



**SEDUCA**

SEX EDUCATION AS THE BEST WEAPON  
AGAINST GENDER VIOLENCE

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# RESEARCH REPORT

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## 1. About Seduca

SEDUCA is the acronym for the European project "Sex education against gender violence" which is implemented by five organizations from four different European countries.

- a) Asociacion Deportiva Cultural De Investigacion Y Asesoramiento INNODXT (Cultural Sports Association for Research and Advice INNODXT - Spain)
- b) Fundación Más Vida (More Life Foundation - Spain)
- c) Tehnička škola i prirodoslovna gimnazija Ruđera Boškovića (Ruđer Bošković Technical School and High School of Natural Sciences - Croatia)
- d) Aristotelio Panepistimio Thessalonikis (Aristotle University of Thessaloniki - Greece)
- e) Fundacja "Zielony Slon" (Foundation "Green Elephant" - Poland)

Sex education is a legal requirement in almost all EU countries, but the content and quality vary. According to the report "Policies for sex education in the EU" of the European Parliament (2013), the Nordic countries and Benelux provide sex education of the highest quality, while the states of eastern and southern Europe have poor or non-existent programs. Although sex education is integrated into the school curriculum in Greece, Spain and Croatia, it is rarely implemented. In addition, according to the School Education Gateway survey on sex education (2019), most teachers, parents and institutions support sex education in schools, however there is no support for educators to manage information and education is limited to human body and its development. In accordance with the PROPOSAL FOR A RESOLUTION OF THE EUROPEAN PARLIAMENT, on the situation of health and sexual and reproductive rights in the Union, within the framework of women's health (2019/2165 (INI), in the section that promotes comprehensive sexuality education for the benefit of young people, urging Member States to ensure access to comprehensive and scientifically correct sexuality education for all primary and secondary school students, in line with WHO standards, this project contributes added value to the EU, providing digital material and adequate training for sexual education of young people. Our survey includes a multidimensional consortium, consisting of both formal education entities (University and Institute) and non-formal education entities (Associations).

The project is based on the idea that effective sexual education will prevent behaviors related to gender violence. On this concept, the following objectives were established:

1. Identification of the content, frequency and quality of sexual education programs destined to young people (13-18) in the countries of the consortium of participants of the project.
2. Research conduct in order to show that effective sex education prevents sexist violence.
3. Development of a guide of good practices about health and affective-sexual rights of young people.
4. Development of an identification plan that includes macho attitudes related to sexist violence.
5. Establishment of a prevention and action manual that explains what to do in case such attitudes appear.

6. Training formal and non-formal teaching professionals on education in gender equality, providing them with material for this.
7. Establishment of a support and information program for families in the area of sexual education that facilitates their intervention in the family context.
8. Involvement of young people in the realization, application and conclusion of materials and constructive activities in gender equality.
9. Integration of young people in the promotion of the materials and activities created, with the aim of structuring them in three lines of action: identification, action and behavior change.
10. Instruction through interaction with young people in the relation between sex and technology.

All priorities arise from the evident need of carrying out sex education programs that help prevent sexual transmission diseases, unwanted pregnancies and behaviors of sexist violence. This report concerns the first part of the research carried out in the framework of this project. More information about the project can be found on the project website ([seducaproject.eu](http://seducaproject.eu)) and on its social media.

## 2. Data collection

The Fundación Más Vida created the questionnaire, based on the following instruments:

- DSA Questionnaire (Instrument for the assessment of mental health and positive adolescent development)
- Applications such as Detectamor (from the Andalusian Women's Institute), or violence meter

The creation of the questionnaire also relied on the experience of the Foundation on the design and delivery of talks on sex education, menstrual education and gender equality and prevention of gender violence in schools, institutes and centers for minors, updated constantly based on the needs, concerns and problems of the target group.

The field research was carried out by three organizations: the Cultural Sports Association for Research and Advice INNODXT, the Green Elephant foundation and the Technical School and High School of Natural Sciences. Aristotle University of Thessaloniki made the statistical analysis of the answers of the questionnaires and wrote the present report.

**Asociación Deportiva Y Cultural De Investigación Y Asesoramiento INNODXT.** The profile of the young people who participated in the research process was of two age groups: 14-16 and 16-18. As far as gender is concerned, the sample consisted of 60% boys and 40% girls. The surveys have been carried out in two clubs in the city of la Corunha: a football club and an athletics club, both having a very active role in the sporting life of the city.

The research was conducted as follows: The Association's representatives visited the clubs and, after first having cooperated with the club's management, they distributed the questionnaires electronically (via a "What's up" group). Any questions needed were translated and the

questionnaires were filled out on the participant's mobiles under the representative's supervision, accompanied by the support of their coaches and after a prior explanation of the project to parents and athletes by the clubs.

**Fundacja Zielony Słoń.** The target group in Poland consisted of the following:

- A school group from the small city of Bytom, aged 13-18, from a technical school studying photography.
- A school group from the Now Miasto high school, aged 13-18. The high school that participated in the study was one of the most prestigious schools of the region that promoted European integration values.
- A group from a dancing school, consisting mostly of girls who live in Warsaw and thus have extra possibilities to develop their dancing classes and musicality, with broader access to the information on sexual education.

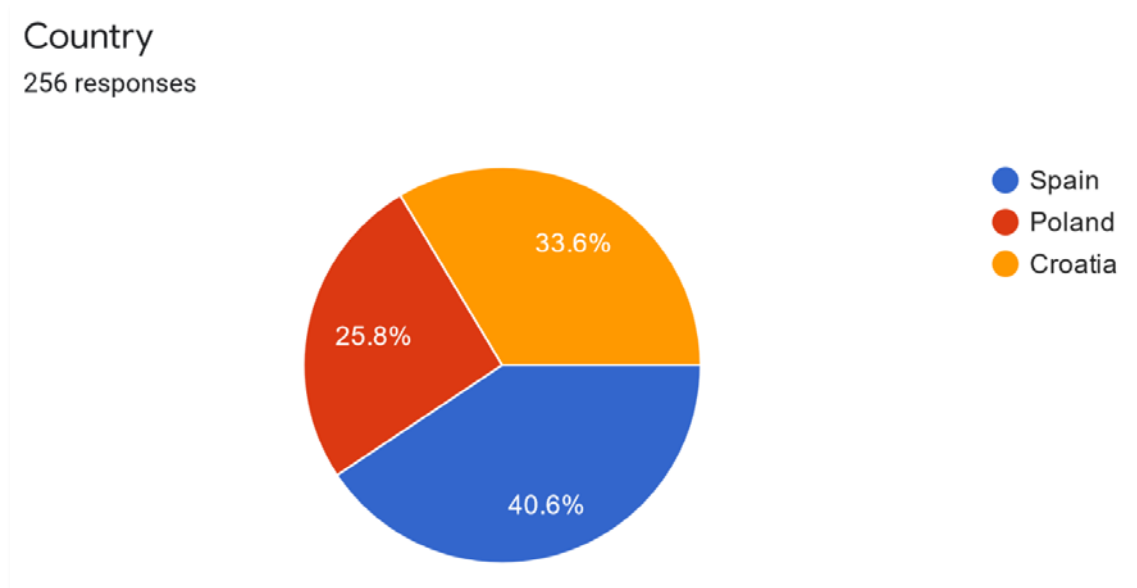
After informing the participants about the project and the source of financing, the foundation's representatives answered the questions that emerged and shared the questionnaire either in paper (schools in Bytom and Now Miasto) or electronically (via a Facebook group to the dancing school participants) and collected the answers.

**Tehnička škola i prirodoslovna gimnazija Ruđera Boškovića.** The profile of the sample TehničkaškolaiprirodoslovnagimnazijaRuđeraboškovića Osijek collected was based on non-random selection criteria, since the focus was exclusively on students at that school. Through collecting surveys, a stratified sample of students was created. The school currently counts 278 female students and 112 male students. At least 15% of surveyed were from rural areas, whereas 85% are from Osijek. The distribution among age was random, depending on the accessibility of students during Covid restrictions and school attendance. Students took part in the survey during English, History, Ethics classes, and Class meetings. It took 10-15 minutes for the students to do all the questions in the survey. They had difficulties in understanding certain questions from the questionnaire. The remarks were: ambiguity in some questions, questions were more focused on women, and that male perception in questions was disregarded/not included.

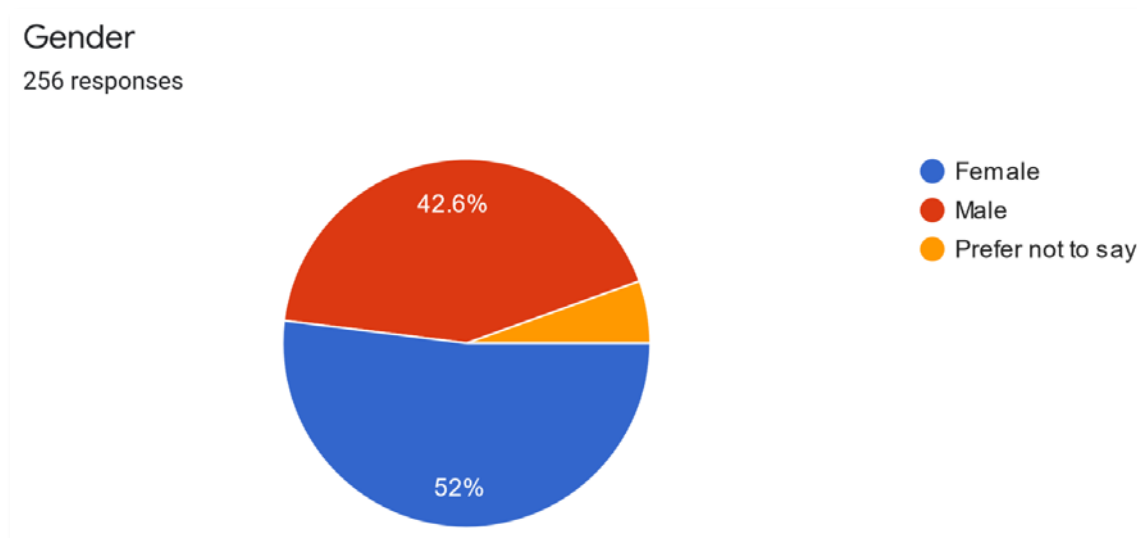
### 3. Research Results

#### A. Demographical data & research data

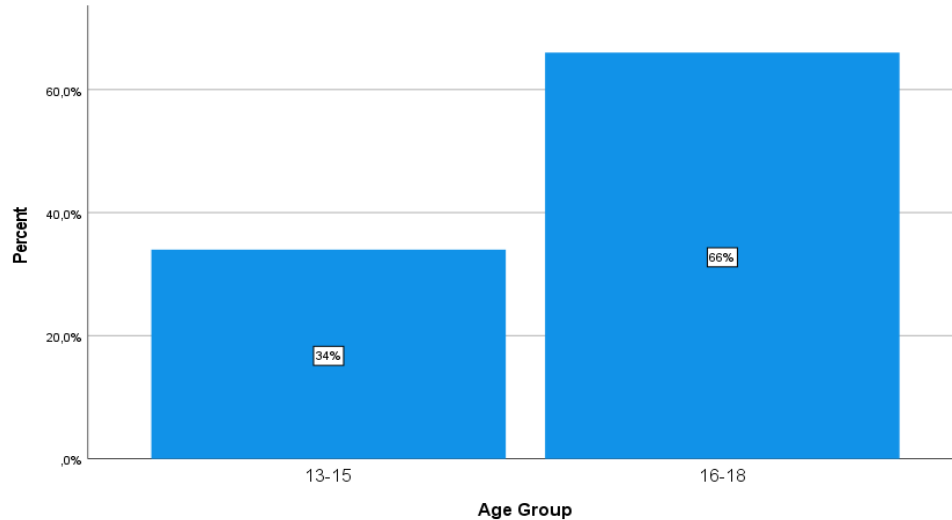
256 participants answered the questionnaire, filling all the questions (there were no missing values in any answer submitted).



The participants primarily came from Spain (40.6%), followed by the participants from Croatia (33.6%) and Poland (25.8%).



The majority of the respondents were female (52%), while men consisted 42,6% of the respondents. There were 14 individuals (5,5%) who preferred not to mention their gender.

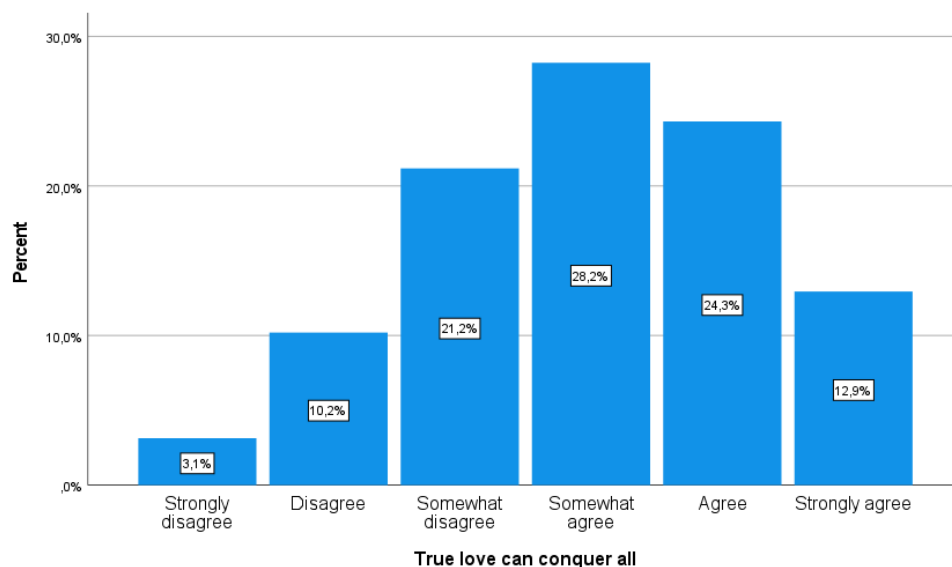


34% of the respondents were 13-15 years old, while 66% were aged between 16-18 years.

## B. SEDUCA questions

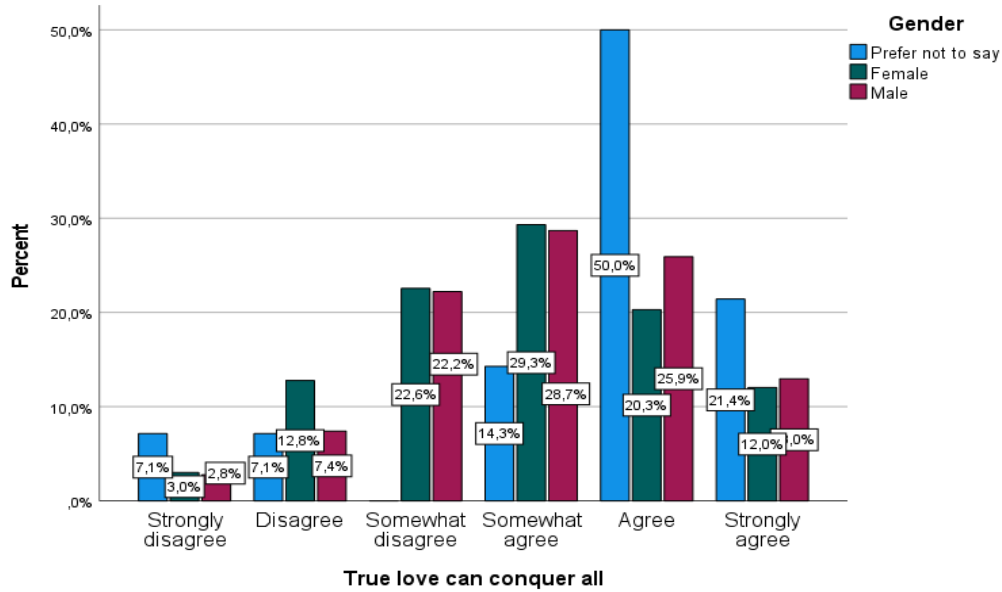
First of all, the internal consistency of the questionnaire was examined by calculating Cronbach's alpha, which was reported 0.84, suggesting that our questionnaire has a relatively high internal consistency.

