

# 7 PRINCIPLES OF WHOLE-PERSON CENTRED SEXUALITY EDUCATION



Recognises that valuing self and valuing others are essential pillars to building satisfying and equitable relationships.

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Equips young people with accurate information to make proactive and healthy choices that enhance their physical, emotional, mental, spiritual, sexual & relational wellbeing.

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Promotes empathy and relational boundaries which enable young people to communicate respectfully across personal, cultural and social differences.

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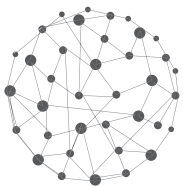
Prioritises the prevention of sexual harms by building social and emotional intelligences.

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Positions pornography within an exploitative framework. Critical Porn Analysis allows young people to explore the mechanisms driving the porn industry and its impacts on self, others, relationships and culture.

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Understands that sexuality is influenced by internal and external forces and situated within a much larger complex model of personal identity. Sexuality interacts with the other areas of personal identity such as self-esteem, self-confidence and self-expression.

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Creates awareness that sexual integrity is valuing, developing and expressing sexuality in ways that are non-exploitive, mutually-wanted, unifying and life enhancing. Sexual integrity is foundational to meaningful and authentic connection.



**YOUTH WELLBEING**  
PROJECT

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