

# Gender Equality Learning & Capacity Building

Project Number:  
2022-2-ES01-KA210-ADU-000097247



**Co-funded by  
the European Union**

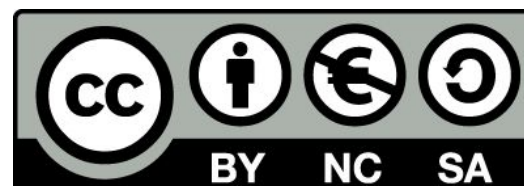
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# who we are

## ASEXÓRATE

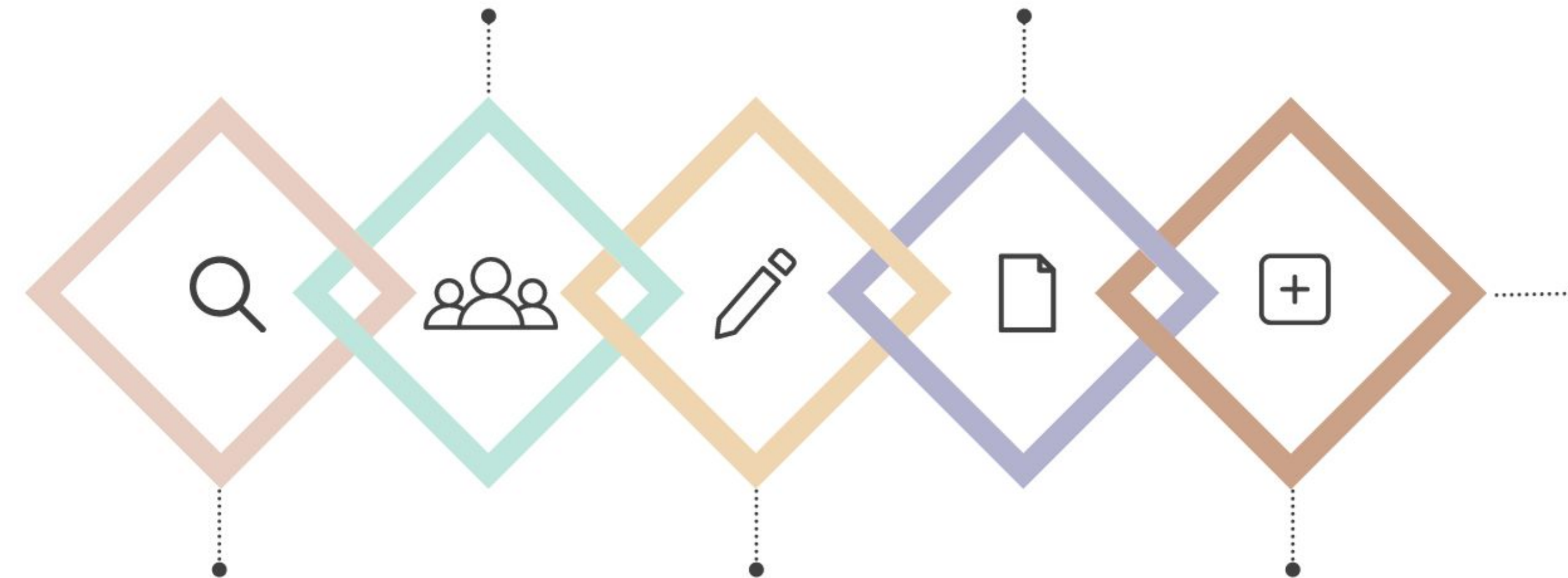
Association for sex education and the defense of sexual and reproductive rights of Castilla La Mancha, whose mission is to promote the right of all people to decide and exercise their sexual and reproductive life with autonomy, developing social and political actions that, from a gender perspective, allow the integral development of men and women, and guarantee access to care, education and information on sexual and reproductive health, public and of quality, and that includes among its purposes the elimination of all forms of violence or discrimination based on sex or sexual identity.



# OUR VALUES

Care for vulnerable  
groups

Rights focus



Scientific  
perspective of the  
human sexual fact.

Philosophy of sex  
education

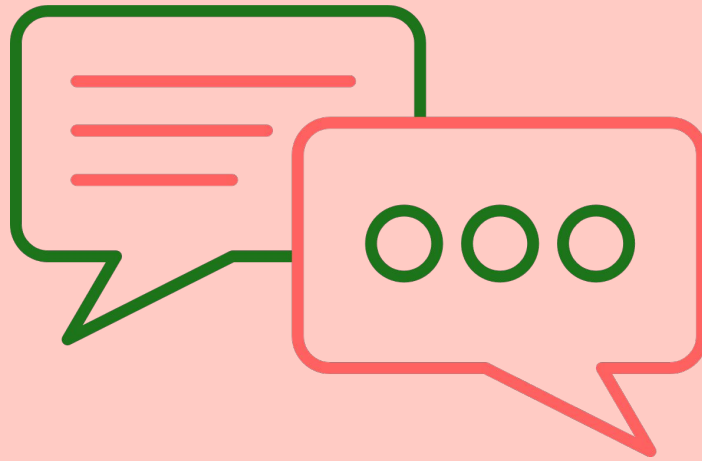
Youth participation,  
associations and  
networks

We are  
backed by  
experience



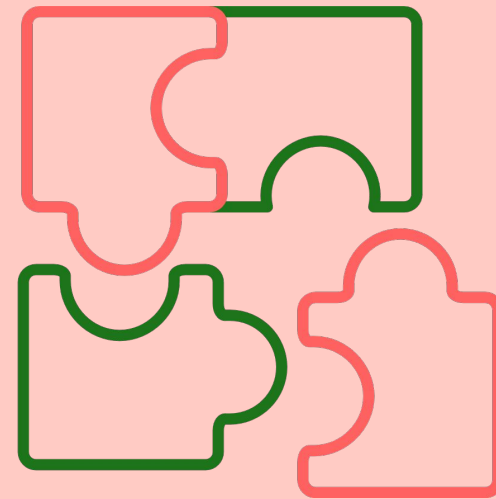


# Team



## Program experience

Professionals with more than 20 years of experience in the development of programs for the promotion of positive relationships in youth and comprehensive sexual and reproductive health care.