### QUESTION 1: "True love can conquer all"

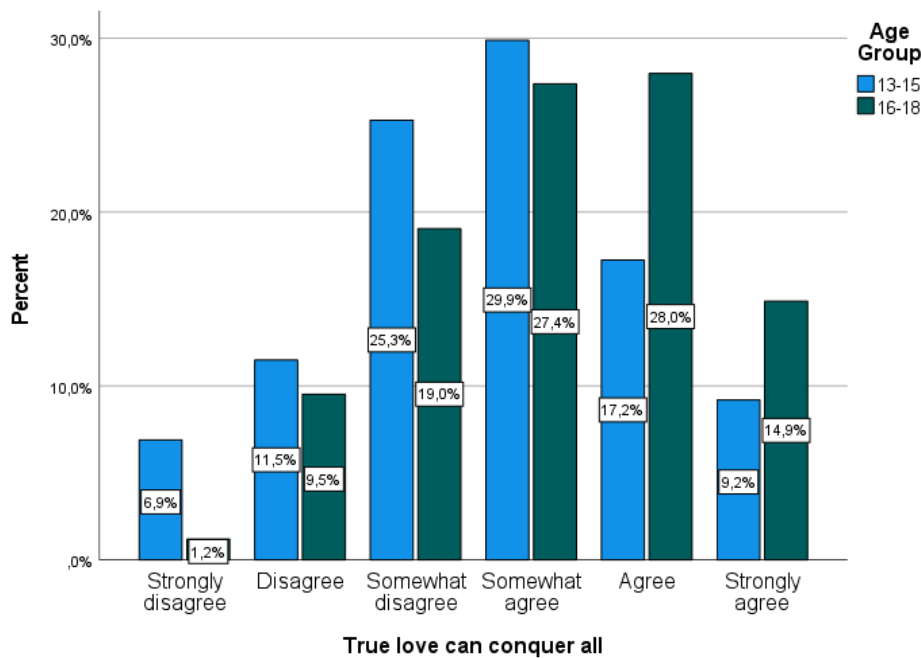


In the first SEDUCA question, most of the respondents (28,2%) somewhat agreed that true love can conquer all, and it seems that the majority of the respondents (65,4%) were in favor of the statement of the question (somewhat agree, agree, strongly agree).



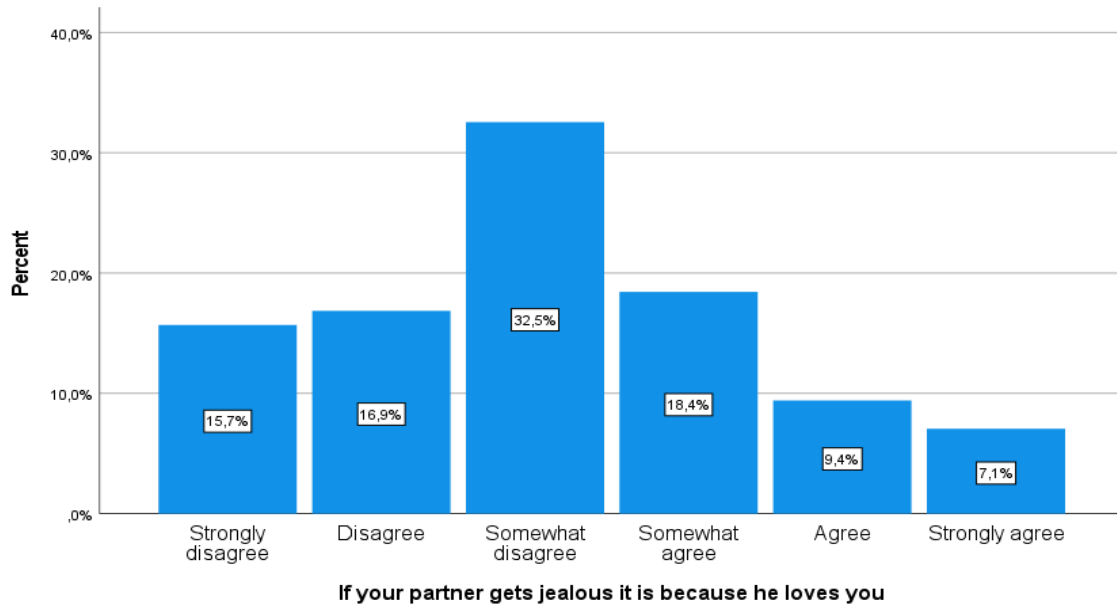


According to the appropriate statistical test conducted (Kruskal Wallis Test), there was a statistically significant difference between the answers of the male, female and undefined gendered participants, and specifically between females and those who preferred not to state their gender ( $p < .05$ ).

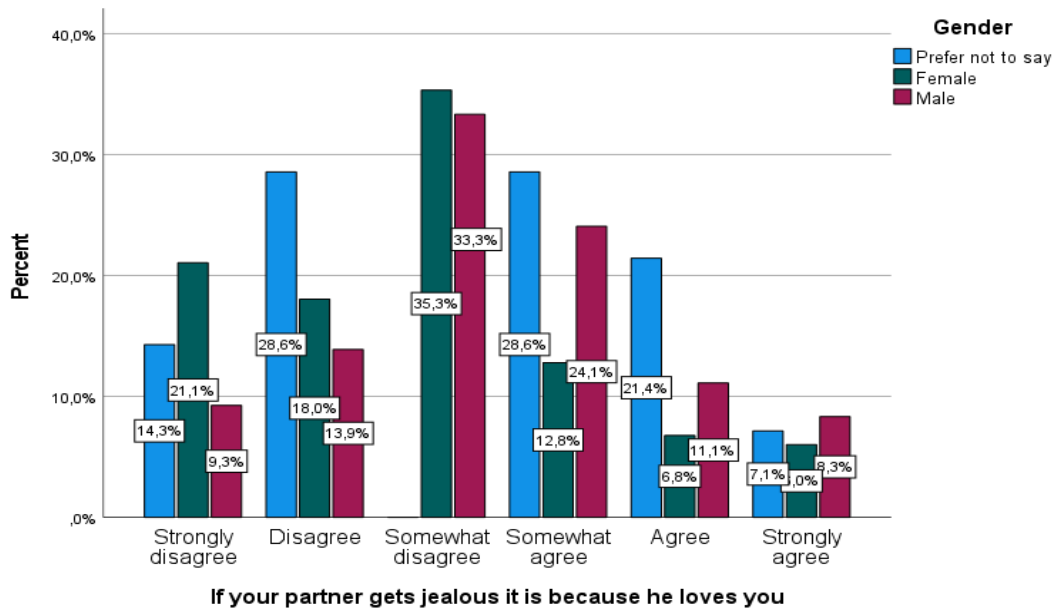


Moreover, a statistically significant difference was found between the different age groups ( $p < .05$ ) regarding the statement “True love can conquer all”. It seems that older participants (16-18) agreed in a stronger way than the younger (13-15) participants of our survey.

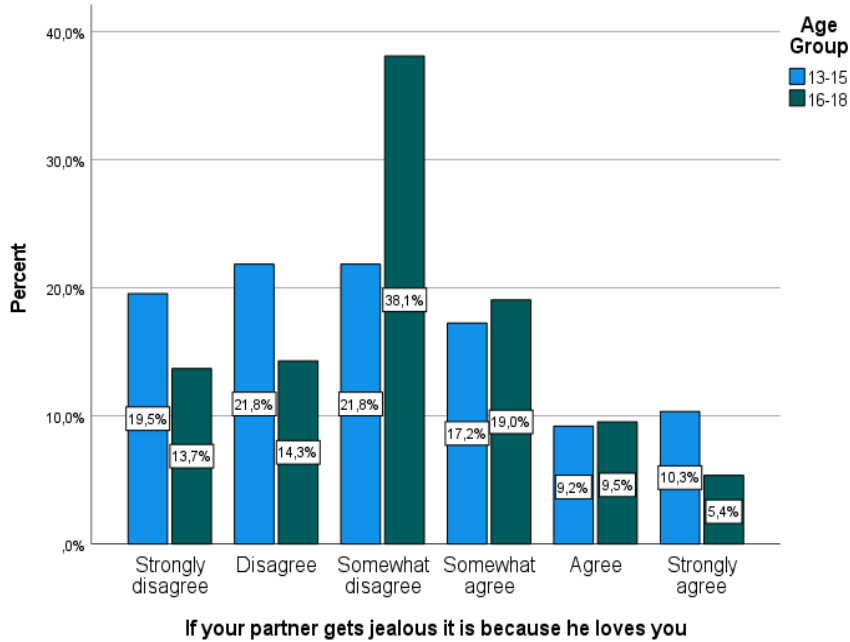
**QUESTION 2: “If your partner gets jealous it is because he loves you.”**



32,5% of the respondents somewhat disagreed to the statement that “if your partner gets jealous it is because he loves you”, and most of the respondents appeared to disagree in general.

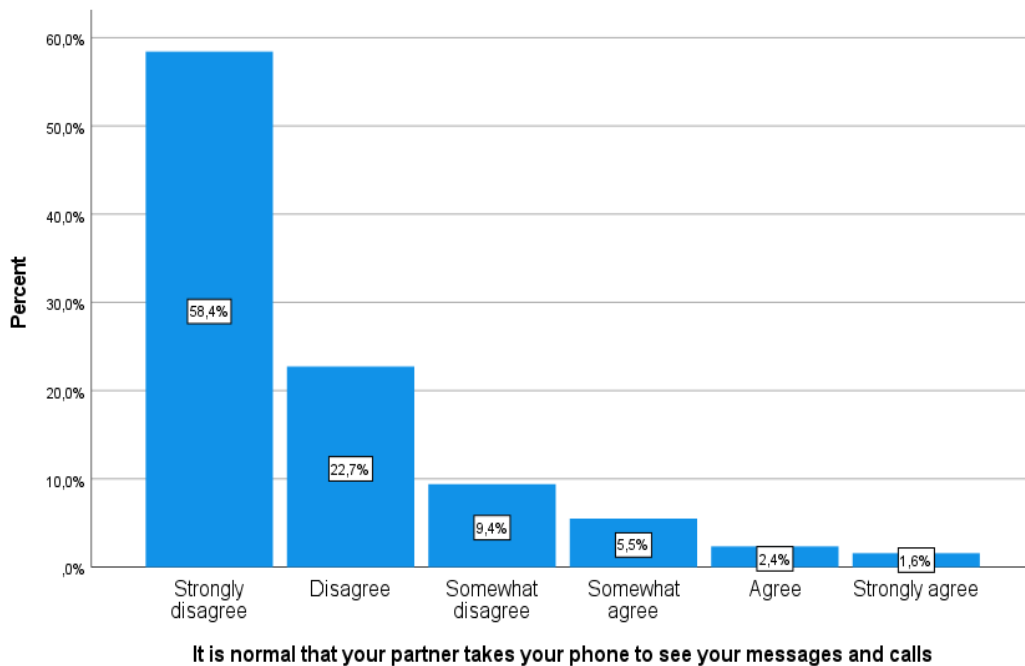


A statistically significant difference ( $p < .005$ ) was found between the gender groups regarding this question, and particularly the difference is spotted between male and female youngsters.

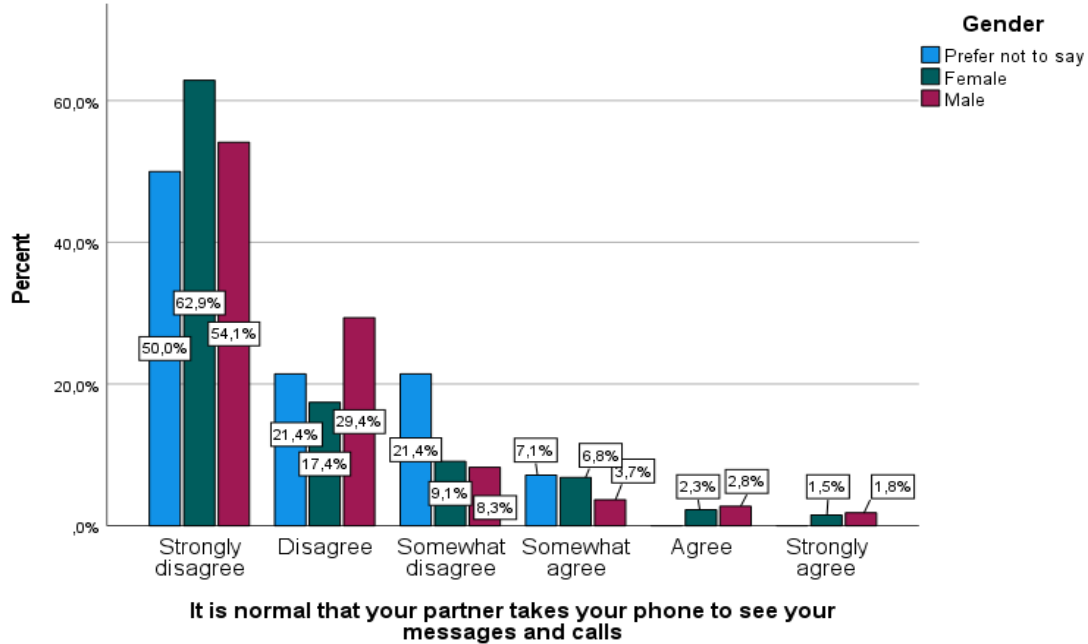


There is no statistically significant ( $p > .05$ ) difference in the opinions regarding jealousy among the different age groups.

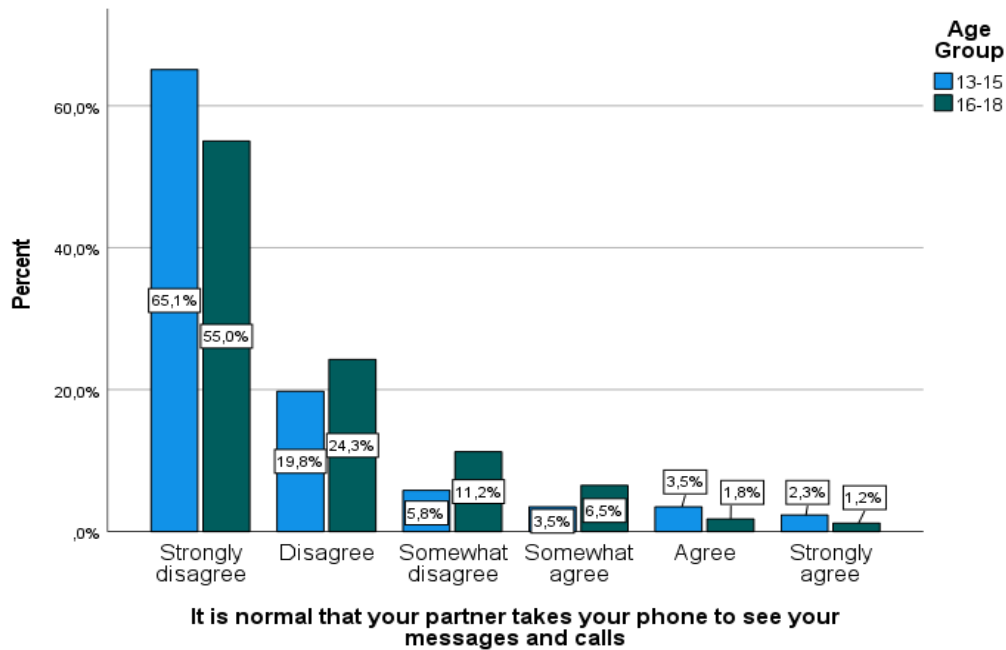
**QUESTION 3: “It is normal that your partner takes your phone to see your messages and calls”**



The people asked clearly thought it isn't normal when their partner takes their phone to see messages and calls. Only a very small percentage (9,5%) agreed in any way with the statement of the question.

