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Adolescent Sexual Health: a Culture-Sensitive Educational Approach

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We propose to facilitate a capacity building workshop for Youth Leaders and/or professionals working with youth in Africa and South America, based on a comprehensive educational model of Sexual Health and AIDS Prevention for Adolescents, developed in Israel. It is based on an interactive and culture-sensitive approach, in which “older peers” (youth leaders) work with adolescents with the aim of providing them with tools for developing healthy relationships and promoting healthy sexual behavior through **skills development and personal empowerment**.

This educational model is built on participatory activities which are fun. Thus, knowledge and skills are acquired in an enjoyable and informal way, allowing adolescents to express their ideas and fears in a non-judgemental and supportive atmosphere and to learn from one another.

During this workshop we will focus on group work dealing with sexuality and relationships among youth in specific socio-cultural contexts. We will also facilitate activities and games related to issues such as decision-making, warning lights in relationships (sexual violence), barriers to contraception use and AIDS prevention. Each activity will be followed by a short discussion, in which participants will debate on its relevance for themselves, suggesting changes or alternatives for its implementation in a **culture-significant way** in their own communities.

Additional issues may be included according to the training target group's needs.

The workshop will be facilitated by a professional team, composed of **Dr. Anita Nudelman**, applied medical anthropologist and expert on adolescent sexual health; **Ms. Yonat Liss**, senior sexual health trainer and expert on participatory activities, and an additional trainer – if necessary.