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## E-WISEE LAB

<b>Name of activity</b>	<b>OPEN UP YOUR HEART</b>
<b>Description of good practice</b>	<p>In today's culture, young people's understanding of sexuality is heavily influenced by various factors such as media, peers, and family. Sadly, the information they receive often falls short, being incomplete, inaccurate, and even misleading. One striking observation is the significant variation in how Europe addresses the topic of sexuality, including differences in body language and personal space norms. Additionally, there's growing concern about the prevalence of porn addiction and explicit sexual content in the media, which is having a profound impact on young people's daily lives, relationships, and the overall perspectives on sex, often in unhealthy ways. To address these issues, we are planning to organize a Youth Exchange program called "Let's Talk About Sex." This initiative aims to facilitate open discussions on a range of topics related to sexuality, raising awareness about ethical considerations, sexual norms, gender equality, intersexuality, diverse sexual orientations, and promoting healthy relationships and sex lives. Through non-formal methodologies, site visits, and thematic workshops, we intend to create a safe and welcoming environment for young people from different European countries to share their experiences, perspectives on sexuality, and insights into sexual norms and cultures in their respective nations. It's striking how, despite living in the 21st century, conversations about sex still often feel awkward, even though it's a fundamental aspect of human life.</p>
<b>Target group involved</b>	<p>This programme involved 2 travel days, 7 working days. A total of 40 people came from 8 European countries. This number (40) includes 8 group leaders and 32 participants. Half of the participants are those with fewer opportunities. The ages involved are young people between 18 and 30.</p>
<b>The context in which it was tested</b>	<p>In a previous YE of one of the partners about media literacy, the theme about sexual education came up. And how in schools the only focus is on having sex and not sexual ethics, healthy and unhealthy relationships, porn addiction, women objectification, etc. So the need of building a project around that topic emerged.</p>
<b>How it was carried out (and methodological approaches used)</b>	<p>The methods which were used during the exchange were based on Non-formal, informal and experiential learning. All the activities proposed were interactive activities. The activities were learner-centered following the concept of learning by doing and everything had a holistic approach, as all the activities in non-formal education. In the beginning, activities were to get to know each other of the participants, team building, identify contribution, expectations and learning blocks of participants. The team building and activities to strengthen the group was done. Type of tangible results of the project depended on participants - they were divided in groups and product results according to their ideas. There were videos, interviews, articles, etc.</p>

<p><b>Links to videos or toolkits related to good practice</b></p>	<p><a href="https://erasmus-plus.ec.europa.eu/projects/search/details/2019-3-NL02-KA105-002660">https://erasmus-plus.ec.europa.eu/projects/search/details/2019-3-NL02-KA105-002660</a></p>
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