



Erasmus+

DU GRAIN À MOUDRE



CALL FOR PARTICIPANTS - TRAINING COURSE

# « LET'S TALK ABOUT SEX »



TC 1 - FRANCE - 20/09/2023 - 28/09/2023

TC 2 - PORTUGAL - 22/10/2023 - 29/10/2023



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# GENERAL BACKGROUND

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In an increasingly connected, **intercultural** and **sexualized society**, young people as well as adults find every kind of information on the internet. The sexual behaviour of young people has evolved with the new resources made available to them.

In addition to being a place of information, the internet has become a place of exchange, flirtation, and a new space of freedom that young people have taken over, but it can also lead to abuses: photo/video exchanges, cyber harassment, revenge porn, threats, blackmail, etc.

Even though medias have an open discourse about sexuality, it often implies many **stereotypes, discrimination, and fixed gender/ sexual roles**.

The health aspect is also revealing despite strong prevention campaigns, it can be emphasised that the number of contaminations with STDs and certain STIs is constantly increasing throughout Europe. However, **sex education** and **gender education** remain taboo in many societies.

Moreover, after several decades of steady progress, Europe is facing a new wave of opposition to **equal gender and sexual rights**, claims gathered under the term “theory” or “ideology” of gender. This opposition manifests itself on various issues, such as the opening of marriage to same-sex couples, abortion, reproductive technologies, sex education, anti-discrimination legislation or the **rights of trans people**.

At the same time, the 4th wave of **feminism** emerged. Where previous waves bring voting rights, political representation, access to education, social rights and giving voice to women, the 4th wave focuses on the fight against sexism in everyday life, social representations, the culture of rape and sexual harassment.

Formal education tends to be based solely on an anatomical/biological approach to sex education and gender, while **non-formal education** focuses on prevention around health risks or around harassment issues.

***What is our place as youth workers in non-formal education? What tools are at our disposal to address these important issues with young people?***

Professionals working with youth are sometimes lost in all the notions and the variety of tools to be able to talk with young people. There are not a lot of places where youth workers can be trained and reflect upon the subject to be able to propose young people an inclusive and open vision of sexual and gender education.

We want to equip youth workers to be able to address sex education in their project and explore the link between gender stereotypes and what this implies about sexuality.

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# DESCRIPTION

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**We are proposing two trainings on gender and sexual education.**

## **Training 1**

During the seven days of training, participants will first have time for analysis (which will have been prepared in upstream by sending recommended readings from the trainers) in order to fully understand the theme, then a reflection phase with work in small groups before moving on to the experimentation phase in order to implement what has been learned, invent new tools and create a toolbox.

We will alternate theoretical moments with text studies and more playful moments where the use of tools and educational games will make it possible to personalize the reflection.

## **Training 2**

The second training will deepen the knowledge of the participants on the thematic of sexual and affective education, with theoretical inputs and knowledge exchanges. Participants will be introduced to the Human Library tool and will put it in practice at a gender movie festival, that will take place on the last days of the training.

All the program will be based on the expectations collected upstream of the participants and will be adapted to the everyday feedback during the training.

# OBJECTIVES

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We wish more specifically to:

- develop knowledge on the concepts linked to gender and sexuality and their history
- develop participants ability to reflect and position themselves on the topics as youth workers
- create educational tools and a toolkit about gender and sexuality useful in the participants' professional life
- exchange good practices of each participant on the different topics of the project
- encourage a network of european peers working in sexual and gender education and actor's synergy in future projects

# ACTIVITIES

The training will alternate theoretical modules with educational games and group reflections. We will be focusing on sexualities, genders, gender education, gender-based discriminations and we will imagine a utopia/dystopia of the place of gender and sexuality in our society.

## Training 1

J1	J2	J3	J4	J5	J6	J7
WELCOME	energyzer	energyzer	energyzer	energyzer	energyzer	energyzer
Let's get to know each other	National to international	Lodeve coffee	media representation	FREE MORNING	fish bowl debate	"à la carte" activity
Training introduction			mid-training evaluation		Feministe collage + activist actions	
lunch						
energyzer	energyzer	energyzer		energyzer	energyzer	energyzer
World Coffe	body activities	skim reading and debate	My path through gender and sexual education	women who run with wolf + cowriting	nowaday fight : interesectionality, wave	Evaluation let's dance!
drawing concept + definition	sexuality through History : waves of feminism, queer movement	happy activism	song analyze			
reflexion group	reflexion group	reflexion group	reflexion group	reflexion group	reflexion group	

## Training 2

	Day 1	Day2	Day 3	Day 4	Day 5	Day 6
9h-11h	Get to know each other	Return on training 1 and the toolbox	Myths and sexualities	PARTICIPANTS IN ACTION! EXPERIMENTING THE TOOLS		Conclusions / evaluation of the tool
11h 30-13h	Presentation of the training	Story/History of sexuality	Deconstruct our stereotypes	Group creation	Organisation of Human Library	Evaluation of the project
LUNCH						
14h-16h	Common rules and daily life	Timeline and politics in sexuality	Climate fresk and gender inequalities	Write you book	Human Library action	Evaluation of the project
16h 30-18h	Coffee meeting: definition of common terms	Taboo on sexualities	Intersectionality Moving debate	Work on the content	Movies festival	Closure
18h-	Reflexion group	Reflexion group	Reflexion group	movies Festival	Movies festival	

# METHODOLOGY

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The training will be based on methods and tools of **non-formal education**. Participants are active in the training, and they will be proposing energizers and workshops, as we can learn better by experiencing tools and being in action.