## Specialization

Psychology  
Sexology  
Gender Equality



## Lines of work

Sexual Education  
Sexual and reproductive health  
Sexual Diversity  
Sexological counseling  
GBV prevention  
Equality awareness  
New masculinities  
Coeducation



# Our way

Programs with a strong impact on the young population



Keys to gender-based violence in young couples



Identify tools for the promotion of positive relationships

INTEGRAL SERVICE

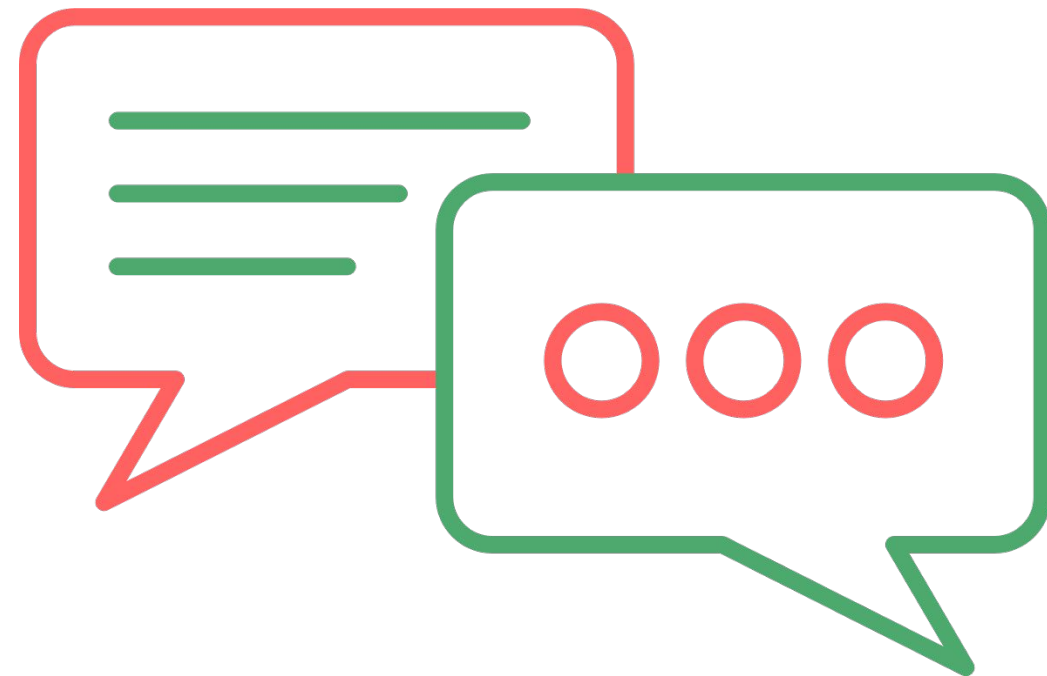


Territorial equity.  
Breaking the gap in access to sex education



BREAKING BARRIERS

# sex education



- Sex education is often focused only on genitalia, intercourse, condoms and orgasms.
- Sexual Education is a process of teaching and learning about sexuality in relation to its psychological, physical and social aspects.
- Objective: our mission is to help to know, recognize, respect, accompany and protect.
- It is not Sexual Education "to do", but to know oneself, to accept oneself and to express oneself.



Much of the Sexual Education that has been carried out has been a Sexual Education without Sexology. An Education that has left a little aside what people are and how they live, to pay almost all the attention to what people do or, more specifically, to what they do with their genitals.

for a better understanding

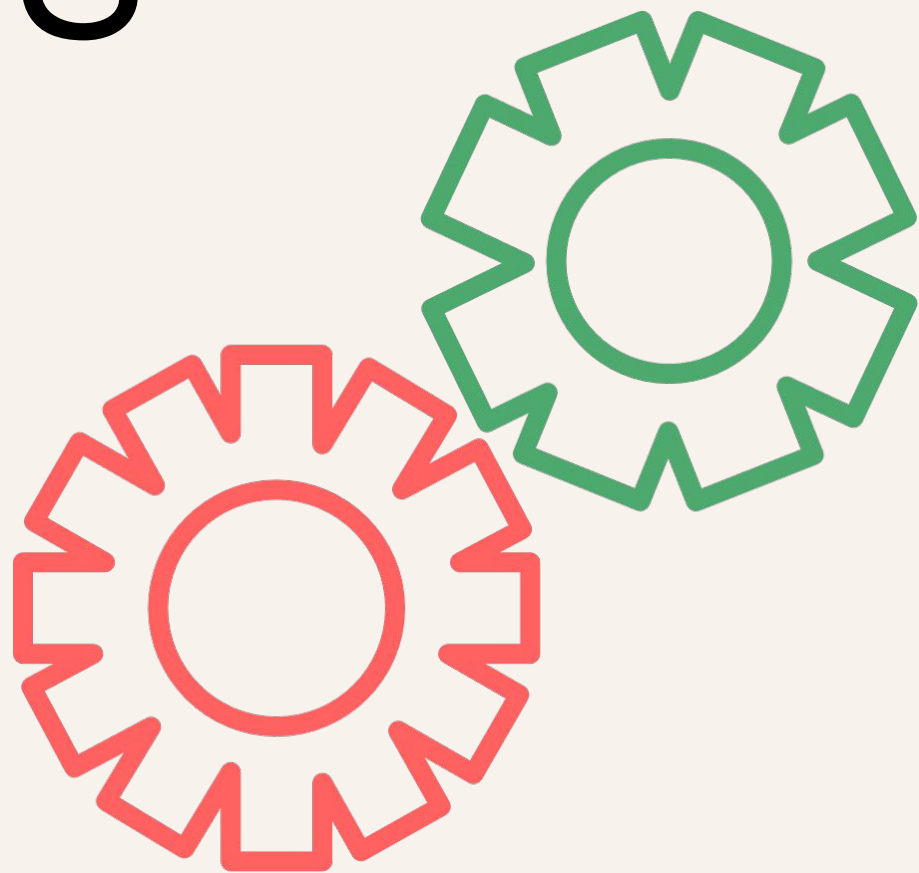
The TREES of risk: pregnancy, sexually transmitted infections, inappropriate behaviors... have prevented us from seeing the FOREST of the Human Sexual Fact.

