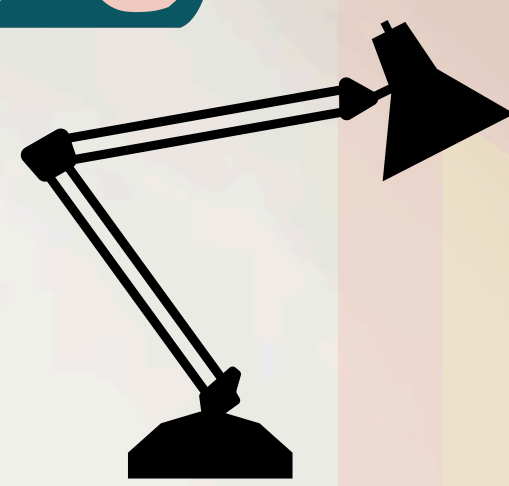


# sexkörkortet



## THE BACKGROUND

Sex education is not good enough. How do we know? We have experienced it ourselves and today we work with youths that are still experiencing it. Moreover, the problem has been acknowledged by the Swedish government through Skolverket and there is currently a proposition to adjust the education accordingly. By improving sex education, we believe that we can contribute to the Sustainable Development Goals 3, 4 & 5, as good knowledge amongst youths can improve sexual health and prevent unsafe sexual experiences.



## THE FACTS

- Multiple reports and interviews shows an indisputable result. The quality of sex education is insufficient.
- Only 28% of all teachers knew what was expected of them in their work with teaching sexual education and only 25% of schools state that they have set up clear goals for how they undertake sexual education.\*
- Only 19% of students agree that the school's sex and coexistence education has given them the knowledge they need. There were more men (22 percent) than women (16 percent) who felt the education was sufficient.\*
- 14% of all girls and 6% of all boys in grades 6-9 have experienced sexual harassment in school.\*\*
- 12 % of all youths and 18% of all girls ages 10-16 have experienced sexual harassment online.\*\*\*
- UNESCO emphasis that national investments in sex education leads to a considerable reduction in sexually transmitted infections, less sex abuse and reduced homophobia.\*\*\*\*

\* According to the Swedish Public Health authority (Folkhälsomyndigheten) in their report *Sex- och samlevnadsundervisning*, published in 2018  
 \*\*According to Friendsrapporten 2019, p. 19  
 \*\*\*According to Friends nätrapport 2017, p. 14  
 \*\*\*\*UNESCO, "Why comprehensive sexuality education is important", 2018, Why comprehensive sexuality education is important.

## THE SOLUTION

We chose to encounter the named problems with **Sexkörkortet**. Sexkörkortet builds on an existing concept in Swedish schools, where students can obtain licenses for e.g. using sewing machines and computers. Sexkörkortet can be obtained by completing an online multiple-choice questionnaire with at least 10 of 15 correct answers. The test is directed to students in 7th to 9th grade and concerns questions on sex, sexual health and consent. It is distributed on Sexkörkortet.se, which is an easily accessible holistic platform that also includes discussion material, and links to where youths can learn more or talk to an adult about their concerns. The platform is complemented with in-classroom workshops that are meant to open up for further discussions.

The material is developed through meetings with RFSU, SKUM and UMO, as well as with principals, teachers and students in order to ensure that it is inclusive, informative and inspiring. The platform is compatible with Skolverket's curriculum and the goal is to make Sexkörkortet an integrated learning tool in 7th to 9th grade of Swedish Elementary School. In this way, the project is easily scalable.

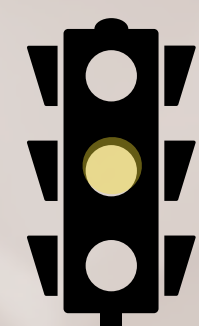
## OUR PLATFORM & TEST



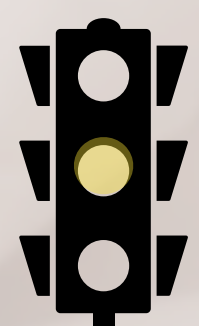
## CHALLENGES

### GREEN LIGHT ALL THE WAY.. NO! THE OBSTACLES WE HAVE ENCOUNTERED :

Due to Covid-19, schools' focus have shifted dramatically and teachers are experiencing high workloads. So, instead of distributing our product to schools already this spring, we have proceeded with full attention to make Sexkörkortet the best suited product for school's possible.



The journey is not done. Sexkörkortet is currently a pilot which has to be tested and revised in order to be a certified learning tool. When meeting with UMO and RFSU, they have shown great interest in partnering up with us in the long term, and by listening to further inputs from schools and continuing to develop the platform with guidance from named organizations, this can become a reality.



## LESSONS LEARNED

Through working with Sexkörkortet, we have learned the importance of asking for help and feedback when developing a project. Opening up to new perspectives and making an effort to understand people's different approaches to sex have been of utmost importance to make this project successful. This is especially true since sex is a sensitive subject, and since Sexkörkortet is meant to be including to people of all backgrounds. We have also learned how to deal with, and adapt to, changes in the macro environment.

A key take-away from the experience is that it is possible for us to make the world a better place. A small initiative can make a big impact.



## THE FUTURE OF sexkörkortet

So, will Sexkörkortet contribute to improving the Sustainable Development Goals 3, 4 & 5?

Our answer is Yes. Sexkörkortet will make an impact on society through the powerful tool knowledge. Knowledge on sex, sexual health and consent can make youths more comfortable with their bodies and sexual experiences, which is an important part in working towards preventing sexual harassment and abuse. Since women make out a vulnerable group in the crime statistics, this will also improve gender equality. Ultimately, Sexkörkortet works toward a better and safer society.

### IN THE DRIVER'S SEAT