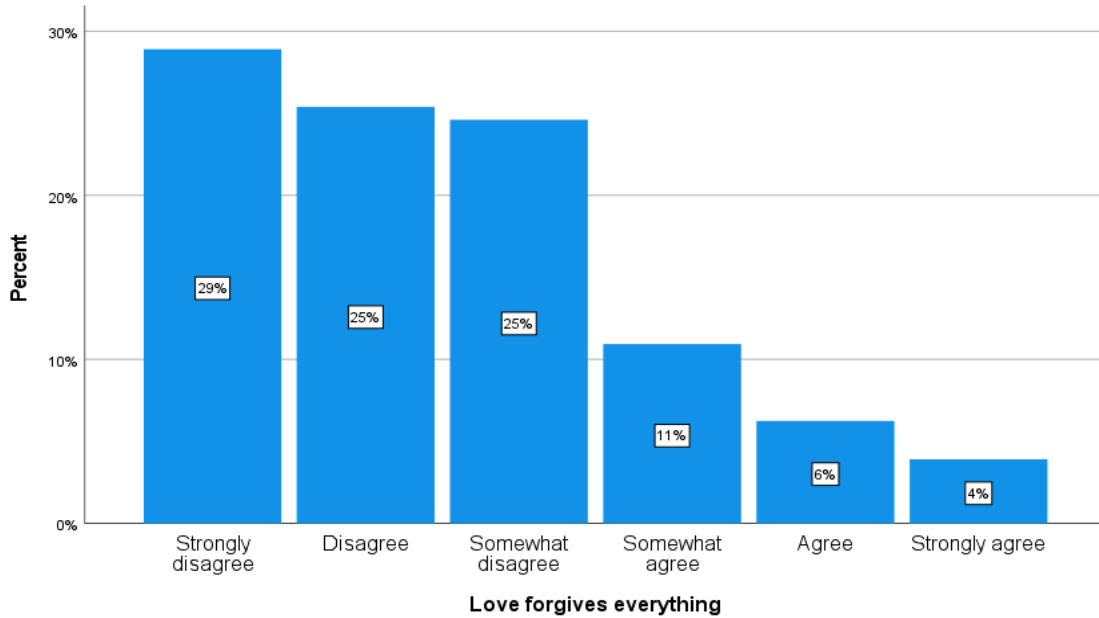


There was no statistically significant difference ( $p > .05$ ) between men, women and people who preferred not to state their gender, as far as question 3 is concerned.

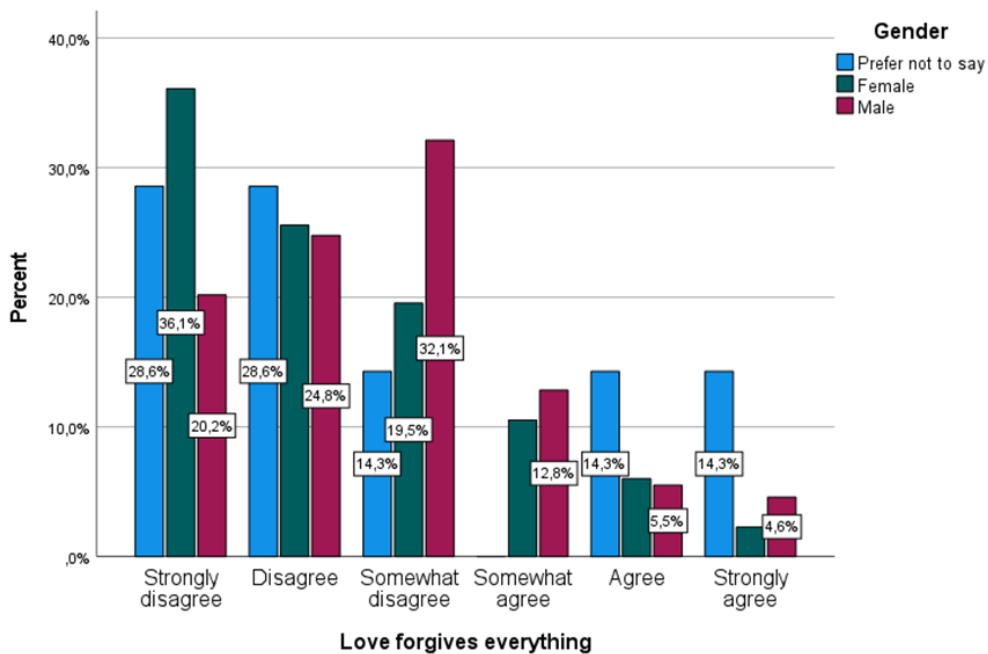


Age group 13-15 and 16-18 had no statistically significant difference ( $p > .05$ ) regarding how normal it is when a partner sees messages and calls in one's phone.

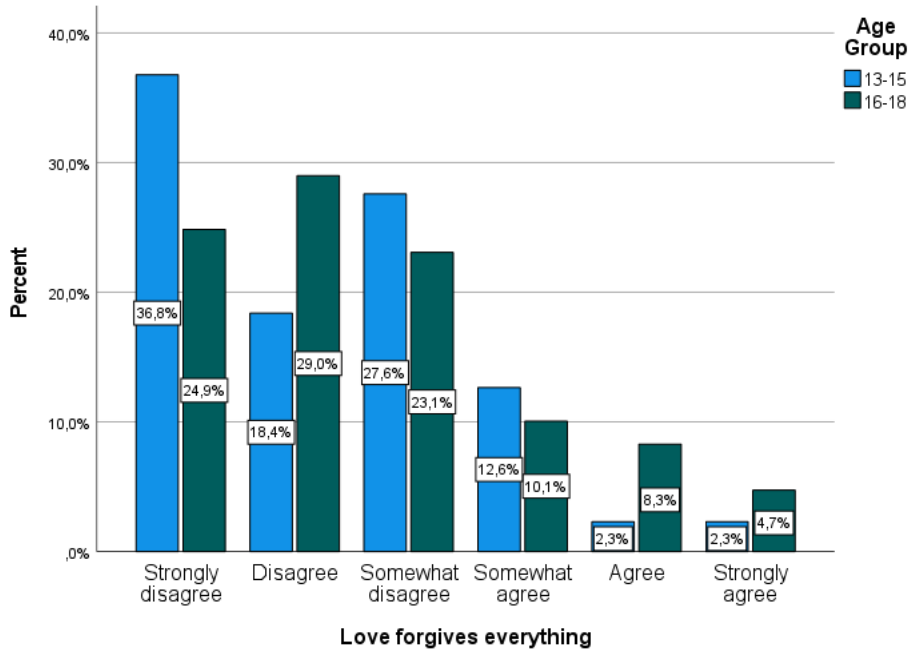
**QUESTION 4: “Love forgives anything”**



Most of the youngsters asked (79%) disagreed to the statement that “love forgives everything”, leaving a small percentage (21%) agreeing in any way with it.

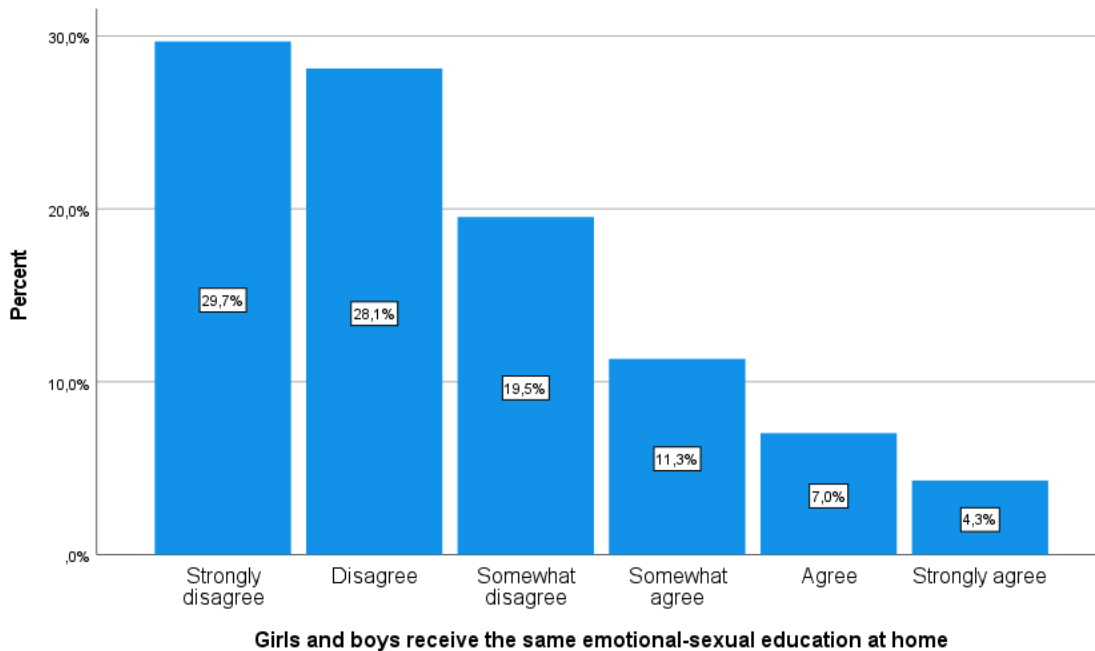


The idea that love forgives everything was statistically significantly different ( $p < .05$ ) between females and males; it seems that females disagree more strongly with this idea than males.

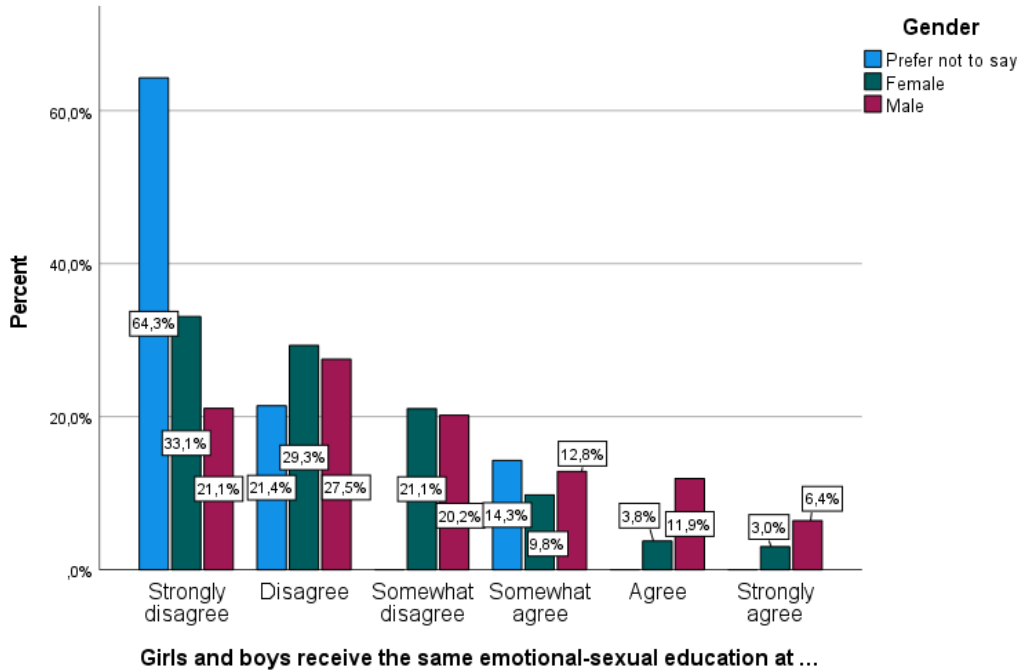


Age plays no statistically significant role ( $p > .05$ ) in the way youngsters feel about the idea that love forgives anything.

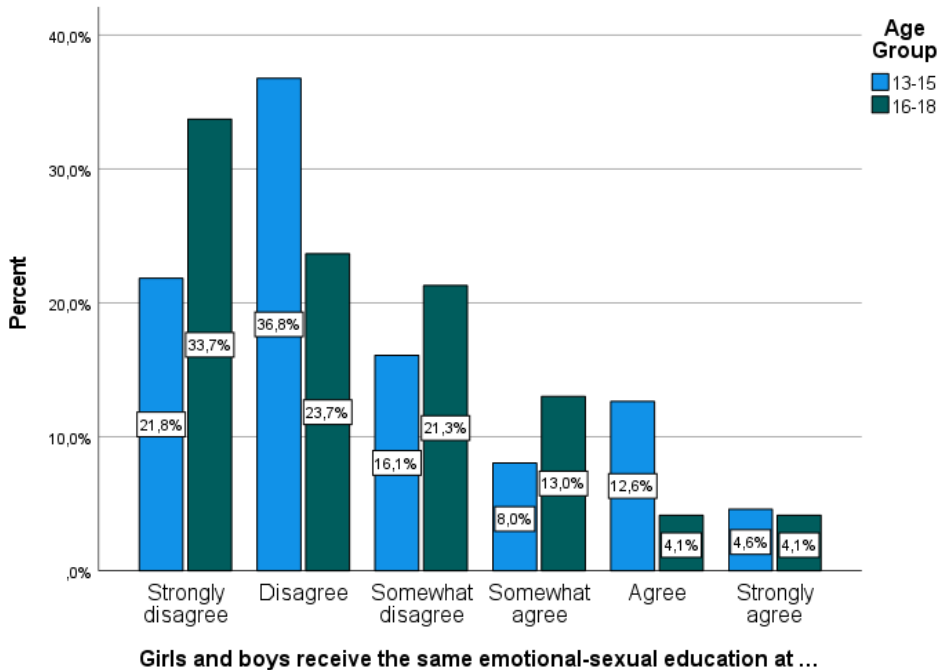
**QUESTION 6: “Girls and boys receive the same emotional – sexual education at home”.**



The 57,8% undoubtedly thinks that girls and boys don't receive the same emotional-sexual education at home (strongly disagree- disagree), while 22,6% thinks they do (in any way).

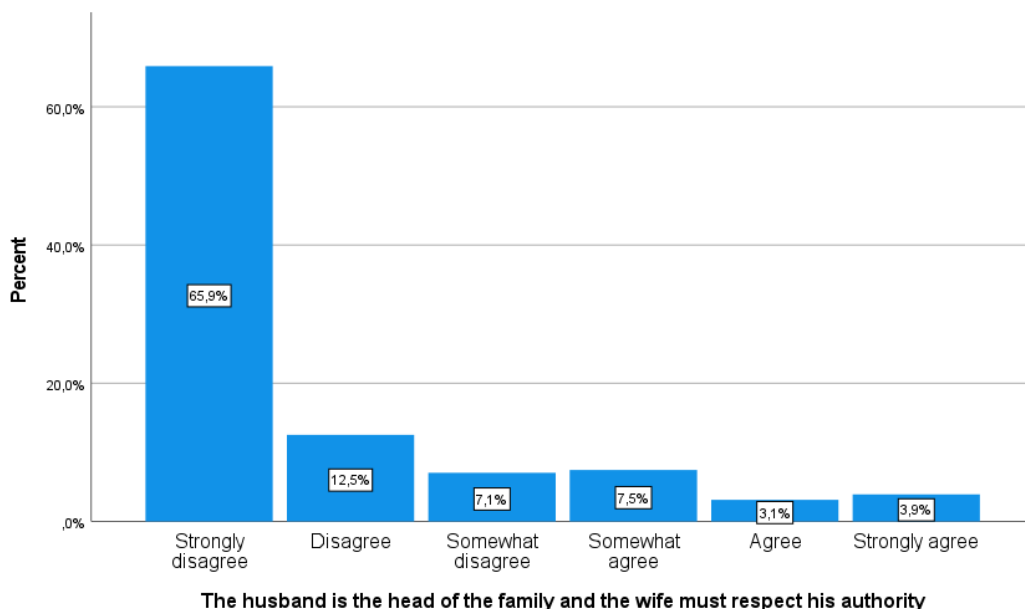


There was a statistically significant ( $p < .001$ ) difference between the gender groups regarding emotional-sexual education at home. More specifically, people who preferred not to state their gender strongly disagree, females disagree less strongly and males even lesser.

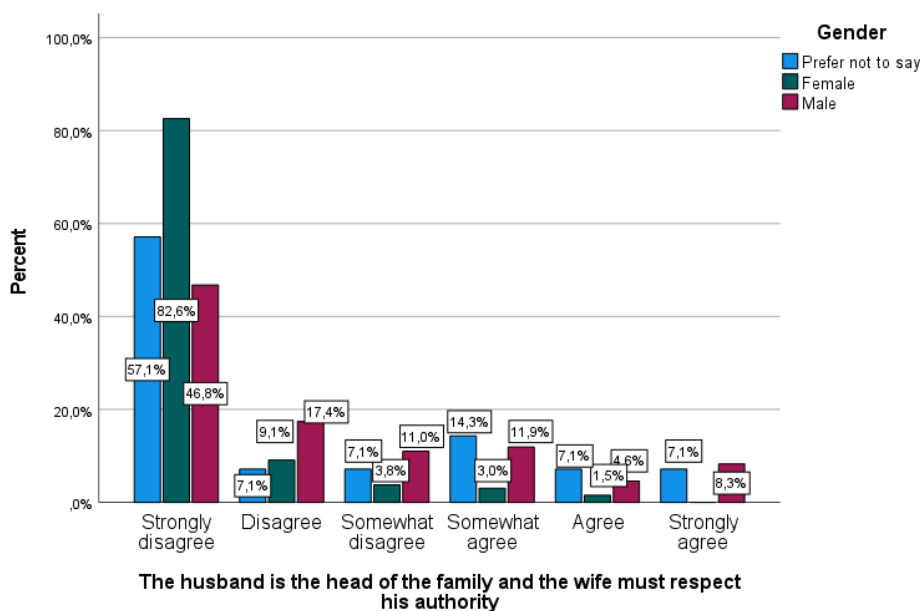


Age plays no statistically significant ( $p > .05$ ) role in the way youngsters see the emotional – sexual education they receive at home.