A forest full of sexualities and peculiarities. And which is crossed by three paths: the reproductive (the cultivation of avoiding unwanted consequences), the pleasures (in which orgasm is only a shortcut), the relational (the encounter, attraction and desire).





# PROGRAM S



## 01 QUIÉREMEBIEN.

Promotion of positive relationships and prevention of gender violence in youth.

BSO del "Quiéremebien"

Guía

## 02 CARESSES

Comprehensive sexual and reproductive health care for young people.

## 03 PODCAST BUENQUERER

Promotion of positive relationships and prevention of gender violence from podcasting.

Dossier

IVOOX

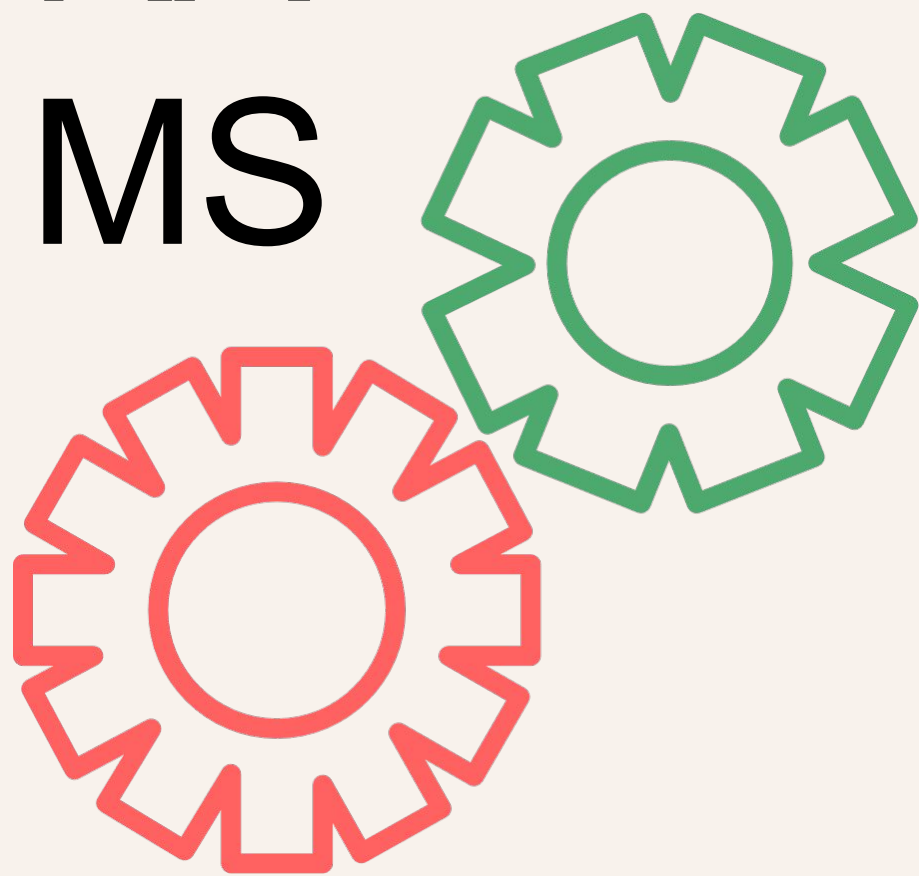
## 04 HELENA

Attention and care for the sexuality of people living with chronic disease.





# PR OG RA MS



## 05 PATIOS IN EQUALITY

Coeducational school. Good treatment in school playgrounds.

## 06 LMAF CLASSROOMS

Encounter of students with music as a channel of expression of values for the Buenquerer.

## 07 DIVERSE SEXUALITIES, DIVERSE ABILITIES

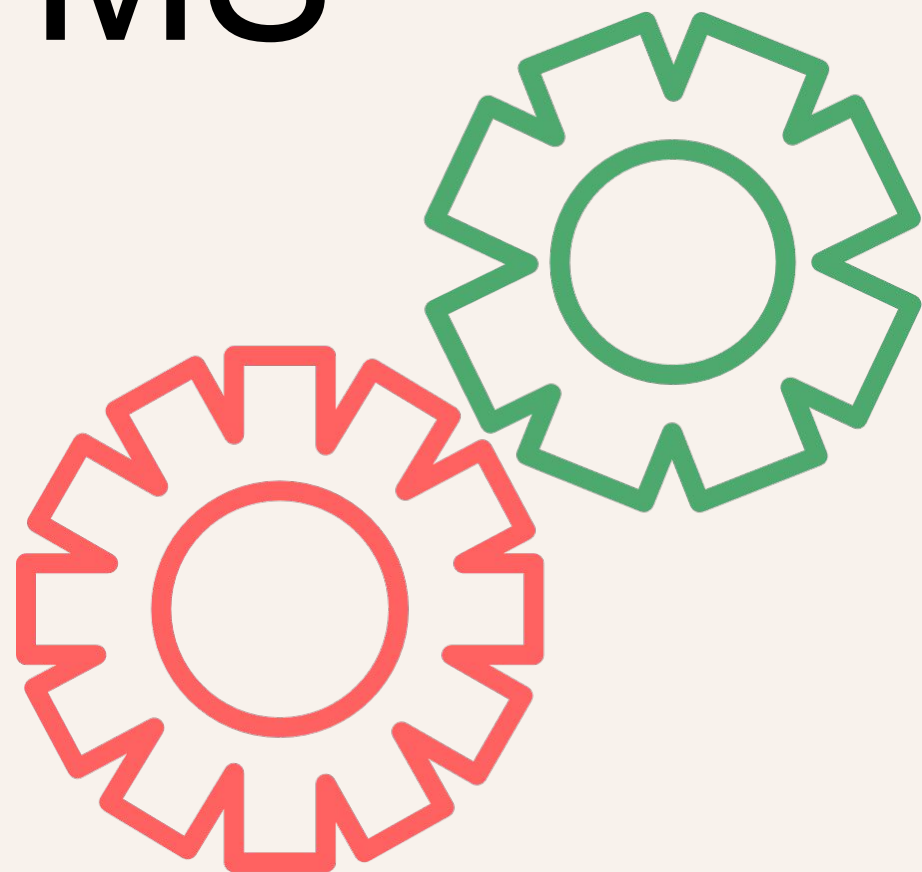
Comprehensive sex education for people with disabilities and/or functional diversity

## 08 LMAF

Music tames the wild beasts. Festival of musicians and singer-songwriters for the Buenquerer.



