

Road to RIO, ENYA Forum 2017**Sexuality and Relationships Education: ENOC Young Advisors'****Recommendations****Paris, June 2017**

The following text has been produced following a consultation among representatives from 11 groups of young advisors of European Ombudspersons for Children, who met in Paris in June 2017. During this meeting exchange and synthesis took place of the proposals that had been elaborated by the groups of youth at national level, in the context of the project "Road to RIO, Respect, Information, Opinion", that was organized by ENOC and co-funded by the European Commission.

Governments' general responsibilities

- Governments should adopt laws and take all appropriate measures, to support the wellbeing of young people, to protect and empower them in their relationships in everyday life.
- Governments should invest in sexuality education of children and young people, inform and explain them about consent, sexual harassment, sexual assault, rape, etc.
- Governments should act for the normalisation and acceptance of sexual diversity (LGBTIQ+)
- Gender stereotypes should be tackled in every domain and specifically with regards to leisure activities, sports and toys.
- Campaigns should be undertaken to promote inclusion, diversity and gender equality, to prevent bullying, to end hate speech and hate crime (through activities for children, awareness movies, advertisements, etc.)
- Laws should be drawn up to ensure online safety for children.

Education / Schools

- Children should be taught about their rights and be educated on tolerance from their very early age. School teachers should listen to children and involve them in activities and in all decisions concerning them. Participation activities should equally involve children with different ethnic or cultural backgrounds and children with disabilities. Children's gender identity should be taken into account and respected. Educators should equip young people with the tools they need to feel empowered in their relationships, both online and in the real world.
- A compulsory non-assessed subject on personal and social development, including sexual education, should be introduced in the curriculum of all schools and be taught by specially trained professionals. It should start in primary school, go on until high school and be age appropriate. This subject should include reference to emotional aspects of sexuality and relationships and provide information about pleasure, love, feelings and sexual practices, the notion of consent, gender and transgender identities, legislation related to relevant issues, etc. It should be a moment for children to ask all their questions without taboo.
- Interactive talks for young people regarding sexuality education should take place in schools, supported by specialized professionals who should help children and young people build healthy relationships and to identify abusive/unhealthy relationships. Appropriate child friendly tools should be used in these talks such as animations, videos, movies etc.

- History and religion should promote critical thinking and understanding among students and should not favour discrimination or hate attitudes against other people
- Students should be taught how to recognize signs when their peers are in distress in order to be able to ask for help.
- Peer education should be promoted in schools creating awareness about certain issues such as the safe use of technology.
- Peer mediation should be provided as possibility in schools. Properly trained students adhering to standards and principles, with the support of teachers, when necessary, take up the role of mediators and advise their peers, listen to them and refer them, when necessary to the appropriate professionals.
- Different relationships should be normalized, we need to stop highlighting them and stop LGBTIQ discrimination
- Counsellors should be present and available to students in every school. These counsellors should have relevant education and experience, so that they can properly and seriously address students' concerns, helping them to overcome them and giving them advice. School staff should be able to refer students to support services or professionals in the community, when appropriate, for particular issues.
- Volunteer groups of pupils could be created to take over the cordially and discreetly welcoming children who come from other countries or have particular needs, and to ensure their protection and smooth attendance, since changing school environment is a very stressful procedure. Reception and integration classes should also be created.
- Complaint procedures of students in the school environment, in situations of inequality, should be improved.
- All teachers should be educated specifically to help young people to build healthy relationships and to identify abusive / unhealthy relationships. Educators should be better trained to recognise LGBTIQ discrimination, sexual harassment and to be able to freely speak about emotional and sexual education if needed.
- Educational campaigns should develop to empower young people to form their own identities and sexual orientation.
- Children should be taught about dangers of social media at a young age. Educating teachers/parental guardians on modern-day issues (also involving new technology).
- Gender neutral toilets should be available in schools.
- Schools should be open to the community and offer activities and support groups also during the afternoon

Health

- Stop cutting budget / dedicate more money to healthcare and make it available free to everyone
- Make trained nurses available in all schools
- Social stigma need to stop towards virginity. Reinforce sanctions to doctors who deliver virginity certificates
- Provide access of young people to contraceptives.

Community, Digital Rights/Media

- Awareness raising should take place amongst parents about the dangers of the internet and to encourage them to speak to their children, to understand what they are doing online and not to expose children to technology from a very young age.
- Parents/guardians/carers should be advised to listen to their children and involve them in the decisions that they make. Parents should be given information on how to use internet

safely and to act as good role models even regarding technology, limiting their own use of new technology. Professional talks to be organized for parents to recognize signs and offer support when their children are going through emotional difficulties and to help children and young people to express themselves freely, without being judged.

- Training for parents should include how to speak to children about sex without being judged and eliminating taboos. Joint activities should be organized to include both parents and children in order to promote communication so that young people can ask for help.
- Children and young people should have access to social workers and psychologists in the community, who can help them deal with issues related to their relationships or difficulties they face with specific aspects of their identities.
- Age classification should be enforced on games and films and a specific time should be allocated in the day for children's TV programmes.
- Children and young people should be portrayed in a positive way in adverts.
- Hyper sexualisation through media and advertisement is a problem. We should not need to show women's naked bodies to sell products. However, we do not want it to be censored. It is worth analysing the gender-based approach of this practice.
- In-service and on-going journalists' education is important in reducing the levels of discrimination towards various groups of individuals (with a different ethnic identity, LGBTIQ, people with special needs etc.)
- We must put an end to the "Pink Tax" which embodies the trivialization of gender discrimination.
- Digital education and support must be given to adolescents in relation to their rights, the safe use of social networks and their protection from advertising that uses their data and the commercialization of their personal data without consent. An app is needed that presents young people with scenarios and gives them advice on how to deal with certain situations.
- Firm action is required in cases of discrimination through social media. Quick detection and intervention in harassment situations. Improve information about the resources, tools and guidance channels that exist to ask for advice and guidance in abusive situations.
- More research needs to be carried out on the positive effect of technology on relationships.
- Areas should be created where young people can meet and develop their attitudes and passions, away from social networks.