**QUESTION 7: “The husband is the head of the family and the wife must respect his authority”.**

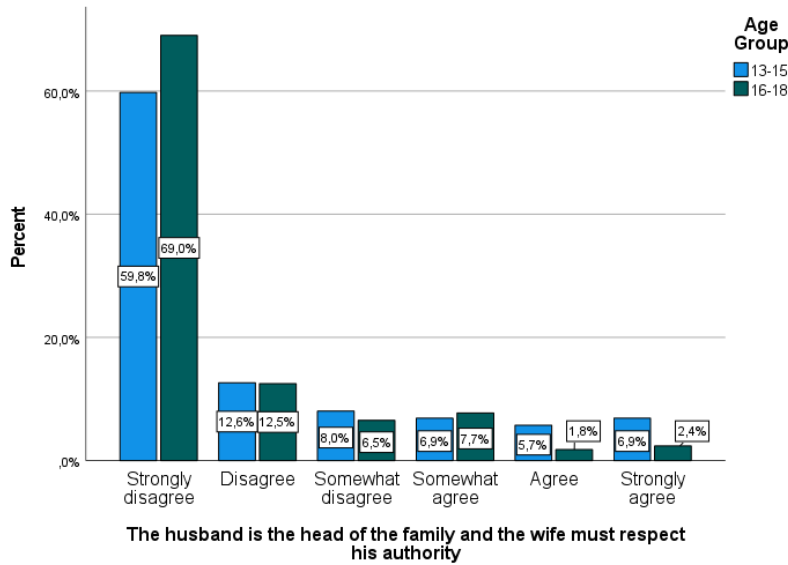


Most of the participants of the survey (65,9%) strongly disagreed to the statement that “the husband is the head of the family and the wife must respect his authority”. Only a small percentage (14,5%) agreed with it.



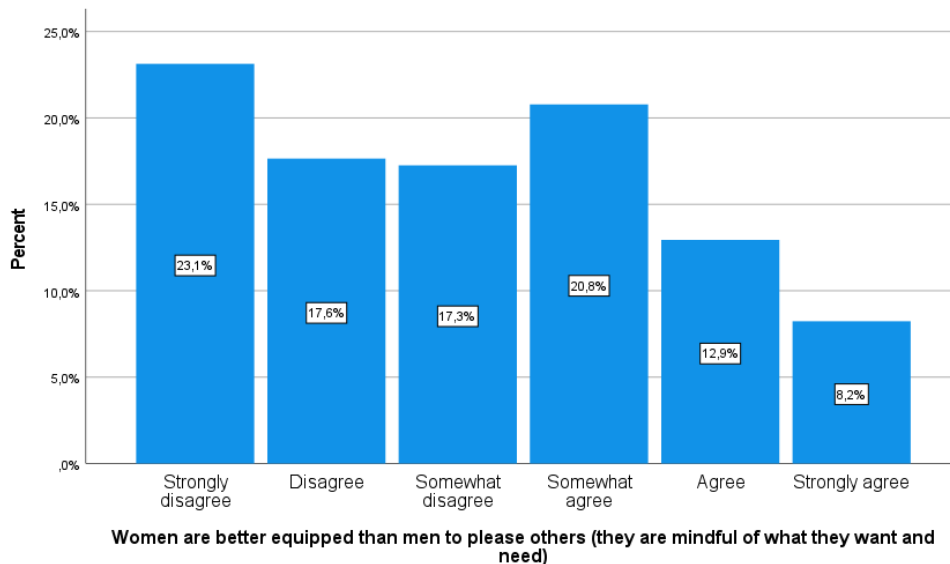
There was a statistically significant difference between males and females ( $p < .001$ ), and between females and people who preferred not to state their gender ( $p < .05$ ), regarding the role of the husband as the head of the family and how the wife must treat him. It seemed that females disagreed more strongly with the given statement.



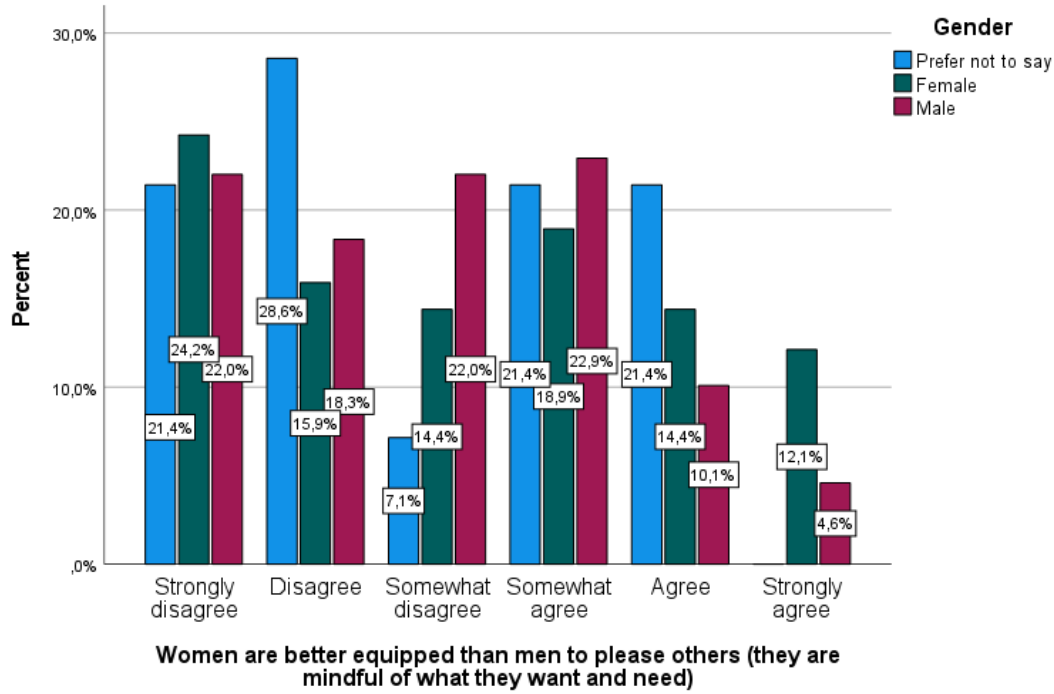


Youngsters seem to see the role of the husband as the head of the family in the same way, there is no statistically significant difference between the two age groups (13-15, 16-18) examined.

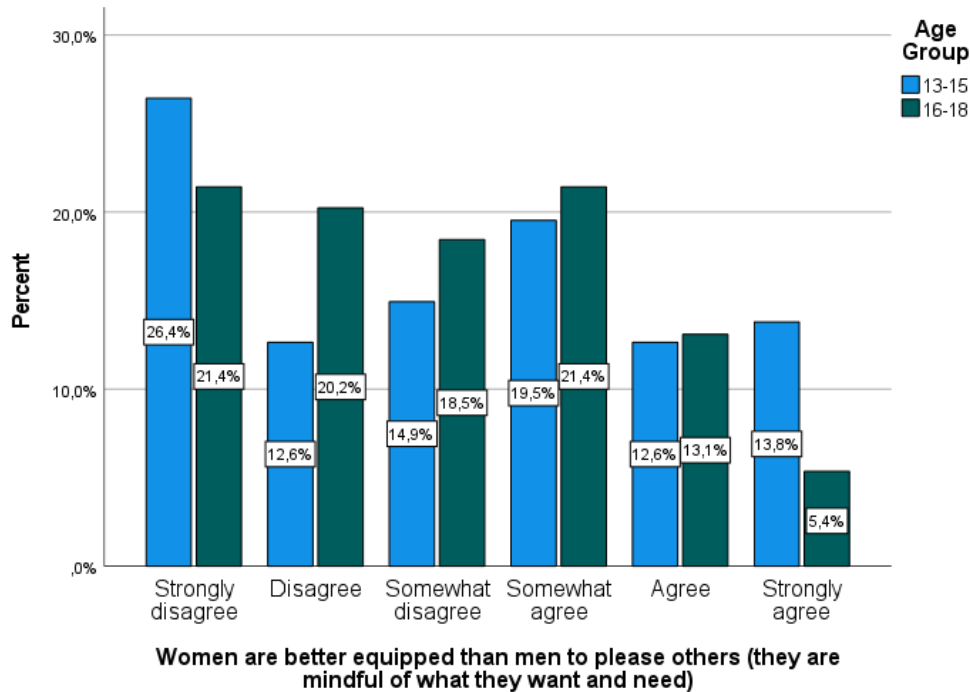
**QUESTION 8: “Women are better equipped than men to please others (they are mindful of what they want and need)”.**



The findings on the statement “Women are better equipped than men to please others” were somewhat divided between the answers; 58% were on the “disagree” scale, and 42% on the “agree” scale.

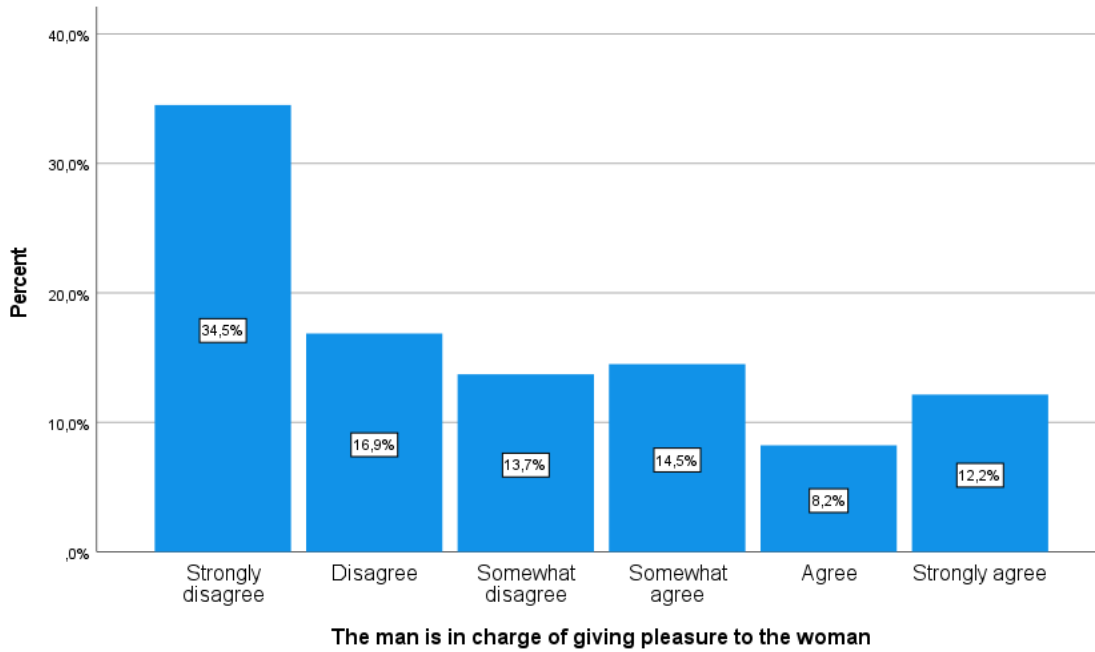


No statistically significant difference was spotted between genders regarding the statement “women are better equipped than men to please others”.

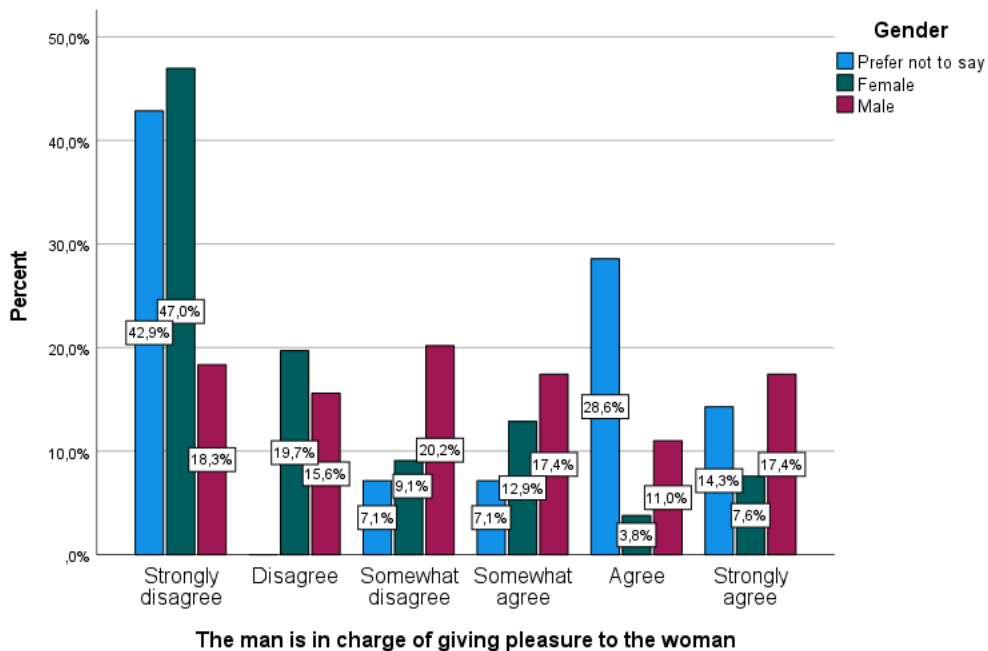


Accordingly, there was no statistically significant difference between the two age groups on the statement of question 8.

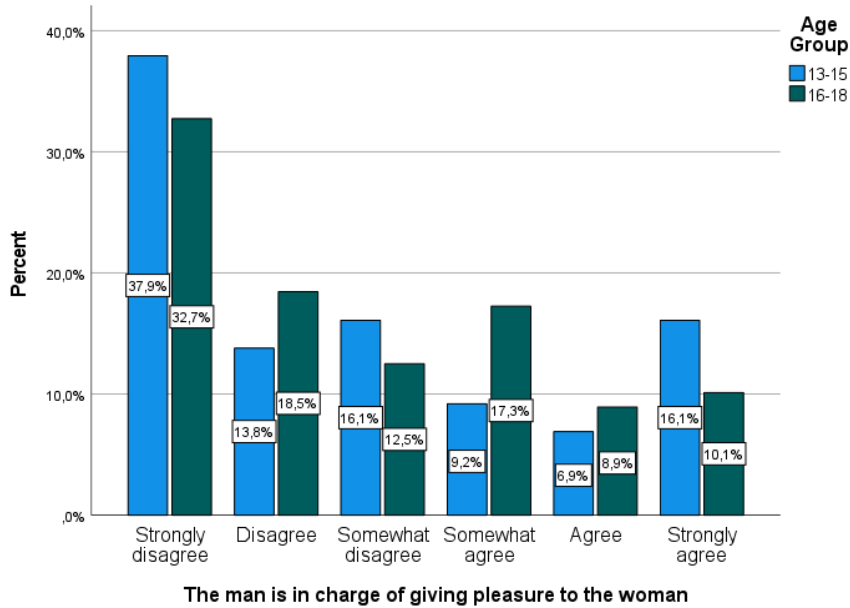
**QUESTION 9: “The man is in charge of giving pleasure to the woman”.**



The majority of the respondents (34,5%) strongly disagreed with the idea that the man is in charge of giving pleasure to the woman.

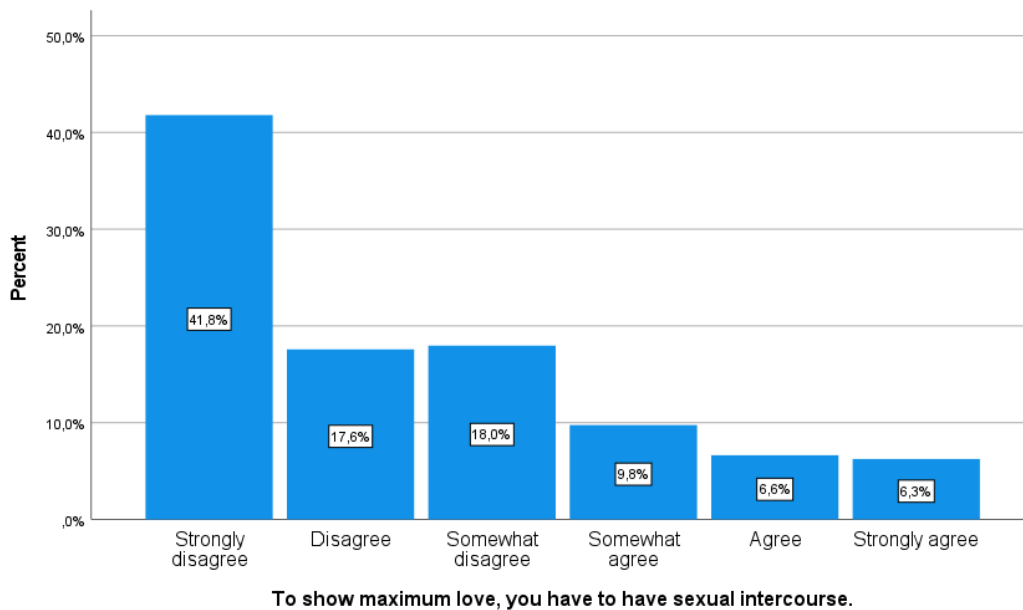


There was a statistically significant difference between the opinions of male and female participants ( $p < .001$ ) regarding the idea that the man is in charge of giving pleasure to the woman. More specifically, women had a stronger, more clear disagreement to this idea.