# PROGRAMS



## 09

### CJAS

YOUTH CENTER OF ATTENTION TO SEXUALITY.

Educational, informative and assistance to sexuality: workshops in educational centers, counseling, awareness campaigns, trainings, conferences...

16 years of management. More than 30,000 personalized and confidential services to young people.

## 10

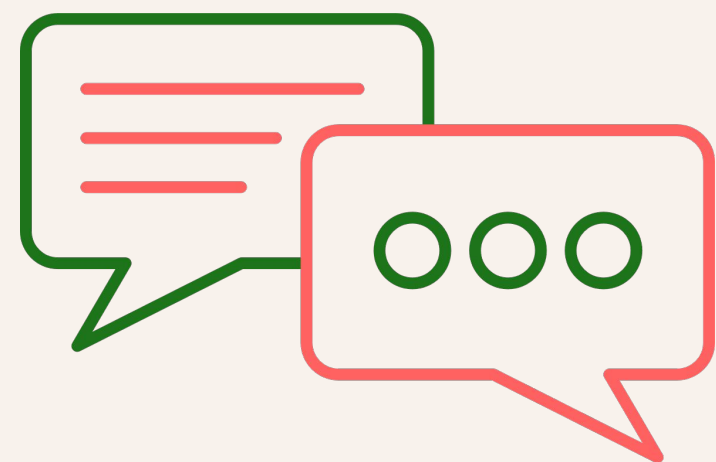
SEXOLOGICAL  
INTERVENTION FOR THE  
PREVENTION OF  
TRAFFICKING AND SEXUAL  
EXPLOITATION OF MINORS  
IN UNDER GUARDIANSHIP

## 11

### GENDER QUALITY LEARNING & CAPACITY BUILDING (GEL)

European program for the exchange of experiences and training to raise awareness and educate in gender equality issues.





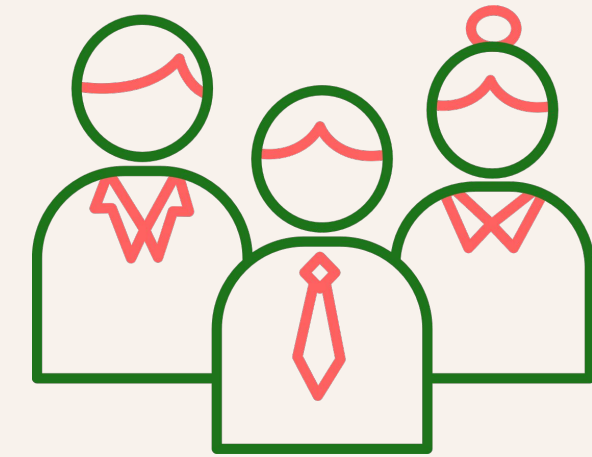
# What do we do when we do sex education?

To accompany children in their development towards maturity. Helping them to think about themselves; how they relate to their bodies and emotions, and the bodies and emotions of others, and ultimately provide them with the ability to develop in the most intimate and personal facet of social relationships (and probably the most significant in the coming years): the sex-affective relationship.





# Human sexuality



World Health Organization (WHO; 2002) "a central aspect of the human being present throughout his or her life. It encompasses sex, gender identities and roles, eroticism, pleasure, intimacy, reproduction, and sexual orientation. It is lived and expressed through thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles, and interpersonal relationships. Sexuality can include all of these dimensions, however, not all of them are always experienced or expressed. Sexuality is influenced by the interaction of biological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual factors".



# Common objectives of Sex Education



Learning to  
know oneself

Learning to accept  
oneself

Feel  
good



# SEXUALITY

PERSONALIDAD DEL SEXO  
(Personality of Sex)

"The way I understand, integrate, and express my personal way of being the man or woman that I am, and how I related with others women and men, in the realm of sexuality, eroticism, and sexual love.

More and less...  
Pichi picha...

... How difficult it is for me to  
translate the language of  
genders!



**UFFFF!**  
**!**





# SEXUALITY

## PERSONALIDAD DEL SEXO

(Personality of Sex)

Sexual  
identity

I don't feel  
a man

, I watch a  
lot of porn

I feel very  
vital when I  
have my  
period

Sexual  
emotions

I like to flirt  
through  
apps

I am very  
curious about  
falling in love

I have a  
complex  
about my  
hips

always use  
condoms  
when I have  
sexual  
intercourse

Our body

I do not  
want to  
have sex  
until  
marriage

Cultural  
sexual  
model

We should  
talk about sex

I feel Good  
with my  
body

myths  
beliefs  
values

I feel  
embarrassed  
when I feel  
horny

I am cuddly

I don't  
believe in  
love

I am  
afraid of  
not having  
an erection

Biography  
and  
personal  
experience

I like girls

Id love to  
have  
boyfriend/  
girlfriend

**SEXUALITY**  
**PERSONALIDAD DEL SEXO**  
(Personality of Sex)

Sexual  
identity

Sexual Desire...  
the best feeling  
ever!

