

Training Course
Sexuality and relationship in youth education
Palermo, Italy, 23rd - 29th March, 2025
(Erasmus+ KA153-YOU)

Sexual education remains taboo in many societies, and current education systems often don't address this important topic. As a result, young people often rely on unsafe or unreliable sources, - such as the Internet, chats among friends, or random online blogs, to build their knowledge about topics such as intimacy, sexual identity, sexual health and prevention, and so on. This lack of proper education leads to misconceptions, risky behaviour and the perpetuation of harmful gender stereotypes. An informed approach is essential to help young people learn more about themselves, build positive relationships, care for their emotional well-being, and promote acceptance of gender diversity to prevent discriminatory attitudes and gender-based violence.

The main aim of this training course is to equip youth workers, educators, young leaders, teachers and social workers with the skills and knowledge they need to create supportive environments where sexuality can be discussed openly. By increasing the capacity of practitioners to engage with young people in a respectful, inclusive and informed way, we hope to reduce gender discrimination and empower individuals to create safer and more supportive communities.

The learning objectives focus on promoting a deeper understanding of the importance of sexuality education, encouraging reflection on personal knowledge and sensitivities, and sharing best practice. This collaborative approach will not only enhance the professional skills of participants, but will also contribute to creating a more inclusive and informed society for future generations.

Furthermore, this training course aims to promote the creation of inclusive societies (European Youth Goals #3) to reduce discrimination based on gender and sexual orientation; and to promote gender-sensitive approaches and increase equality between all genders (European Youth Goals #2).

Learning objectives:

- to develop competences and skills to feel confident in talking about sexual education and feelings with young people in order to increase their understanding of themselves
- explore personal knowledge and sensitiveness, terminology about the topic
- sharing methods and practices and drafting new ones

Who we are

The InformaGiovani ETS (IG) association was founded in 2001 with the aim of promoting human and civil rights, especially for young people facing or at risk of facing social obstacles. Since 2010 IG is leading an informal European network on social volunteering, youth inclusion and participation, recognised by the EACEA of the European Commission, that nowadays counts 16 members in 14 EU countries. Since 2010 it has been a partner of Alliance network of European Voluntary Service Organisations and is member of the Eurodesk network.

The association has four main fields of action and intervention

- Promoting and encouraging access to information and the correct use of media and digital tools;
- Training young people and adults in non-formal education tools and techniques;
- Local and international volunteering as a tool for social intervention and active citizenship training;



- Supporting the participation of young people with fewer opportunities

The association focuses on activities of social inclusion and rehabilitation of young people who are facing or are at risk of social exclusion, in particular NEET, young unemployed, young migrants, young people with sensorial disabilities, and young offenders in probation period.

The association is accredited by the Italian Youth Agency for the implementation of activities under the EU programmes Erasmus+ and European Solidarity Corps and is a training body recognised by the National Order of Journalists. It is currently accredited for youth mobility (KA1) and holds an ESC Quality Label as LEAD organisation.

IG manages a youth information point and Eurodesk Centre in the city of Palermo, hosted in a property confiscated from the Mafia.

Methodology

This training course is based on non formal education approach.

Activities will be organised in the indoor spaces of the hotel covering around 6 hours per day. Methodologies used will be based on a non formal approach like working in a team, simulation, games, role playing, sharing of practices, as well as presentation, video and thematic sources.

Participants are asked to contribute actively to the activities with inputs, contributions, ideas, proactivity and interest and by sharing their (and their organisations) experiences and activities by implementing a workshop or presenting methods.

Profile of participants:

- Youth workers, educators, youth leaders, teachers, social workers who work regularly with young people aged between 14 -30 y/old and want to develop new skills or strengthen existing ones on the topic.
- Participants have to be actively involved and working with the supporting organisation to carry out activities at local level once back in their home country
- Participation in this TC is an opportunity to explore potential partnerships for the future implementation of large-scale projects within Erasmus+ and other EU programmes on the topic of sexuality education.

IMPORTANT. With the aim of creating a mixed learning environment, also based on the exchange of practices and methods already implemented, the group of participants will have a mixed composition in terms of skills and knowledge, thus encouraging the participation of practitioners with established knowledge on the subject, but also of those who want to address the topic in order to develop, for the first time, non-formal educational approaches for young people aged 14-30.

Financial Conditions

This mobility is funded by the Erasmus+ Program (KA153-YOU), board, lodging and insurance are covered 100% by the Erasmus+ funding.

Travel cost will be reimbursed on the basis of actual expenses up to budget limit calculated according to Erasmus+ distance band calculator below. Expenses incurred in currency other than Euro will be converted according to the monthly rate set on the official website InforEuro.



Travel distance	Standard travel
10 – 99 km	23 EUR
100 – 499 km	180 EUR
500 – 1999 km	275 EUR
2000 – 2999 km	360 EUR

Accommodation and food

The whole activity will be organised in Palermo in a 3 stars hotel. Food will be provided at the venue (vegetarian food also available). Participants will share double or triple rooms, divided by gender. No other conditions are possible due to the capacity of the hotel.

Where and when

Palermo, Italy - 23-29/03/2025

Hotel D'Amato - Via Messina Marine 178/180, 90121 Palermo, Italia

How to apply and deadline.

The project is open to the EU Member States and third countries associated to the Programme.

If you are interested in this training course, please **fill in the [application form](#) by 21/02/2025** - Participants will be notified by 23/02/2025 with further information and travel details.

If you need information or clarification on the project, please write to Monica at monic@informa-giovani.net

Draft* of the Agenda - **Sexuality and relationship in youth education**

24/03	25/03	26/03	27/03	28/03
TEAM BUILDING + COMMON GROUND	TOPIC OF THE DAY: social and cultural aspects of sexuality	TOPIC OF THE DAY: Emotion management and positive relationships	TOPIC OF THE DAY: Prevention + Sharing of practices	TOPIC OF THE DAY: Future activities and cooperation + Evaluation
Get to know and Team building	Values, culture, beliefs: <i>how do they influence sex education?</i>	Emotion Vs Feelings	Exchange of practices through NF activities in the field of sexuality education - contribution of the participants	What did I learn and how do I plan to use it
Agenda, Expectations, Contributions	The Social Construction of Gender - conventional masculinity and femininity		Exchange of practices through NF activities in the field of sexuality education - contribution of the participants	Create NF educational approaches
LUNCH				
Set a common ground	Gender stereotypes and social roles	Intimacy, consent, power and control in a relationship	Workshop made by the Red Cross Italy - their approach at school	Networking
Me and my NGO - How to engage with the topic	Sexuality and gender identity	Guided tour of Palermo		Evaluation
DINNER				

(*) the agenda may undergo changes