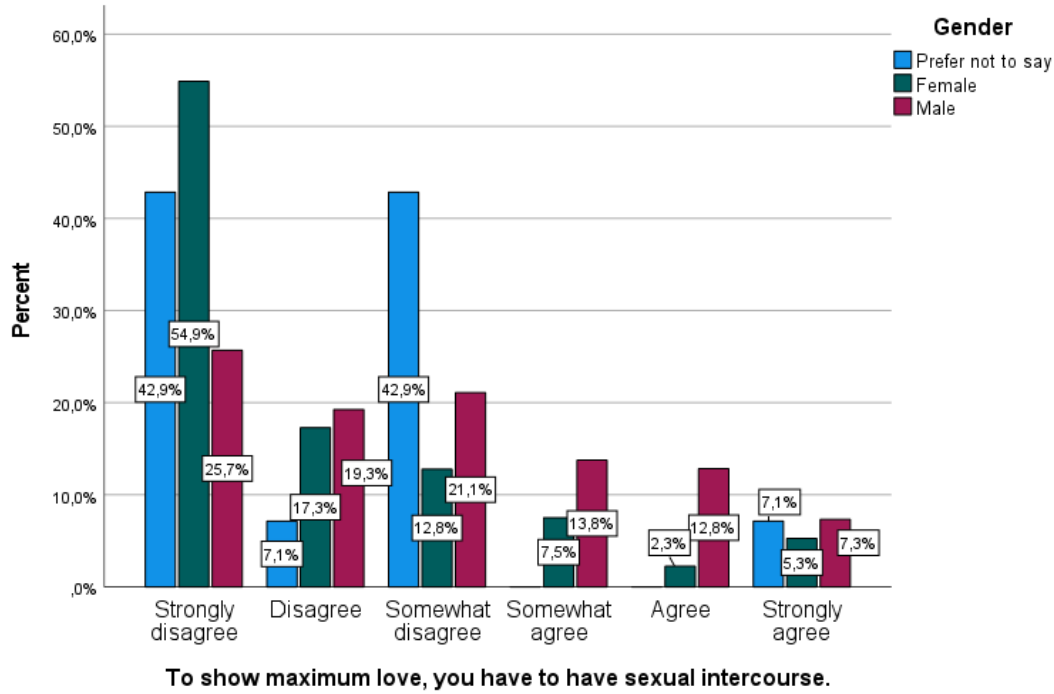


On the opposite, no statistically significant difference was found among the different age groups examined on this question.

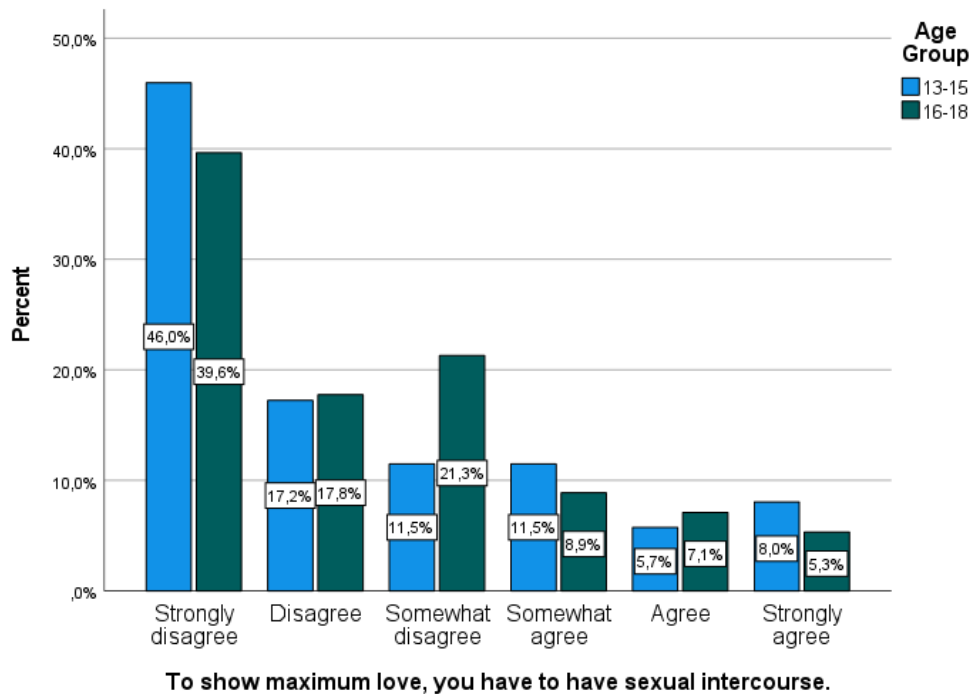
**QUESTION 10: “To show maximum love, you have to have sexual intercourse”.**



The most popular (41,8%) response to the idea that “to show maximum love, one has to have sexual intercourse” among the respondents was strong disagreement, and the 77,4% disagrees with that idea in any way.

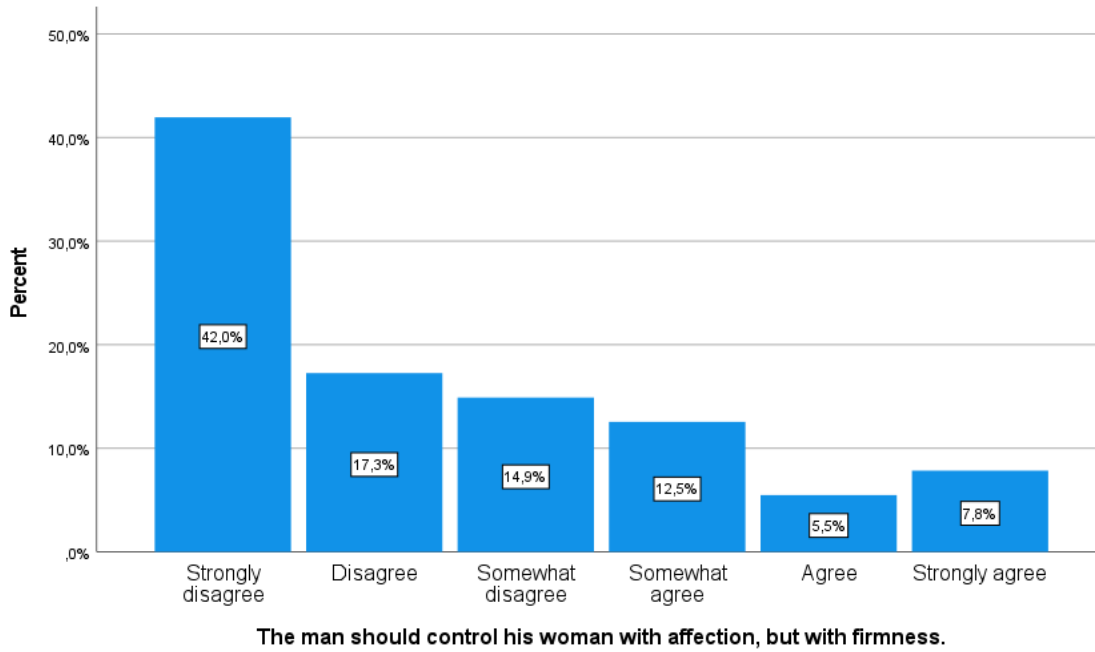


It seems that women disagree in a statistically significant stronger way than men ( $p < .001$ ) regarding the issue that “to show maximum love, you have to have sexual intercourse”.

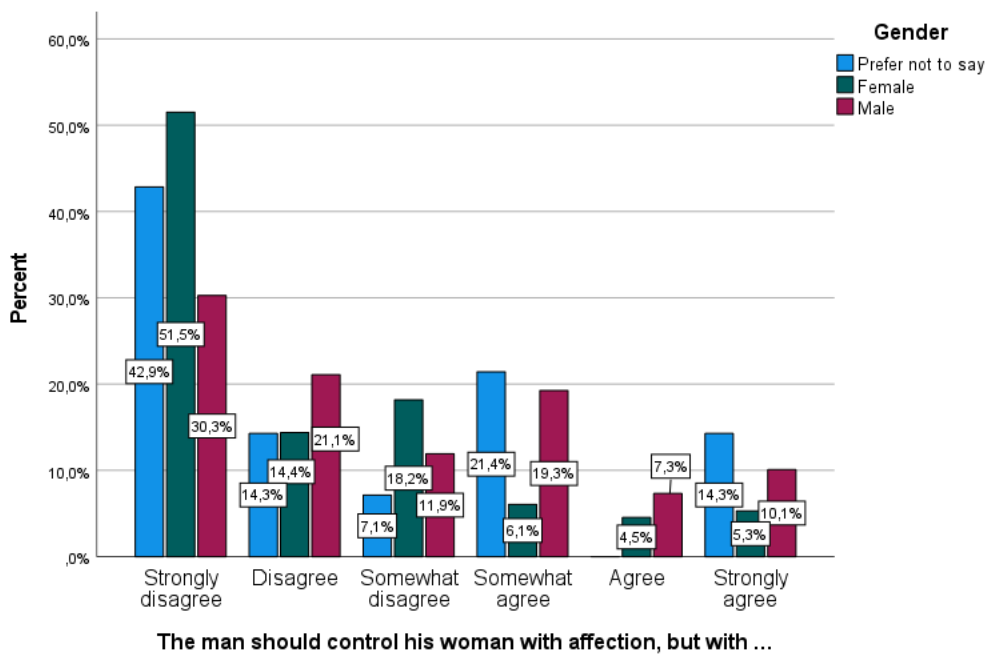


No statistically significant difference was found among the different age groups examined on this matter.

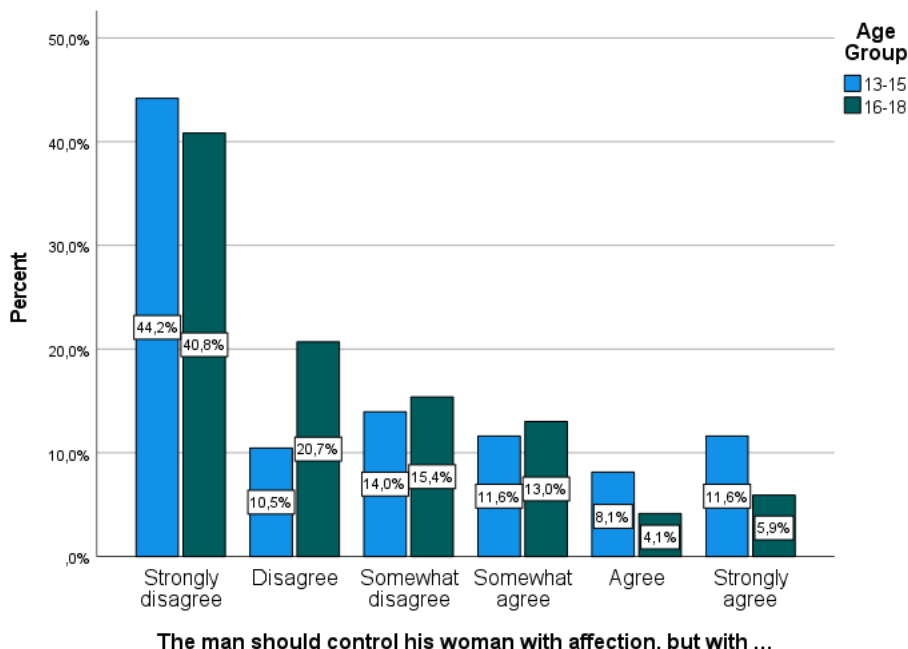
**QUESTION 11: “The man should control his woman with affection, but with firmness”.**



Almost half of the people asked strongly disagreed that the man should control his woman with affection and firmness. It is notable that only 25,8% of the respondents agree in any way with the issue asked.

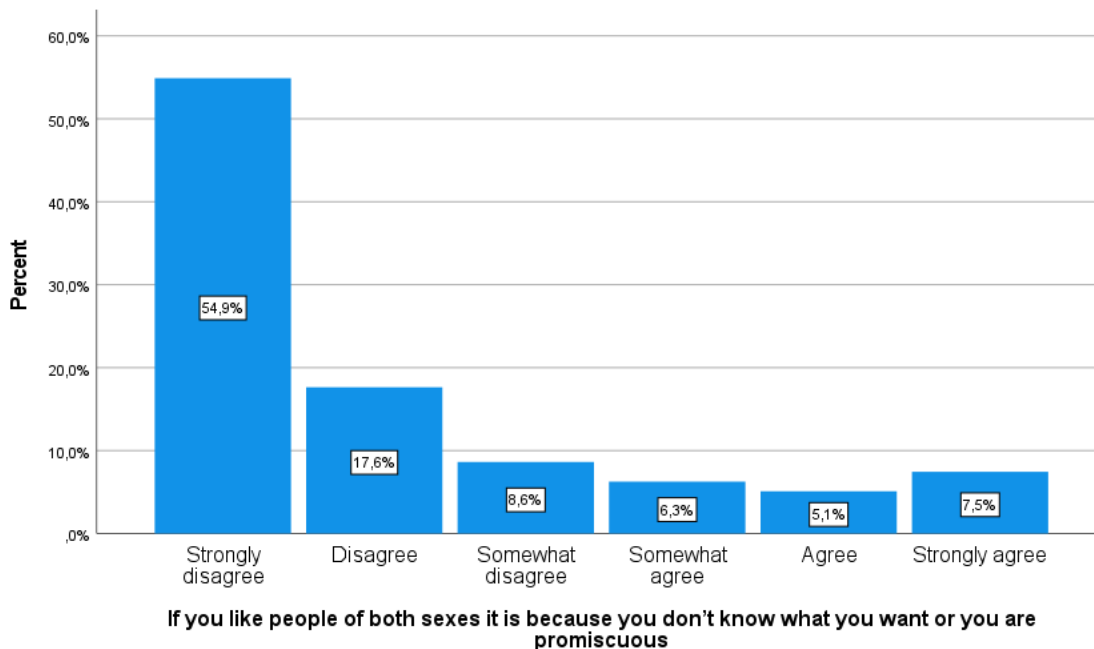


Again, we spotted a statistically significant difference in the answers of male and female participants ( $p < .001$ ) on the issue of control of men over women.

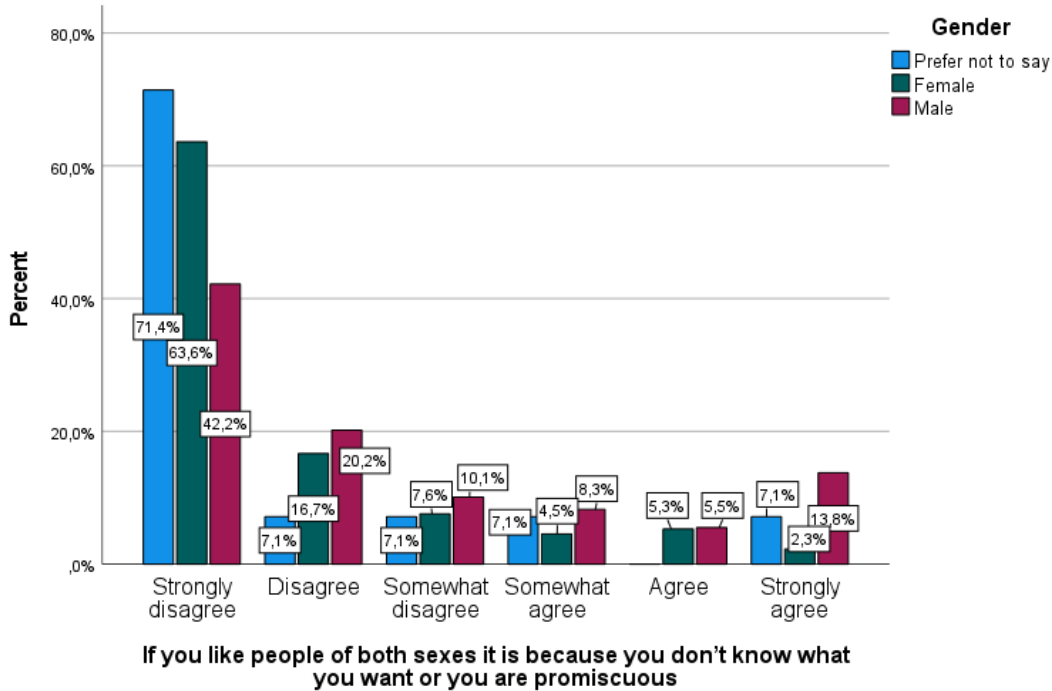


The age groups examined revealed no statistically significant differences on this matter.