Sometimes I  
lie about my  
feelings

I really  
enjoy kisses

Sexual  
emotions

I feel attracted  
to tall men

Im a woman  
trans

Our body

I ask  
permission to  
flatter the  
girl I like.

always use  
condoms  
when I have  
sexual  
intercourse

I use pills as a  
contraception  
method

Cultural  
sexual  
model

I had an  
abortion

I am  
no-binary  
gender

Masturbation  
is a sin

myths  
beliefs  
values

I get my  
period very  
early

I feel  
emotionally  
detached to  
people

I like to use  
toys in my  
intimate  
encounters

I believe in  
sexual  
exclusivity

I do not  
like my ass

I am very  
shy when it  
comes to  
flirting

Biography  
and  
personal  
experience

Im geting  
better in my  
sexual  
communication

# SEXUAL EDUCATION

Some keys in our model of intervention

THEORETICAL  
PARADIGM: **SEXUAL**  
**HUMAN FACT**; THE  
SCIENCE: **LA SEXOLOGY**

TALK ABOUT  
**LOVE**

**PASSION AND**  
**COMMITMENT FOR OUR**  
**WORK AND MISSION**

THE RELATION  
WITH **THE**  
**LEARNER.**

PERMANENT, DIALOGIC,  
AND MUTUALLY  
ENRICHING  
RELATIONSHIP WITH  
**OTHER FIELDS OF**  
**KNOWLEDGE**

EDUCATION IS A **TEAM**  
**MISSION**





... and small reflection before  
going... (getting strength...)

...well, it will be better to take a look at  
my notes

... by the way, perfect  
moment to recommend a  
good movie... **Portrait of a  
Lady on Fire**...delightful!

...glu  
p



# PRINCIPLE OF SEXOLOGICAL THEORY (Gregorio Marañón)

## Theory of intersexuality

*"The principle of sexological theory, the theory of intersexuality: the masculine and the feminine are not two categorically opposed values but successive degrees of the development of a single function, sexuality."*



THEORETICAL  
PARADIGM

The  
science

El hecho sexual  
humano

(HUMAN SEXUAL FACT)

SEXOLOG

Y





# RASGOS SEXUADOS

(Sexed traits)  
Or...(gender  
expresions)

Language  
again!!

Pay attention,  
that's in the  
exam!

Physical, emotional, and psychological characteristics that we can attribute to the Human Sexual Fact. In other words, expressions, behaviors, tendencies, etc. we can observe in individuals, and we can understand along the *intersexual continuum* between the masculine and the feminine."

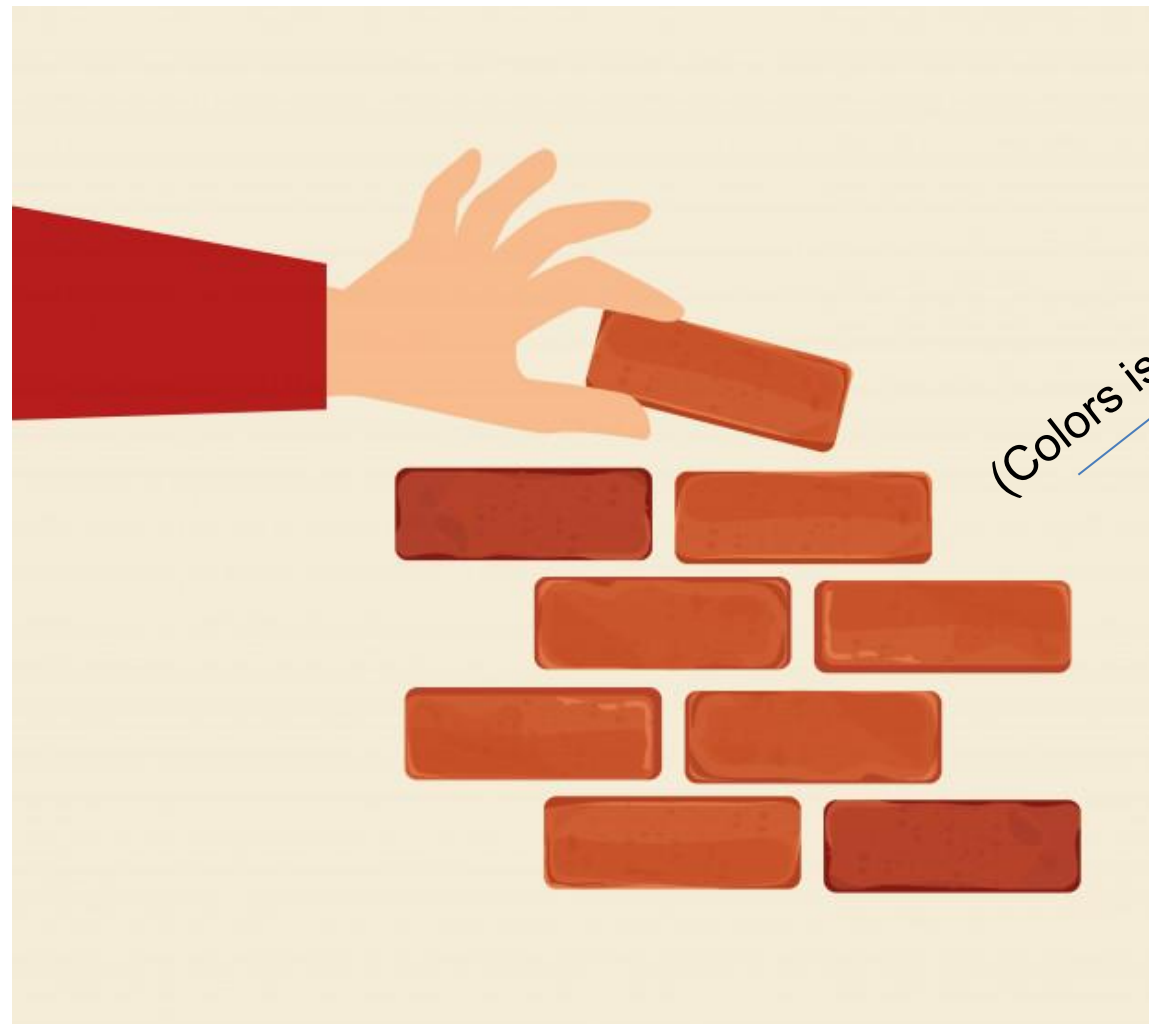


**DON'T PANIC!!**  
I'll give you a  
picture....



# Let's play a game!

...imagine you are a building.



(Colors is just for understanding)



The blue/masculine expression



The Pink/femenine expression

Don't forget, Could be purple!  
could even change during our life!



and....

TA DAAANNNNNN!!!!

