

“Promoting sexual self-determination and supporting sexual education processes”

Our approach to sexual education

Everyone has the right to freedom of personal development, sexual self-determination, and sexual education. These rights must not be called into question in a pluralistic society or be made subject to certain conditions. They are only limited by others' rights, as soon as they threaten to violate them.

As actors in the field of sexual education, we see it as our mission to make sure that all people are aware of their sexual rights. We are also committed to defending these rights whenever they are threatened. Only the knowledge of their own rights and possibilities empowers people to exercise their right to freedom of personal development and sexual self-determination.

Committed to the fundamental principles of emancipatory sexual pedagogy, we have been working to protect the sexual and reproductive rights of all people since the foundation of the isp. In doing so, we must be sensitive to attempts at indoctrination and proselytisation in every respect. We see our work as a respectful offer for self-education and self-empowerment.

Our work is based on scientific findings, which we embed into our training courses, seminars, workshops, lectures, and consultations. This helps us battle disinformation that is sometimes spread intentionally in the area of sexual education.

Our work is characterised by a diversity-friendly, feminist attitude. We also employ an intersectional approach to actively ensure an anti-discriminatory practice.

The basic social conditions of life have an impact on (sexual) well-being, and socio-political commitment is needed to change them for the better. As a result, we see ourselves on the side of activists promoting democracy and human rights in other contexts.

The Institute for Sexual Pedagogy is non-partisan as well as financially and religiously independent.

The Institute is an organ of the Association for the Promotion of Sexual Pedagogy and Sexual Education (Verein zur Förderung von Sexualpädagogik und sexueller Bildung e.V.), which is a non-profit organisation.

Our basis for professional sexual education

For more than 30 years, the Institute for Sexual Pedagogy has been conducting training courses in German-speaking countries. Our rich experience constitutes the foundation for the constant further development of our educational portfolio. As a training institute, we are responsible for providing high-quality training courses.

The quality of our educational portfolio is essentially linked to our cooperation with numerous qualified professionals. Our expertise is built on the knowledge of this multi-professional group of lecturers and their professional experience in various psychosocial fields of activity.

Due to its diverse professional portfolio, profound professional expertise, and comprehensive practical experience, the Institute provides extensive educational services for all ages, along with customised formats tailor-made to specific educational needs.

Since professional education and quality assurance can only be accomplished through a lively exchange, the Institute for Sexual Pedagogy is active in networking; it is in contact with sexual scientists, it is involved in the German Society for Sexual Education (Gesellschaft für Sexualpädagogik) and it cooperates with associations of sexual education in Austria, Switzerland, and South Tyrol, which are based on a similar set of values.

Initiating, designing, and facilitating sexual education processes

Sexuality unfolds in individual, socio-culturally framed processes of development and education. Depending on the stage of life and individual circumstances, the importance of sexuality varies. Every person is unique, and so are their experiences and perceptions of a happy (sex) life. With that in mind, sexual education can have different meanings for one's own life situation.

We are aware that the public assessment of sexuality often ranges between the extremes of drama and trivialisation, taboo and ubiquity. As an educational institute, we cannot refrain from taking a stand. Rather, we have to observe ourselves critically to understand our role in society and to identify the goals of sexual education we consider appropriate.

The effect of (organised) sexual education processes for enabling sexual happiness and well-being, both for individuals and in a partnership, should neither be overestimated nor denied. In our educational processes, we not only convey knowledge, but we also create spaces for (self-)experience, (self-)reflection, exchange as well as a critical debate, while also taking into account the day-to-day experiences, needs, and competencies of the people who want to get a qualification.

When designing learning settings, we use a varied didactic approach, which takes into account body, mind, and soul and recognises the interconnection between the individual, group, topic, and environment (“globe”). In doing so, we ensure an appreciative, safe, and trusting environment for learning.

The heart and soul of our educational portfolio are our certified training courses. Their special value lies in the diverse methods and individual approaches to dealing with the presented content over a longer period. It takes time to develop an individual personality as an active sexual education professional. The objective of the training course is to become more articulate and self-confident in the area of sexual education and to behave confidently and appropriately with regard to sexuality in a professional environment.

Our culture is nurtured by our focus on current discourses, the regular evaluation of the content and format of our training courses, and the self-critical reflection of our training practice, including our—to some extent powerful—role as leaders. It is also cultivated in the different teams and among all of our lecturers.