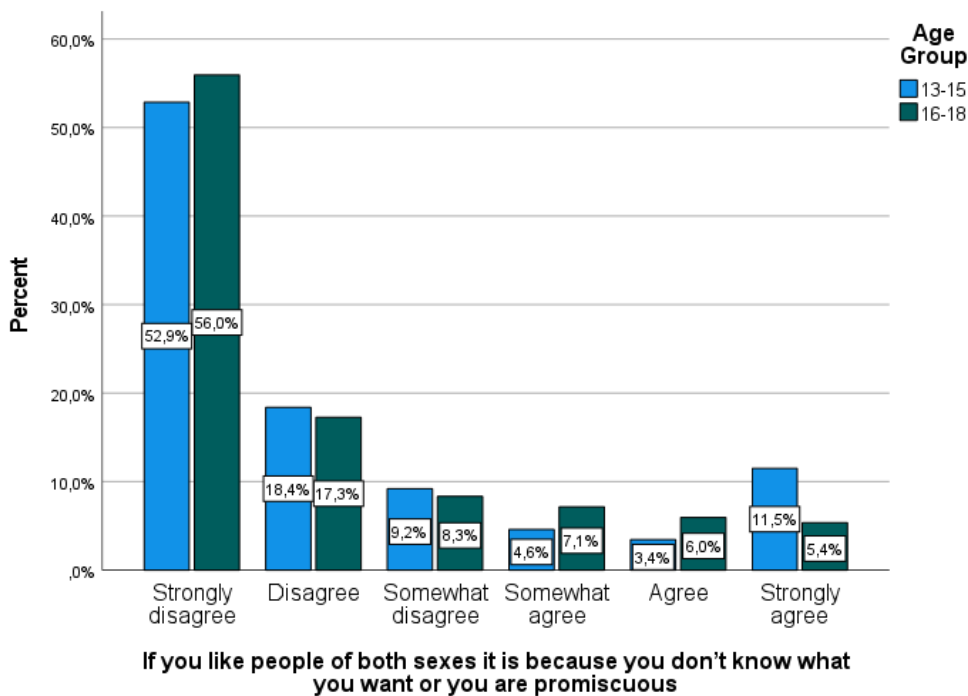
**QUESTION 12: “If you like people of both sexes it is because you don’t know what you want or you are promiscuous”.**



A very big percentage of the young participants of our survey, more than half of them (54,9%) don't believe that if someone likes people of both sexes it is because he/she doesn't know what he/she wants of that he/she is promiscuous.



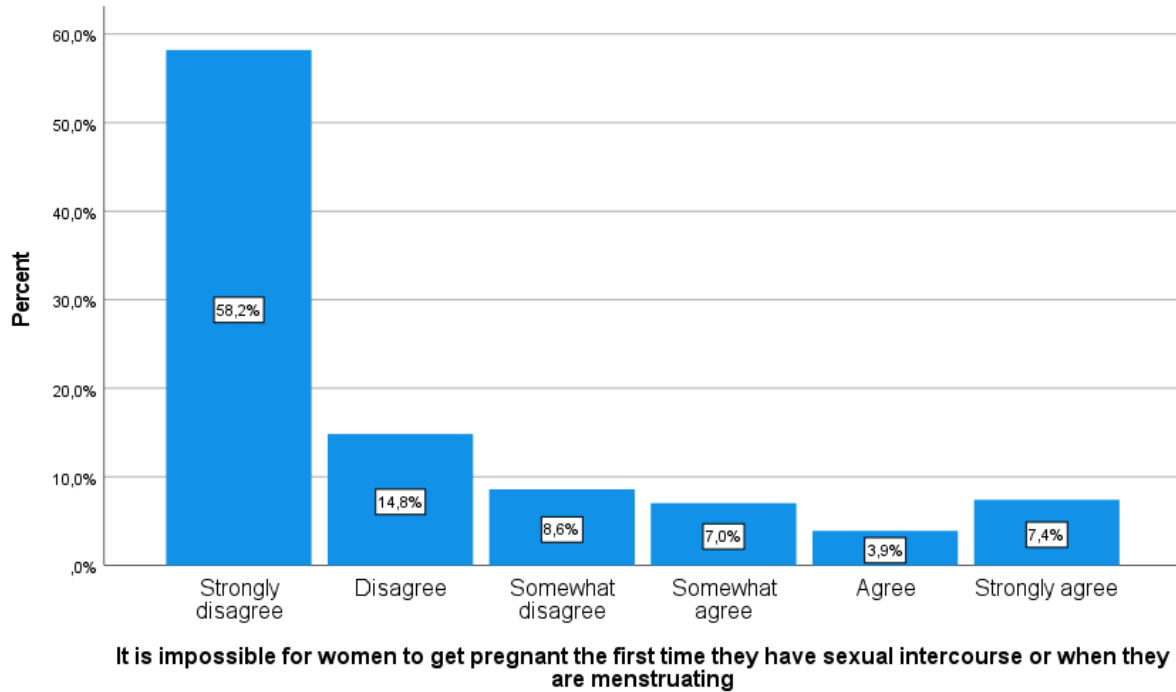
On the particular issue of this question, we found a statistically significant difference between male and female participants ( $p < .001$ ). Again, women disagreed in a stronger way with the particular question.



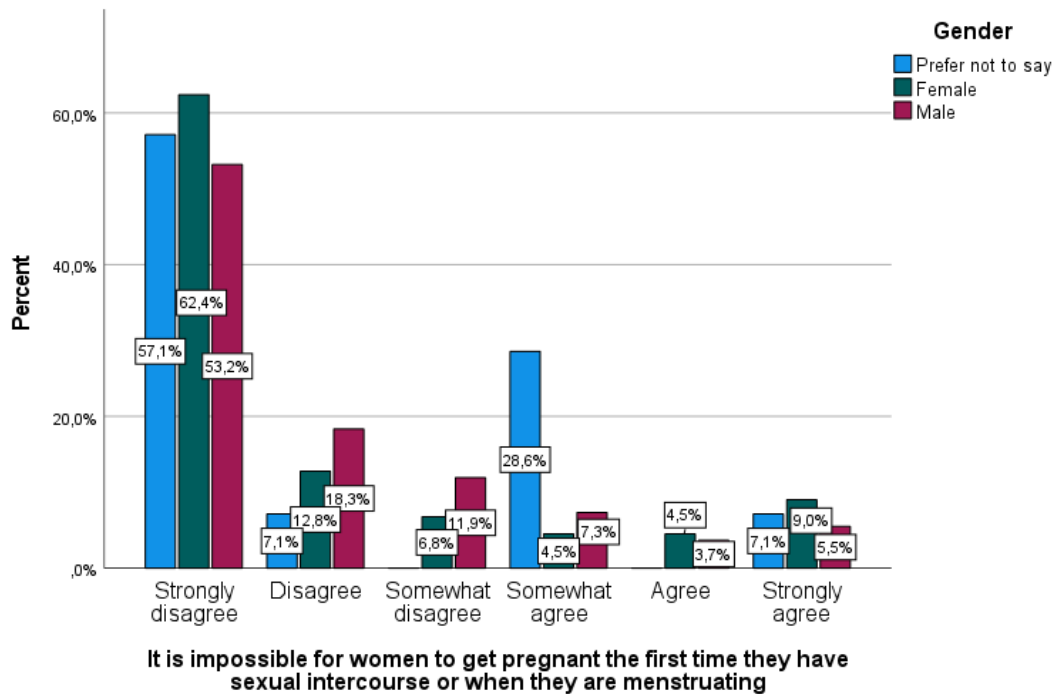
Age plays no statistically significant role in what youngsters thought of the issue in question.

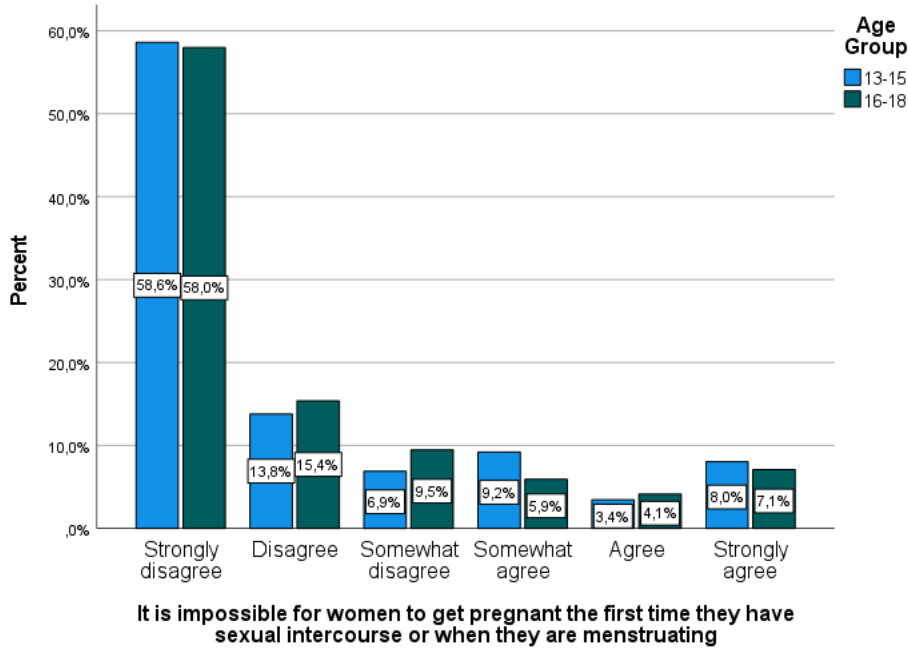


**QUESTION 13: “It is impossible for women to get pregnant the first time they have sexual intercourse or when they are menstruating”.**



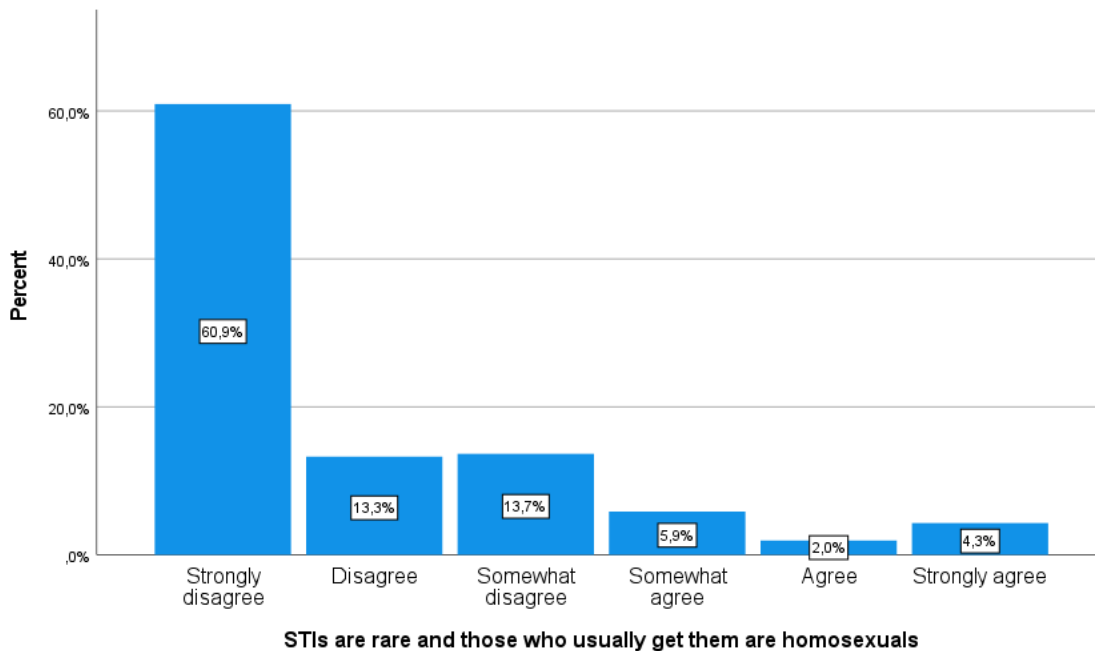
Most respondents (81,6%) find it possible for women to get pregnant the first time they have sexual intercourse or when they are menstruating.



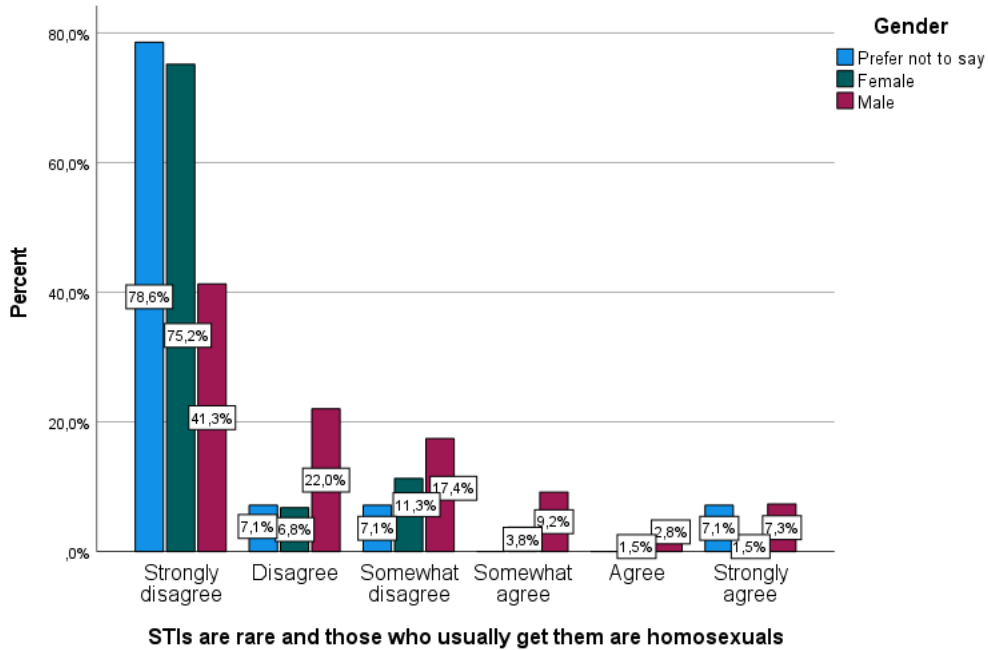


Gender played no significant role in how possible youngsters thought a pregnancy after the first sexual intercourse or during menstruation was, and neither did age.

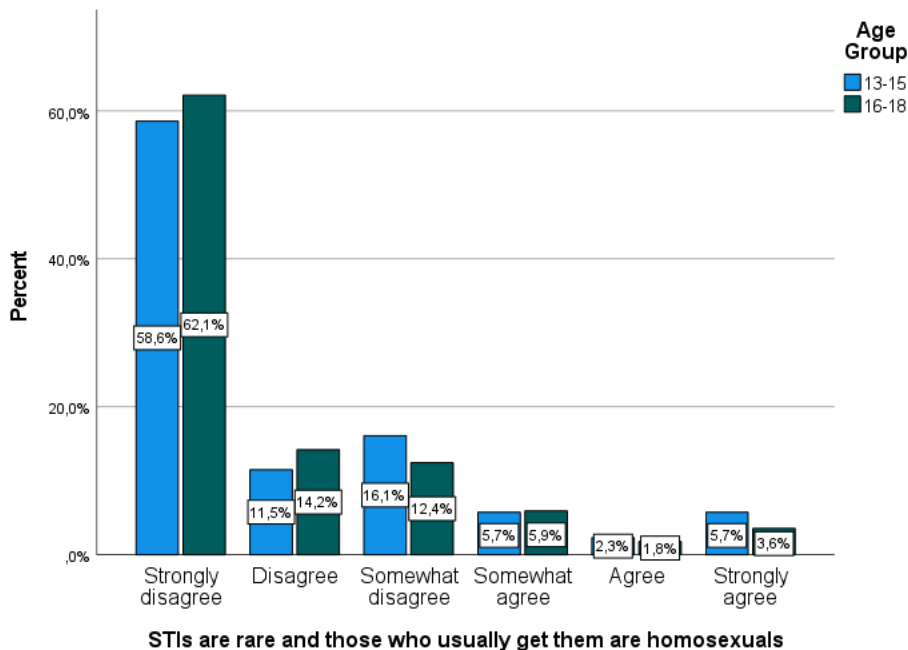
**QUESTION 14: “STIs are rare and those who usually get them are homosexuals”.**



It is impressive that only 12,2% of the respondents of the survey thought (to a greater or lesser degree) that STIs are rare and that homosexuals are the ones who usually get them.