Ahhhhh...old fashion  
resources... call me nostalgic



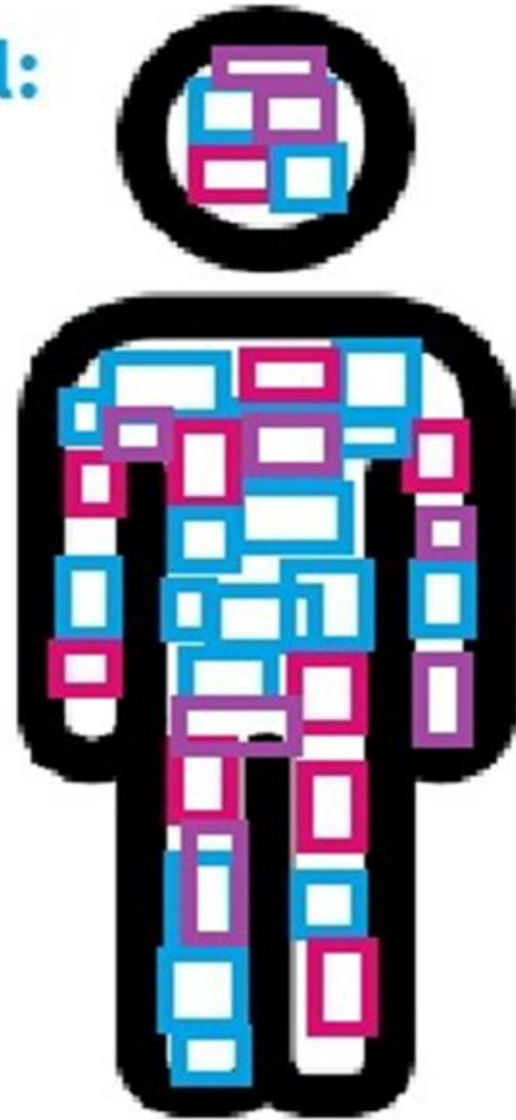


Joel  
al:

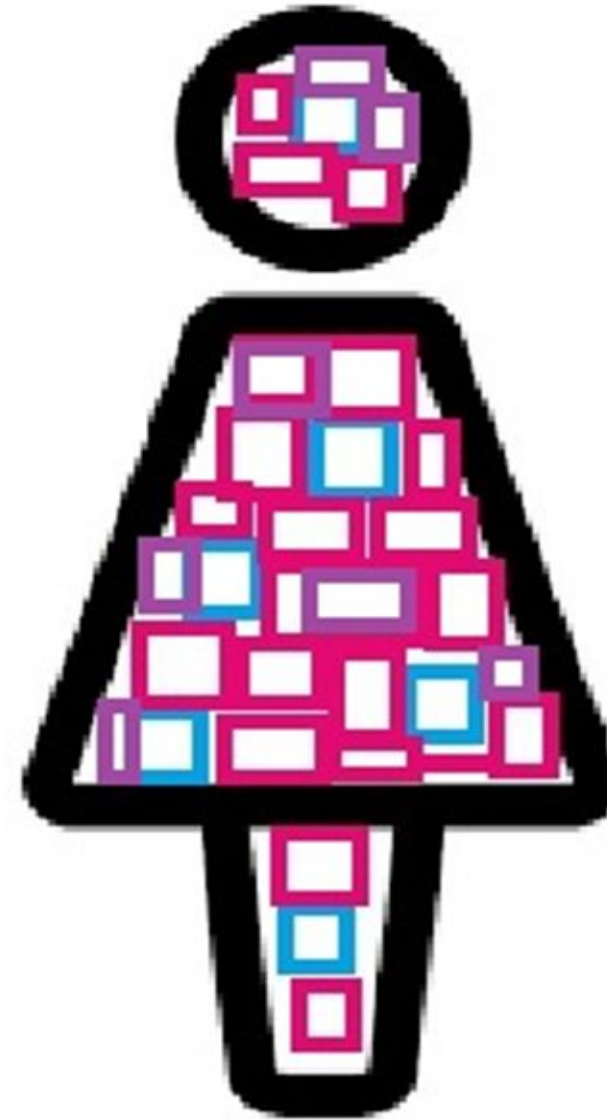


Identidad sexual:  
Hombre

PEPE



PEPA



Identidad  
sexual: Mujer

Adri



Because (believe me) are  
other personality traits  
that are not related with  
sex or gender

# SEXUAL EDUCATION

Some keys in our model of intervention

THEORETICAL  
PARADIGM: **SEXUAL**  
**HUMAN FACT**; THE  
SCIENCE: **LA SEXOLOGY**

THE RELATION  
WITH **THE**  
**LEARNER.**

PERMANENT, DIALOGIC,  
AND MUTUALLY  
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**OTHER FIELDS OF**  
**KNOWLEDGE**

TALK ABOUT  
**LOVE**

**PASSION AND**  
**COMMITMENT FOR OUR**  
**WORK AND MISSION**

EDUCATION IS A **TEAM**  
**MISSION**





## GOALS OF THIS PROGRAM

- Aprender a quererse, a valorarse, a gustarse, independientemente de los cánones de belleza que imponga la sociedad.
- Aprender a comunicarse, a pedir lo que se necesita, a resolver los conflictos de una manera efectiva, a convivir, a asumir conductas cooperativas.
- Aprender a conocer el propio cuerpo, el propio erotismo. Aprender sobre la sensibilidad del cuerpo y de los genitales. Todo el cuerpo es sexuado.
- Aprender que la erótica se expresa de muchas formas, y que el coito es sólo una de las muchas posibles. Los besos, los abrazos, las caricias, la masturbación a solas o en compañía... son otras formas de expresión erótica. Y cada cual debe ser libre de elegir en cada momento la que le haga feliz.
- Aprender que la sexualidad es una parte de la vida, y muy hermosa, que se comparte con quien se desee o no se comparte con nadie, que también se puede vivir a solas, que reporta satisfacción y bienestar y a la que hay que cuidar y atender.
- Aprender cómo se produce la concepción, la reproducción, para así conocer mejor los métodos anticonceptivos y elegir libremente tener hijos o hijas, o no tenerlos.
- Aprender a expresar el afecto verbalmente y también a través del contacto corporal (caricias, besos, abrazos, etc.).
- Aprender a ser respetuosos y respetuosas con los demás, a tener en cuenta sus sentimientos y deseos. Aprender que también en sexualidad somos diversos, y que debemos respetar las formas de pensar sobre sexualidad, y vivir la sexualidad, que sean distintas a la nuestra, mientras no hagan daño a nadie.
- Aprender a valorar la sexualidad y contribuir con determinadas conductas responsables a mantenerla y conservarla, y ser feliz con su sexualidad.





