



Republic of Zambia

# COMPREHENSIVE SEXUALITY EDUCATION

FOR OUT OF SCHOOL YOUNG PEOPLE  
IN ZAMBIA

PARTICIPANT WORKBOOK





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Republic of Zambia

Ministry of Youth, Sports and Child Development

The Permanent Secretary

Ministry of Youth and Sport

11Th & 15Th Floors – New Government Complex

Independence Avenue

P.O Box 50195

Kamwala - Lusaka



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## COMPREHENSIVE SEXUALITY EDUCATION

The main objectives of Comprehensive Sexuality Education are to provide you with a chance to...

- “Learn more about yourself”
- “how you feel about sexuality and relationships
- “what your personal values are”
- “what influences your feelings and choices”



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## UNIT 1: VALUES AND RIGHTS

The purpose of this unit is to:

- “introduce and define the concept of values and rights”
- “help young people identify their own values”
- “identify how the values of their family, culture and religion and friends have influenced them”

## Key Messages about Sexuality

“It is important to talk about your sexual feelings, values ... If you can't talk about sex with someone, you aren't ready to have sex with them!”

**“Because of culture, religious beliefs and attitudes, sex has been a difficult or taboo subject to talk about.”**

**“We need to learn to talk about sex more openly.”**

**“Talking more openly can help us take care of sexual health and to enjoy our sexual relationships more.”**



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## Outercourse

Outercourse means being sexually intimate without having oral, vaginal, or anal sex. It is a type of abstinence.

**Outercourse can include many sexual behaviours, for example, holding hands, hugging, kissing, caressing, heavy petting, and masturbating each other among others.**

Outercourse can be 100% effective against pregnancy, as long as semen does not enter the vagina. It is also very effective against many STIs, including HIV.



## Key Messages about Sexuality

- Physical touch and mental stimulation or fantasy can make the body respond sexually. This is called the Human Sexual Response Cycle.
- The parts of the **sexual response cycle**, whether alone or with a partner, are: **desire, excitement, orgasm, and resolution**.
- Knowing how your body responds to sexual stimulation can help you to feel more in control of your body, to give and receive pleasure and improve your relationships.
- **Masturbation can be helpful to learn about one's body and to solve sexual problems.**



## Key Messages about Sexuality

- Most women need to have their clitoris touched to reach orgasm.
- To know how to please your partner, talk to them.
- Most men will sometimes lose their erections during sexual experiences.
- **There is no right age to have sex – it will depend on their relationship, values, and feelings** but legal age of consent to sex in Zambia is 16 years and above.

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**Gender identity** is the gender that a person feels themselves to be, regardless of their body. Most of the time, a person's biological sex and their gender identify are the same. In other words, a person with a female body feels and identifies herself as a woman. **However, some people feel that they are in the wrong body. They are transgender. Some say that they have a female brain trapped in a male body, or the other way around. Some identify with neither gender; some with both genders; while others feel they cannot relate to the idea of gender at all.**



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## WORKSHEET: QUIZ - HOW SEXY, SMART AND SAFE R U?

### Instructions

Answer these questions honestly to know how sexy, smart and safe you are.

	Agree	Disagree	Not sure	Score
1. Exploring sexual activities other than sexual intercourse sounds like fun.				
2. I can think of sexy things to do besides having sexual intercourse.				
3. I believe we can get and give sexual pleasure without having sex.				

### What does your score mean?

For questions 1-4:

If your score is 7-8 points, **you are very sexy!**

If your score is 5-6 points, **you are sexy!**

If your score is 3-4 points, **you are a little sexy!**

If your score is 2 points or less, **you are not so sexy (yet)...**