Theoretical content will be proposed by the trainers with a participative methodology, but most of the training will be based on knowledge sharing and mutual enrichment between the whole group where participants will bring and share their experience on the topic.

Methodologies used (fish-bowl, moving debates, skim reading, etc.) are all participative and developing collective intelligence. Centred on **individual and group learnings**, the planning will be adapted to the needs of participants.

# PROFILE OF PARTICIPANTS

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We are looking for **professional youth workers** interested in the topics of gender and sexual education. It is important to have participants who will use the learnings of this training in their professional life and who will be able to bring their experience in the training.

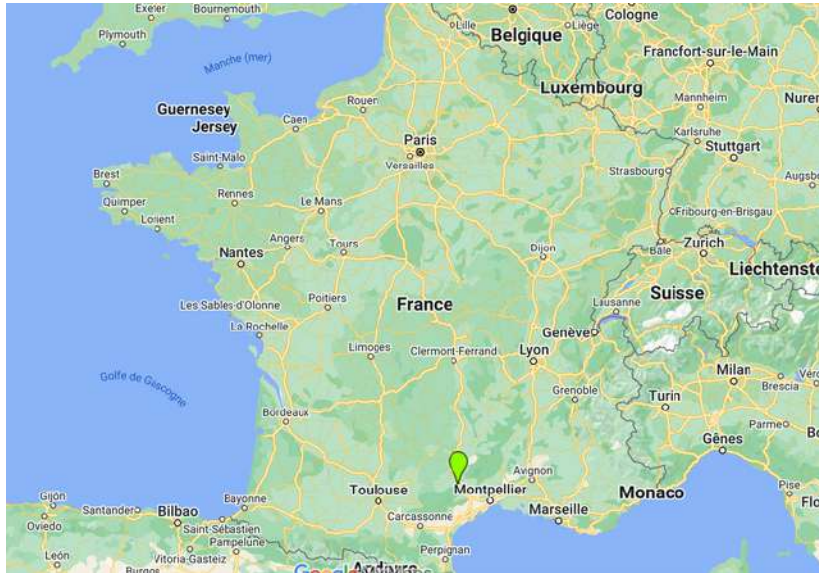
**The profile can be social workers, teachers, psychologists, health professionals, trainers, youth leaders, who are leading projects related to gender and sexual education, etc.**

We encourage the participation of different profiles, experiences and needs. **We also would like participants to be able to participate in the two trainings.**



# LOCATION / ACCOMODATION

## TC 1 - FRANCE - CORNUS



## PLACE TO SLEEP



The first TC will be held in Cornus, France, a few kilometers from Montpellier.

Accommodation will be in a gîte in shared rooms. Each room has its own bathroom.

There will be no WIFI on site.

# LOCATION / ACCOMODATION

## TC 2 - PORTUGAL - AZORES - PONTA DELGADA



## PLACE TO SLEEP



The second course will take place in Ponta Delgada, in the Azores.

The accommodation is located in the city center.

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# FINANCIAL CONDITIONS

- Travel costs will be covered based on the unit costs of the program. Please note that participants will be reimbursed the real costs of their transport fees up to a certain limit as per information below.
- 100% lodging and food are covered. **Du Grain à Moudre** would like to encourage participants to buy travel tickets ASAP to enjoy economical prices.

**Please do not buy travel tickets until Du Grain à Moudre has approved your participation.**

*All the travel costs will be reimbursed the earliest 3 months after the end of the training course. Please note that the process of reimbursement will be carried out directly with the applicant organizations and not with the individual participants.*

Contribution to the travel costs of participants, from their place of origin to the venue of the activity and return.

Travel distance	Standard travel	Green travel	*
10 – 99 km	23 EUR		
100 – 499 km	180 EUR	210 EUR	
500 – 1999 km	275 EUR	320 EUR	
2000 – 2999 km	360 EUR	410 EUR	
3000 – 3999 km	530 EUR	610 EUR	
4000 – 7999 km	820 EUR		
8000 km or more	1500 EUR		

*Based on the travel distance per participant. Travel distances calculated using the distance calculator supported by the European Commission*

*\*Green travel = Environmentally responsible means of transport - A trip that uses low-emission transport for the majority of the journey, such as bus, train or carpooling.*

*\*Please note that green travel is only available for certain partners. Please wait for confirmation from Du Grain à Moudre to check your eligibility.*

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You are interested? Apply here!



**LINK : <https://forms.gle/XpDFQayPYGk8uK6Q9>**

**ATTENTION: Please note that your application does not constitute acceptance.**

**Please wait for confirmation from the Grain à Moudre team!**