”I CAN NEVER LOOK AT YOU AND  
FEEL NOTHING” Unknown authorship

!Wow, I want to  
[asexorate.org](http://asexorate.org)  
know more!





# Gender Equality Learning &

# Capacity Building

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Say Something

est. 2014

- Men Against Violence (MAV) started as a coalition of various organisations and entities that have the primary aim to engage men and boys to speak out against violence, particularly that committed on women.
- By doing this MAV aims to foster equality between men and women, boys and girls.



# Men Against Violence

- Sexual abuse, Rape, gender violence, domestic violence has been deemed for too long as being a woman's issue.
- IT IS NOT – it affects men too. Men are often ignored part of the equation. MAV believes that the level of violence in the society can decrease overtime – by engaging all and every one



# Men Against Violence

- By labelling domestic violence a women's issue, the role and actions (or inaction) of men are not being examined.
- MAV therefore intends to reverse this process of brushing off the issue of domestic violence under the women's issue label and reinforce the understanding that violence affects everyone and is therefore in everyone's interest to prevent it and speak out against it





# Men Against Violence

- MAV intends to help achieve this in three separate & connected ways:
  - **Through Awareness Raising campaigns**
  - **Through Educational workshops**
  - **Through fostering coalition building between Governmental agencies and NGOs**



# MAV – Awareness Campaigns

- We run our introductory campaign in November of 2013.
- We simply asked a number of male celebrities, academics, TV and Radio personalities to take a simple photo holding a banner. These were then distributed on social media over a two week period



A man with grey hair and a serious expression is holding a large white sign in front of him. He is wearing a dark jacket and a necklace. The background is black.

**I SAY NO TO  
VIOLENCE**



**MEN AGAINST VIOLENCE**

A man with a beard and short hair, wearing a dark shirt and jeans, holds a large white sign. He has a blue and yellow wristband on his left wrist. The background is solid black.

**I AM AGAINST  
VIOLENCE...  
ARE YOU ?**



**MEN AGAINST VIOLENCE**

A man with dark hair and a serious expression is holding a white rectangular sign in front of his chest. He is wearing a dark t-shirt and jeans. The background is solid black.

**I AM A MAN...  
AND I AM AGAINST  
VIOLENCE**




**MEN AGAINST VIOLENCE**





# MAV – Awareness Campaigns

- Our second campaign involved collaboration with ministry of interior
- We created a video that was shown on national TV stations in the form of Public Service Announcement
- Again, for the video, we used several of our Ambassadors and we retained the background theme

A man with dark hair and a black t-shirt is holding a white rectangular sign in front of his chest. The sign has the text "I SAID NO TO VIOLENCE" printed on it in bold, black, sans-serif capital letters. The background is solid black, and the lighting is focused on the man and the sign.

**I SAID NO  
TO VIOLENCE**

# MAV – Awareness Campaigns

- Currently, we are running a campaign in collaboration with Malta Gay Rights Movement and Maltese Commission on Domestic Violence, tackling the abuse in LGBT relationships
- Also, we are tackling the increase in DV during the World Cup, by placing posters and coaster in places of entertainment around the country during the months of June and July

# MAV - Education

- **EDUCATION**

- MAV firmly believes that education is one of the key elements to prevent violence.
- From a young age, boys need to be educated about gender equality , mutual respect.
- This has not only to be tackled in schools, but also in sports and leisure facilities



# MAV – Education

- Through Educating men and boys and Raising Awareness:-
  - We ensure that our society fosters a culture of mutual respect and equality amongst genders
  - Speaks out against acts of RAPE, SEXUAL ABUSE and Violence in general
  - Condone such acts
  - Prevent these acts from recurring





# MAV – Coalition Building

- MAV started as a coalition.
- Currently an independent NGO, we still collaborate with all partners that were there initially
- Closely related to Education activities, our partners are tasked with coming up with suggestions and providing us with expertise needed

# MAV – Coalition Building

- Together, we are planning a set of workshops and seminars, where each and everyone of the partners will provide best possible practices, tackling the issue from the perspective of their organisation/agency
- The idea is to use these workshops and come up with unified and multifaceted set of lessons, that will then be offered to educational institutions, places of work and so on

# CombNation

IN COLLABORATION WITH

EMM

Electronic Music Malta

&



present you a night of "insight" and "music"