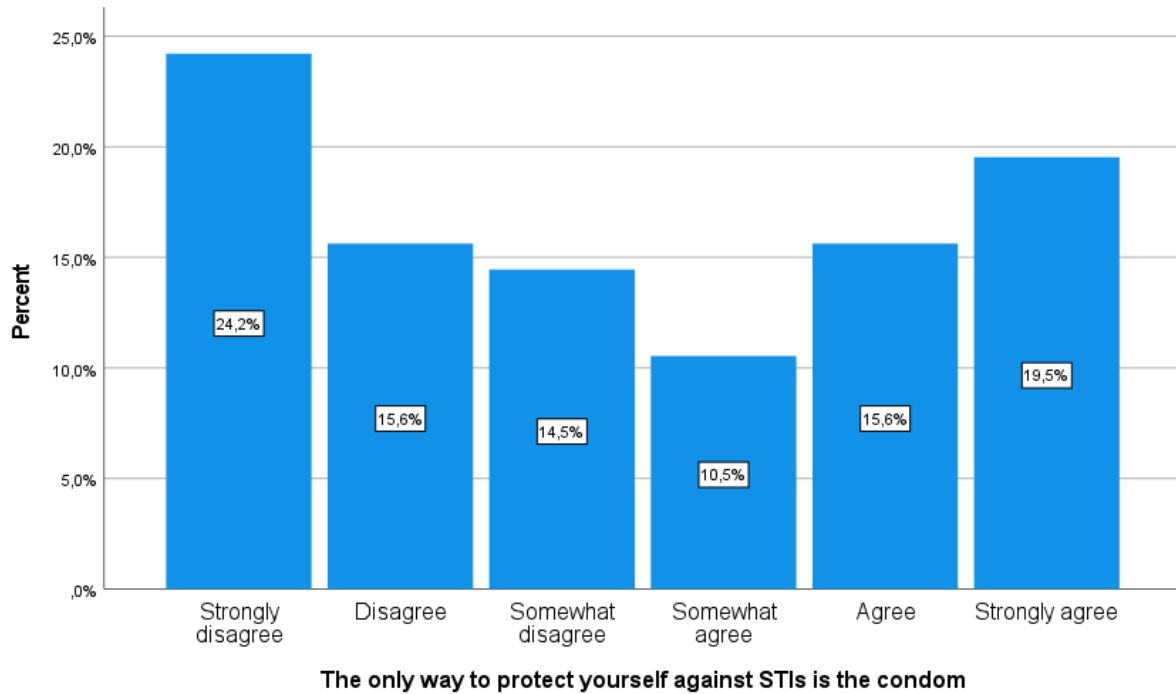


A statistically significant difference was reported between males and people who preferred not to state their gender ( $p < .05$ ), and between males and females ( $p < .001$ ). Apparently, female youngsters and youngsters who prefer not to state their gender have a more intense disagreement to the statement of the question than male youngsters.

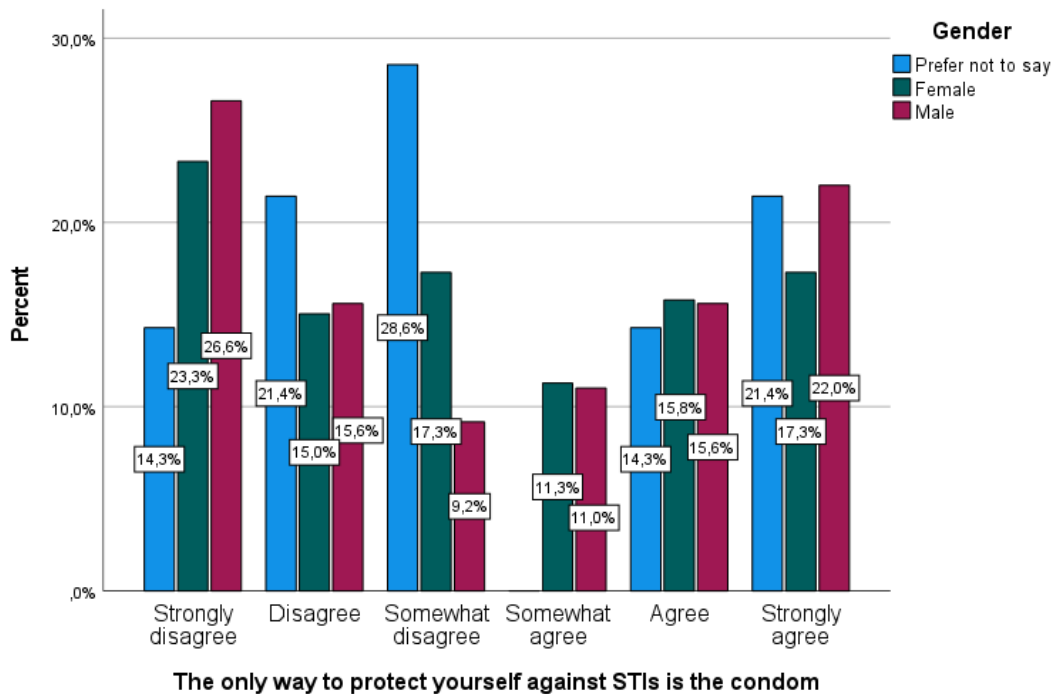


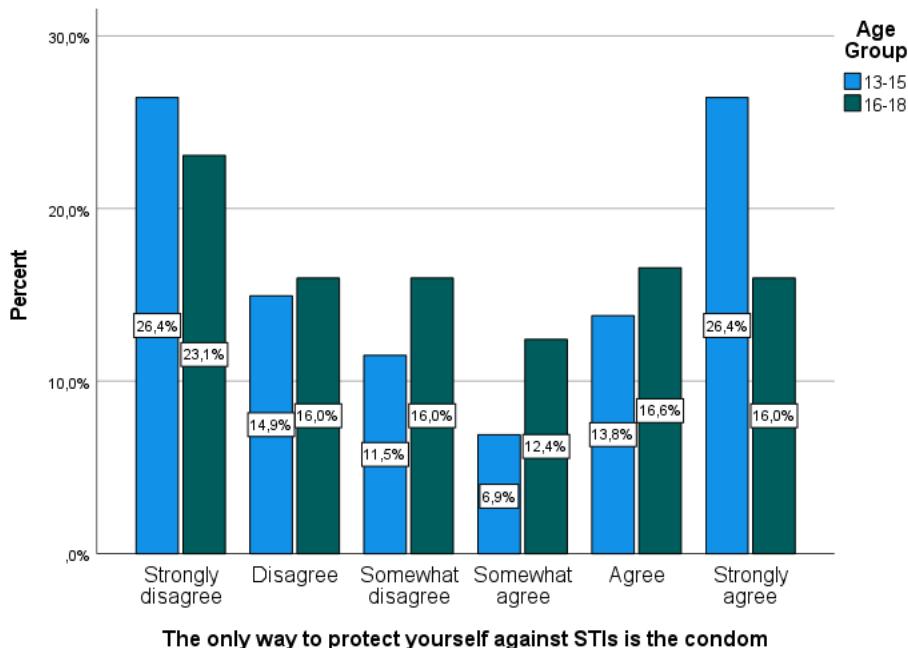
Age plays no statistically significant role in the consideration of STIs and people who contract them.

**QUESTION 15: “The only way to protect yourself against STIs is the condom”.**



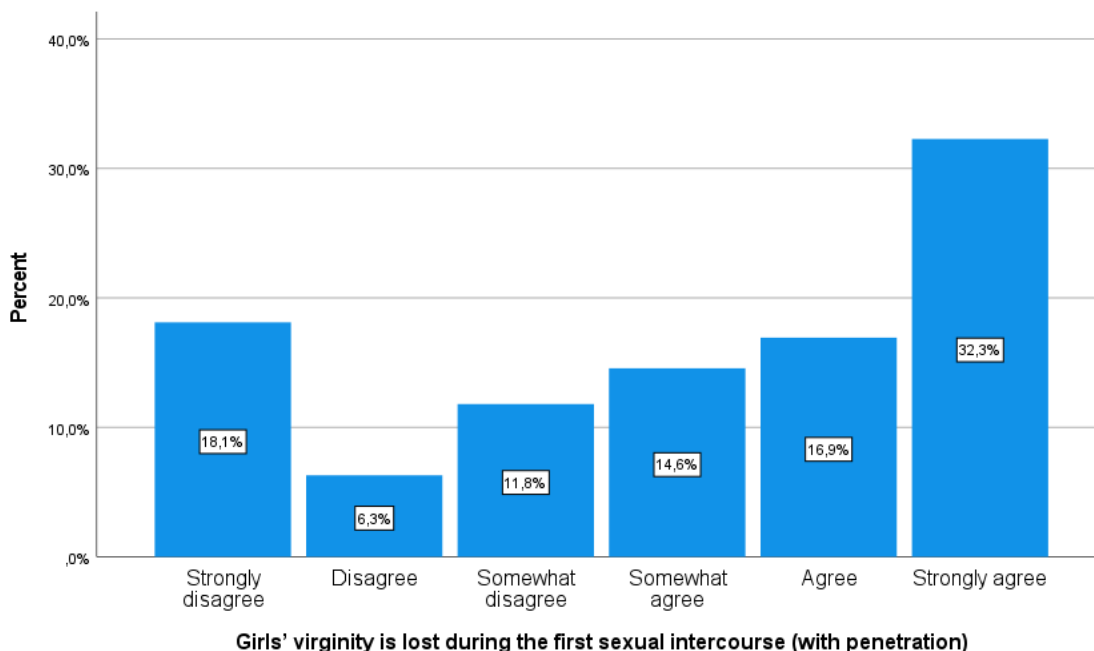
The responses to the question if the condom is the only way of protection against STIs varied in all the spectrum of the offered answers. There was a slight prevalence of strong disagreement, followed by strong agreement to the statement.



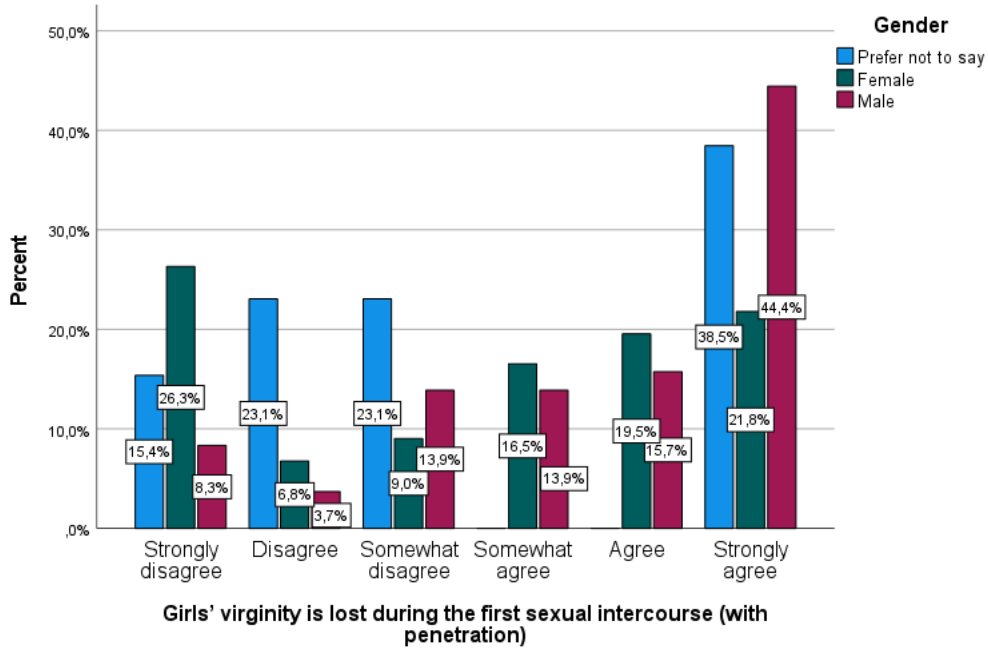


There was no statistically significant difference neither between genders nor between age groups examined regarding the use of condom as the only way of protection against STIs.

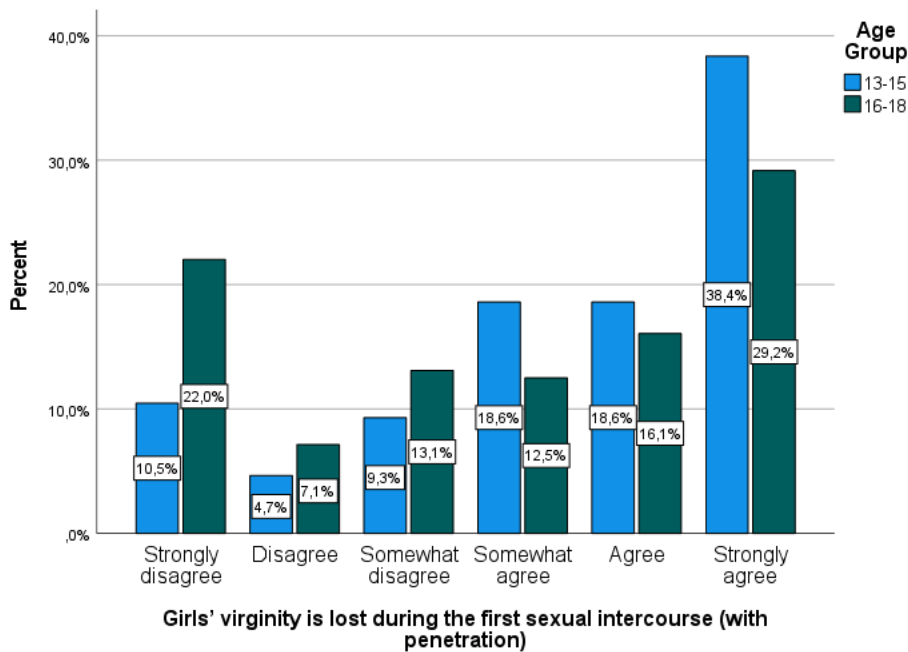
**QUESTION 16: “Girl’s virginity is lost during the first sexual intercourse (with penetration)”.**



The majority of the young participants of the survey agreed that a girl’s virginity is lost during the first sexual penetrative intercourse, although there was a significant percentage (36,2%) that disagreed.

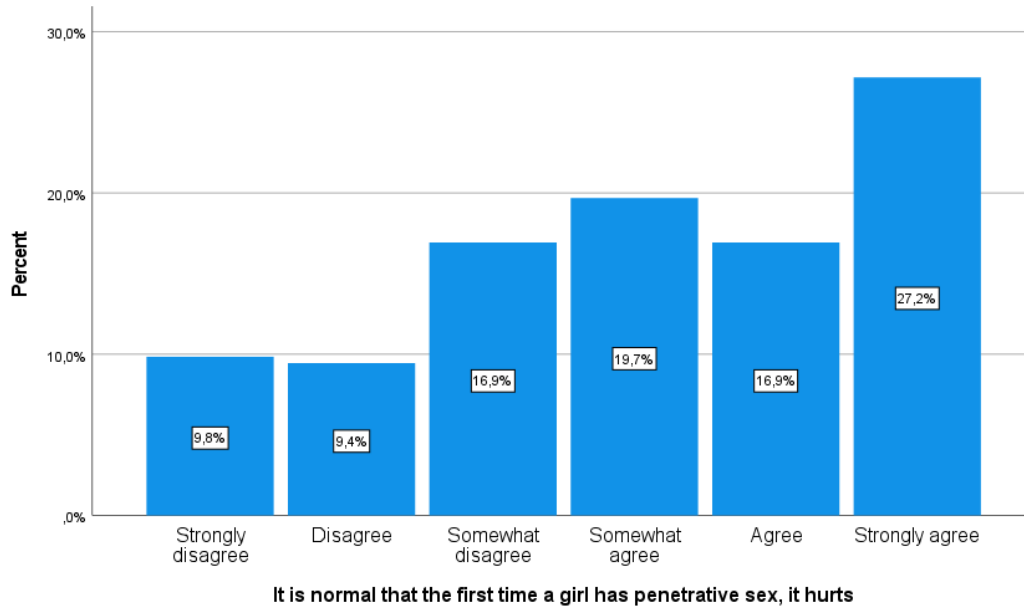


Regarding the issue of a girl’s virginity lost during first time penetrative sex, a statistically significant difference was reported between male and female youngsters ( $p < .001$ ). Boys tend to strongly agree with the statement, while the answers of girls were more scattered.

