



## **Involving young people with disabilities in sexual-education programmes: a handbook now available**

Many international agencies such as WHO and UNESCO call for the adoption of comprehensive Sex Education curricula to be used with groups at risk of marginalization, including young people with physical and/or cognitive disabilities, however the availability of inclusive sexual education material is still limited and so are the experience implemented at field level.

The INCLUDED project partnership has now released a tool which teachers and educators can use to reduce this gap.

“INCLUDED: Inclusive sex-ed through creative methods” is an Erasmus+ project that intends enhancing the offer of inclusive sex education training programme, aimed at middle and high school students with a special focus on the inclusion of youth with physical and/or cognitive disabilities.

In this framework, the partnership has now released a handbook outlining a curricular training program based on the use of creative methods such as role-playing and theatre games, which have proven to be effective in educating young people and even more with young people with intellectual disabilities.

Before its release, the training program was piloted in each partner country in secondary schools to test the activities and training modules in classrooms, where students with disabilities were also present. Directions and suggestions for teachers can be found in the handbook to enable them to acquire skills and knowledge on how best to carry out a sex education program.

The handbook is published in all partner’s languages (English, Spanish, Greek, Italian, Dutch and Macedonian), all downloadable for free from the project website at this link: <https://includedproject.eu/educational-resources/>



## NOTES TO EDITORS

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