**Aleks Dimitrijevic - MAV "Is gender  
equality good for men?"**

**Music:** Owen Jay,  
Ed Blank  
Geoffrey

© RAZZETT L-AHMAR

Saturday 28th October.  
8.30 pm onwards  
FREE Admission

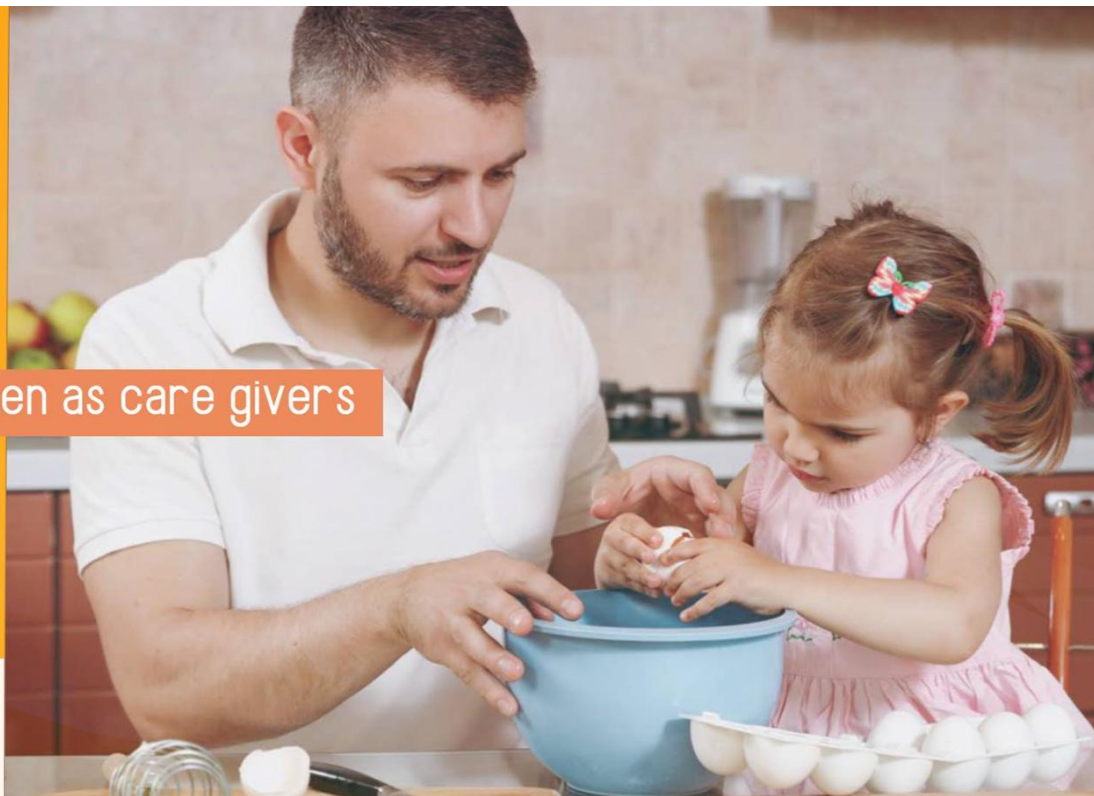
Official  
Partner



# MEN CARE TOO

Engaging men as care givers

**VOPs**  
Voluntary Organisations  
Projects Scheme





















menagainstviolence13@gmail.com



Thank You

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## Associació Meraki Projectes Valencia

→ (μεράκι)



(n.) the soul, creativity or love put into something; the essence of myself  
put into my work.



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## MERAKI PROJECTES

- 
- Small non-profit association
  - Created in 2017
  - Background: members with +15 years of experience
  - Composed by experts and professionals in the field of Project Management, education and teacher training, ICT and tourism.
- 

# Where we are...



Website: <https://merakiprojectes.eu>

Instagram: <https://www.instagram.com/merakiprojectes/>

Facebook: <https://www.facebook.com/MerakiProjectesValencia> Twitter: <https://twitter.com/MerakiProjectes>

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## What do we do?



- To provide **schools/training centres** with the opportunity of **European cooperation**



- To organise **training seminars** for teachers in Europe in different topics (inclusive schools, pedagogical innovation, technologies, etc.), in cooperation with an extensive network of experts
- To provide **in-house training** for education, sport and cultural entities



- To provide **advice on developing EU projects** for education, sport and cultural entities

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COOPERATION  
IN EUROPEAN  
PROJECTS



ICT LEARNING  
PLATFORMS  
AND  
PEDAGOGICAL  
MATERIALS  
DEVELOPMENT

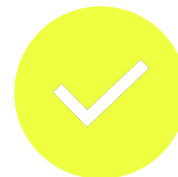


ESTABLISHING  
EUROPEAN  
CONTACT  
NETWORK

# ACTION LINES



PROVISION OF  
TRAINING  
COURSES FOR  
EUROPEAN  
TEACHERS



TRAINING  
SCHOOLS/  
EDUCATION  
CENTRES TO ACCESS  
ERASMUS+ AND  
OTHER EU FUNDS

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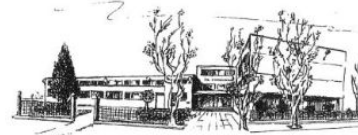
## Cooperation with other entities



ak:e



fecerval



CENTRO ESCOLAR  
**CONCHA ESPINA**

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European cultural heritage as a central element of diversity and intercultural dialogue (2018-2021)

<https://communityschoolsmuseums.eu>



Competences to young people engaged in volunteering, helping them transform their passion into a job opportunity (2018-2021) <https://www.responseproject.eu/>



Agile4CIRC

Training of low-skilled adults & helping them to develop their entrepreneur abilities through Agile Methodologies in Circular Economy (2019-2021) <http://agile4circ.eu/>



Development of Training Course for VET Teachers who want to become Tutors in the Digital Era (2020-2022)

<http://digitaltutor.eu/>



Training of Compulsory Teachers in Inclusive Education through Artistic Education (2020-2022)

<http://increaplus.eu/>

EU  
Projects

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## EU Projects



Training of Primary and Secondary Education Teachers in gender inclusive education (2020-2023)

<https://justhuman.aketh.eu/>

Educational kits based on fairytales from around the world to support literacy in primary schools

<https://afostodata.ro/backtoschool/en/about/>

Improving teaching-learning processes through the inclusion of (ICT) in education, focusing on finding possible approaches to the UN Sustainable Development Goals (SDG).

Engaging students and raising awareness of the benefits of ecological agriculture and sustainability.

<https://sites.google.com/view/morethanaseederasmusproject/home?authuser=4>

Design and development of learning situations to address global and local challenges of the 21st century related to air pollution and climate change. <http://www.ict-aire.eu/>

Providing future and current teachers with the opportunity to develop sustainable communication skills through recognised training programmes. <https://vivesweb.be/tasc/>



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Capacity building and learning in the field of gender equality, sexual education, and gender based violence

<https://asexorate.org/portfolio/gender-equality-learning-capacity-building/>



Family bonding and physical activity through padel, focusing on children aged 6 to 12. It prioritizes inclusion by targeting at least 50% of participants from disadvantaged backgrounds.

EU  
Projects



Introducing fencing in schools and sports clubs, provide teachers with inclusive teaching tools, and use the sport as an educational tool for skill development, including for students with disabilities <https://cross2swords.esgrimaagora.es/>



Promoting the inclusion of people with disabilities through organic urban gardens, focusing on sustainability, ecological practices and community building

<https://www.instagram.com/terraidona/>

Thank you!

**ME —**

**— RA**

**— KI**