

Dear mothers, fathers, legal guardians and significant others,

with this letter, the staff of SELBSTLAUT, would like to invite you to get a first glimpse of the many new games and exercises within the field of sexual education, so that you can see what the materials provide your children and which themes and methods are used to give orientation within this very sensible field that is playful and appropriate for children.

Every child has been discovering themselves, their own body and their own childish sexuality from birth onwards, at their own pace and constantly based on the values that are conveyed and passed on in the family and at home.

Sexual education is neither about pitting concepts and ideologies against each other, nor is it about us telling you what is right and suitable for your child and when. You know that better. You know your child. However, what we can contribute, as specialists in the field of prevention of sexualized violence, is twenty years of experience in talking with children of all ages about bodies and sexuality as a central part of the prevention of sexual exploitation of children.

Talking about feelings, differentiating between comfortable and uncomfortable touching, age-appropriate information concerning fertilization, pregnancy, sexuality, consent and boundaries and much more strengthens children and makes it easier for them to develop in a positive manner. They are better protected against sexual assault through adults and other children, and can learn to differentiate between what is and what is not good for them.

In addition, children need guidance in a world of hypersexualization and pornographization in the media. Children can't be prevented from seeing portrayals of sexuality and pornographic images in public spaces, on television and the Internet. This can be unsettling, disconcerting, maybe also a bit exciting, but, in any event, overstraining. When adults remain silent, children are swamped with what they cannot grasp because of their lack of experience. Sexual education at home and in school is a good and appropriate means to support and strengthen children in this area. Thus, "sleeping dogs" aren't woken and children aren't forced to deal with topics they don't want to, but rather an accompaniment is made possible for something that is present everywhere.

If you look into the materials, you will see that they are not concerned with sexual practices or the details of how children are conceived. Instead, they are about feelings & senses, consent & boundaries, love & affection, identity & body, intimacy & childish sexual activities, words & spaces, the cycle and babies.

The materials, which were re-developed by the staff of Selbstlaut and tested in prevention workshops in primary school classes, are intended for work in schools, but also for interested parents. The more legal guardians and important significant others are included in sexual education, the more it will be consistent for the children and the more they can talk freely about what they are preoccupied with.

SELBSTLAUT
gegen sexualisierte Gewalt an Kindern und Jugendlichen
Vorbeugung - Beratung - Verdachtsbegleitung
www.selbstlaut.org
1090 Wien
Berggasse 32/4
Telefon: 01 - 810 90 31