



FONDATION  
**PROFA**

INFORMATION, AWARENESS AND PREVENTION

# SEXUALITY EDUCATION



[WWW.PROFA.CH/EDUCATION-SEXUELLE](http://WWW.PROFA.CH/EDUCATION-SEXUELLE)

# CHOOSE DIALOGUE TODAY TO BUILD THE SOCIETY OF THE FUTURE

The PROFA Foundation's sexuality education service provides sexuality education classes for **over 40,000 students in the Canton of Vaud**, in compulsory, post-compulsory and special education.

We give the students **objective and scientifically correct information on all aspects of sexuality**.  
Our work is integral to the schools' educational mission.

WITH  
PARENTS  
AS **PARTNERS**

Parents are the primary educators of their children on sexuality.

Our work is complementary to the education provided by parents on relationships and sexuality.



## WHAT DO WE TALK ABOUT IN CLASS?

### Year 3H

Age 6-7

#### Education for life and prevention of sexual abuse

2 PERIODS

- Knowing your body
- Sensations and emotions
- Respect for physical integrity
- Origins of life

### Year 6H

Age 9-10

#### Sexuality education

2 PERIODS

- Changes in the body
- Procreation
- Feelings and emotions
- Intimacy
- Respect for yourself, others, differences and limits

### Year 8H

Age 11-12

#### Sexuality education

2 PERIODS

- Puberty and changes in the body
- Psychological changes
- New sensations
- Openness towards others
- Intimacy and respect
- Self-esteem

### Years 10 and 11H

Age 13-15

#### Sexuality education

2 X 2 PERIODS

- Loving relationships with a positive and respectful approach to sexuality
- Self-esteem
- Consent
- Contraception
- Sexually transmitted infections (STIs)
- Sexual violence
- Choices, rights, duties

#### SPECIAL AND POST-COMPULSORY EDUCATION

These programmes are also provided to classes or groups of students in **special education**. We work with some establishments providing **post-compulsory education** and with **private schools**.

Our content is inspired by :

- Sexual rights (IPPF)
- European standards for sexuality education (WHO)
- the Reference Framework and Curriculum for French-speaking Switzerland

# CONTACT US

Our sexual health experts  
will answer your questions  
in strict confidence.



**021 631 01 30**



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## MORE INFORMATION

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FROM 11 TO 20 YEARS OLD

**[WWW.CIAO.CH](http://WWW.CIAO.CH)**

FROM 18 TO 25 YEARS OLD

**[WWW.ONTÉCOUTE.CH](http://WWW.ONTÉCOUTE.CH)**



Working on behalf of

- Direction générale de l'enfance et de la jeunesse (DGEJ)
- Direction générale de l'enseignement obligatoire (DGE0)
- Unité de promotion de la santé et de prévention en milieu scolaire (UPSPS)

**PROFA  
Sexuality Education**

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[www.profa.ch/publications](http://www.profa.ch/publications)