that this atmosphere can stay alive long after we've finished our sessions. We think it's important that students feel able (and encouraged!) to explore LOEF topics within the classroom.

But we know that these concepts and dialogues can get awkward and difficult to work into your curriculum.

That's why we want to offer up some insights for the teachers of our partner schools in the hopes that you will join us in sustaining an open, sex-positive classroom.

