



COMPREHENSIVE SEXUALITY EDUCATION (CSE)

FOR OUT OF SCHOOL YOUNG PEOPLE IN ZIMBABWE

FACILITATOR'S MANUAL



Health
Development Fund

Supporting the National Health Strategy
to improve access to quality health
care in Zimbabwe





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Program Description: “This curriculum is designed to help youth in Zimbabwe face the challenges of growing up, developing positive relationships, protecting their sexual and reproductive health, and working to improve the situation of young people in their own communities.”

Target Age Group: “This manual is intended for use with out of school youth aged 10 to 20 years.” (pg. 7)



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Sexual behaviours: Kissing touching, hugging, petting ... Oral sex, including cunnilingus (mouth to vulva, vagina and/or clitoris) and fellatio (mouth to penis) are acceptable in some cultures.

Masturbation: manual manipulation of genitals for sexual gratification.

Sodomy: anal or copulation-like act between males.

Voyeurism: Sexual pleasure or excitement from observing other undressing, making love, kissing, petting or masturbating.

Exhibitionism: Sexual pleasure from exposing one's genitals.

Gerontosexuality: sexual preference from elderly by a young person.



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Pederasty: sexual pleasure from young boys.

Bestiality: sexual pleasure from animals.

Necrophilia: sexual pleasure from corpses.

Urophilia: sexual pleasure from urine.

Coprophilia: sexual pleasure from filth such as faeces, dirt or soiled underwear.

Sadism: sexual pleasure from inflicting pain on another person.

Masochism: sexual pleasure from receiving pain from another person.



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Purpose: To get participants to speak more freely and feel more comfortable when talking about sexuality and the parts of the reproductive and sexual organs.” (pg. 59)

Write the headings ‘Male Sexual Organs,’ ‘Female Sexual Organs,’ and ‘Sexual Intercourse’ at the top of three pieces of flipchart paper and put them up on the wall.

“Tell the groups that when you say ‘start’, they should brainstorm all the words they know for their topic. They can be slang, scientific words, children’s words, medical words, or vernacular.” (pg. 59)”



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“**Purpose:** To explore the influence of family, culture, religion and friends on their values; to identify which influences they disregard and why; and to examine how they decide on their personal values.” (pg. 24)

“What did you learn about when it is okay to start having sex from your:

- Family?
- Culture?
- Religion?
- Friends?” (pg. 24)

“Go through the same process for when it is okay to start having sex.” (pg. 24)

“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.” (pg. 67)



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“Purpose: To enable participants to find out more about sexual behaviour; and to **build their comfort and ability to talk about sex** more openly.” (pg. 67)

“**Talking more openly can help us take care of sexual health and to enjoy our sexual relationships more.**” (pg. 67)

“Tell the participants that **most young people who have not had sex, will eventually have sex at some time in the future.**” (pg.129)



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“Describe the functions of the clitoris, vagina, uterus, and ovaries.” (pg. 43)

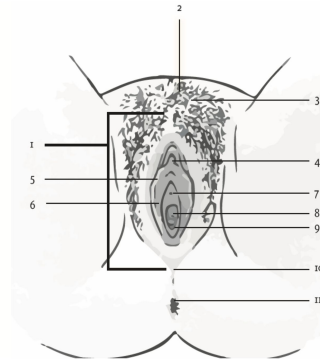
“Put up the poster of the Female Sexual and Reproductive Systems, External (showing the external parts).”

Go through the answers by pointing to each body part and asking the following two questions for each one.

- What is this part called?

THE OUTER PARTS OF THE FEMALE SEXUAL AND REPRODUCTIVE SYSTEMS

Discuss in your groups and write the names of the body parts in the diagram below.



“The tip of the clitoris is called the glans. It is very sensitive to touch. It fills with blood and becomes erect when a woman is sexually excited. It is the only body part in either sex whose only function is to give sexual pleasure. **Touching it and the surrounding area helps a woman to get sexually excited and have an orgasm.**” (pg. 46)



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“If Thulani starts feeling sexually excited when he is with Betty, what will happen to his body? (Answer: He will get an erection; his heart may start beating faster).”

“What about Betty – what will happen to her body? (Answer: Her vagina may get wet, her clitoris may get hard, her heart may start beating faster).” (pg. 62)



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Sexual Relativism Activity

“... the scale represents two choices young people can make about having sexual intercourse – either to have sexual intercourse now (as an adolescent) or to wait.”

(pg. 127)

WHICH WAY DOES THE SCALE TIP?

pg. 179



Reasons to have sex

Reasons to wait