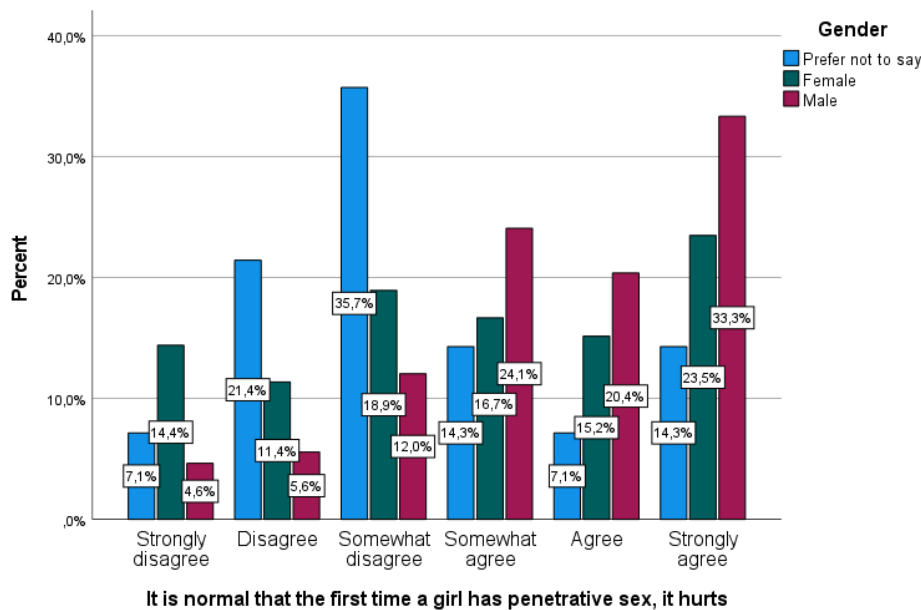


Moreover, a statistically significant difference was spotted between youngsters aged 13-15 and those of ages 16-18 ( $p < .05$ ). Apparently, as youngsters age, they tend to stop believing that a girl’s virginity is lost during the first penetrative sexual intercourse.

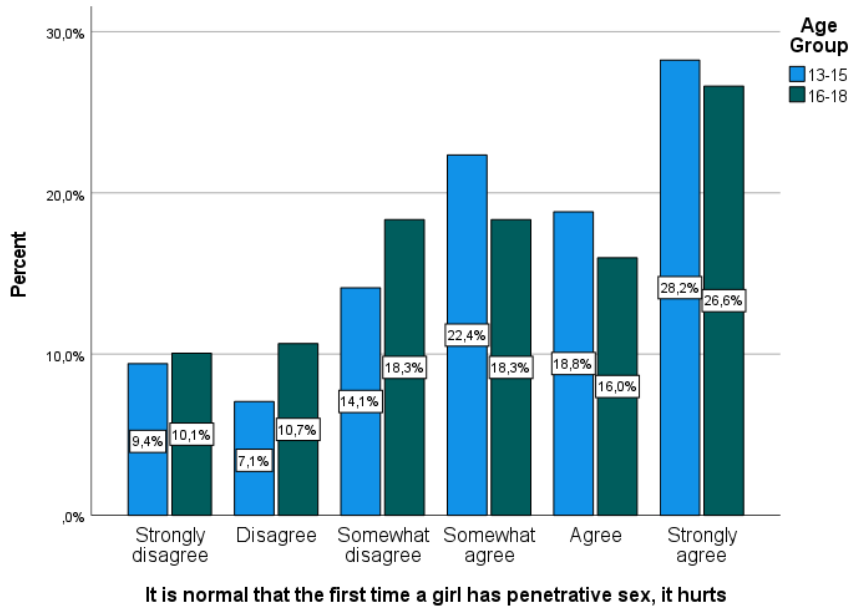
**QUESTION 17: “It is normal that the first time a girl has penetrative sex, it hurts”.**



There was a tendency towards strong agreement to the statement that pain is normal the first time a girl has penetrative sex.

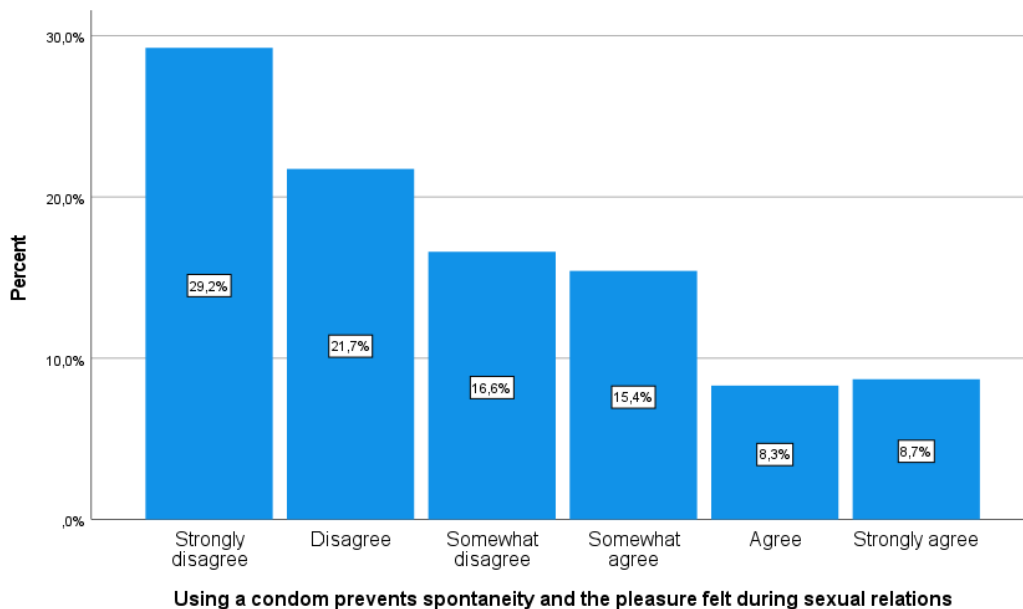


The normality of pain during first time penetrative sex for a girl seems to be a matter of controversy among genders. There is a statistically significant difference between male youngsters and those who preferred not to state their gender ( $p < .05$ ), and between male and female youngsters ( $p < .005$ ). In general, boys believe it is normal in a stronger way, while youngsters who preferred not to state their gender tend to disagree, and girl had more scattered answers.



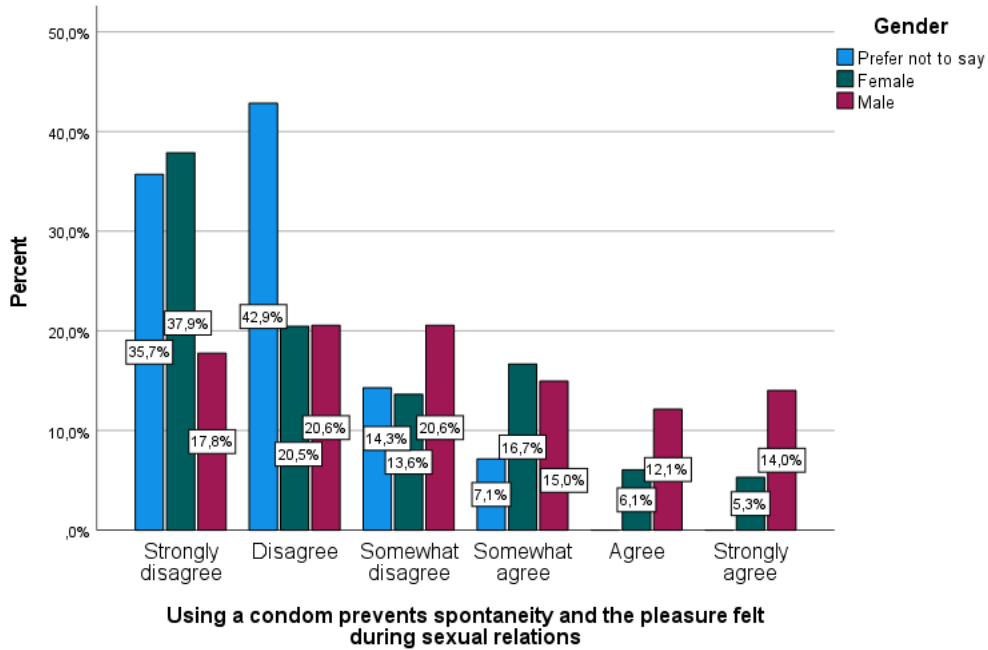
Age doesn't play any significant role in how normal youngsters consider pain for girls during their first penetrative sex.

**QUESTION 18: "Using a condom prevents spontaneity and the pleasure felt during sexual relations".**

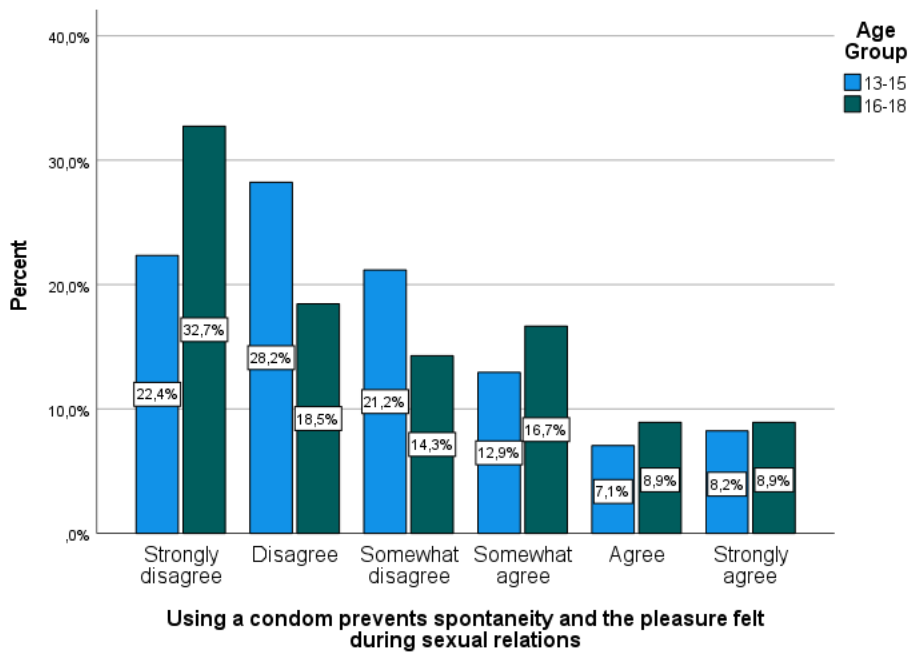


We can see a clear picture regarding the use of condom as far as spontaneity and the pleasure felt are concerned. It seems that the young participants of the survey tend to disagree that the use of a condom prevents spontaneity and pleasure.



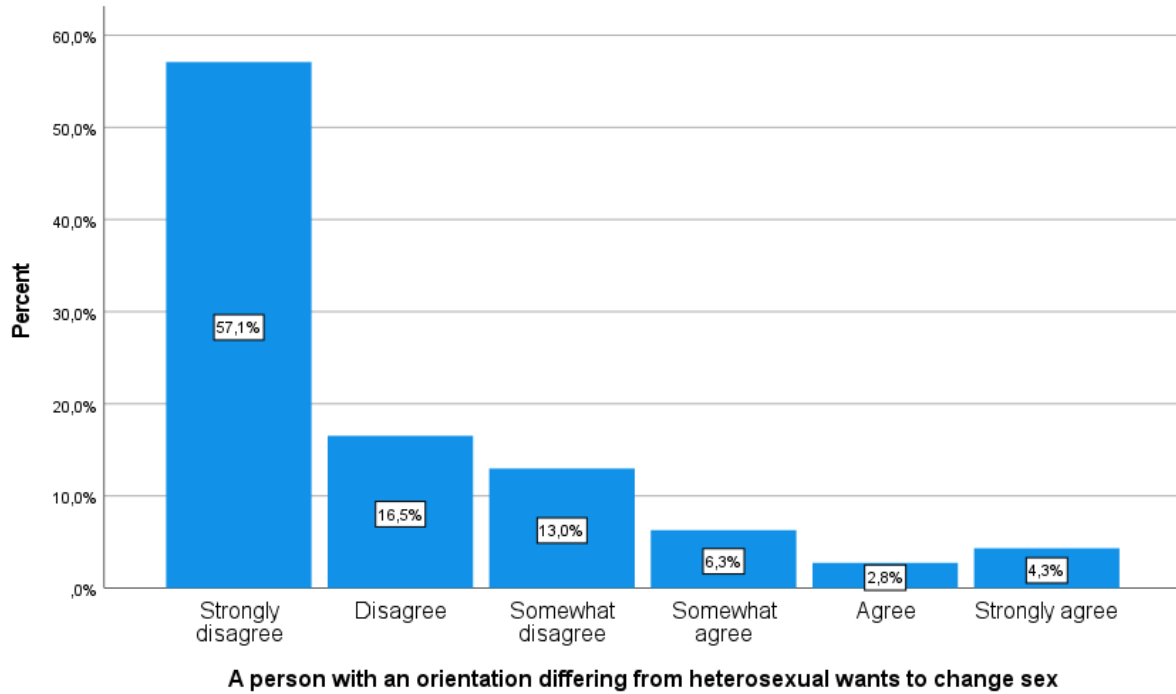


Females ( $p < .001$ ) and youngsters who preferred not to reveal their gender ( $p < .005$ ) exhibited a statistically significant difference from males regarding the issue of less spontaneity and pleasure due to the use of a condom. Males were more resilient in their answers, while females and those who preferred not to state their gender seemed to disagree more with the particular issue.

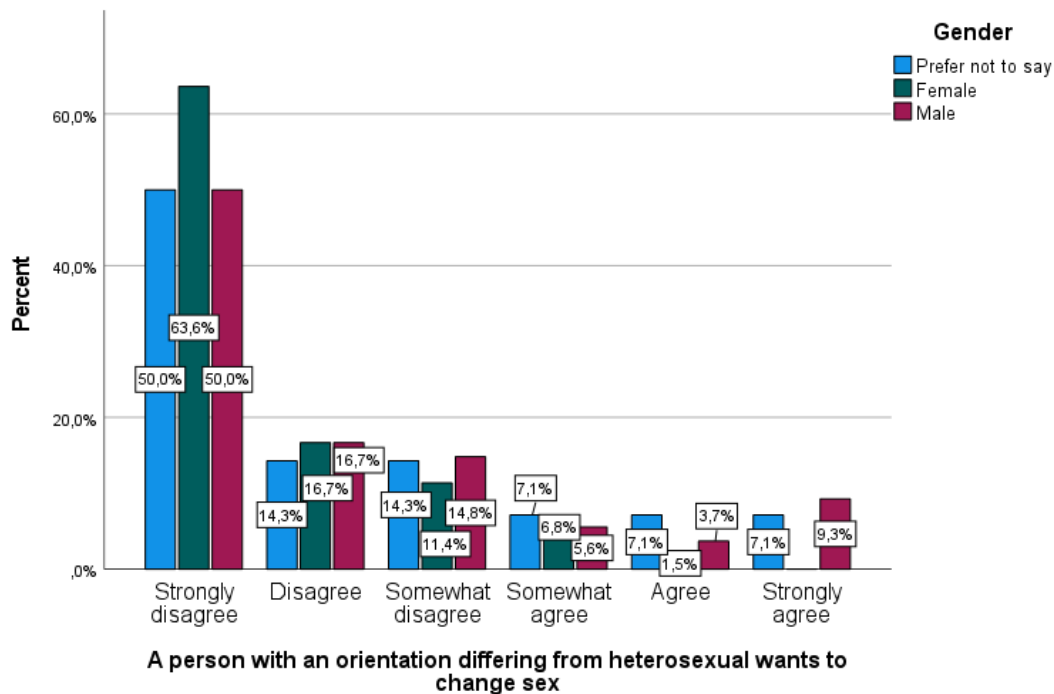


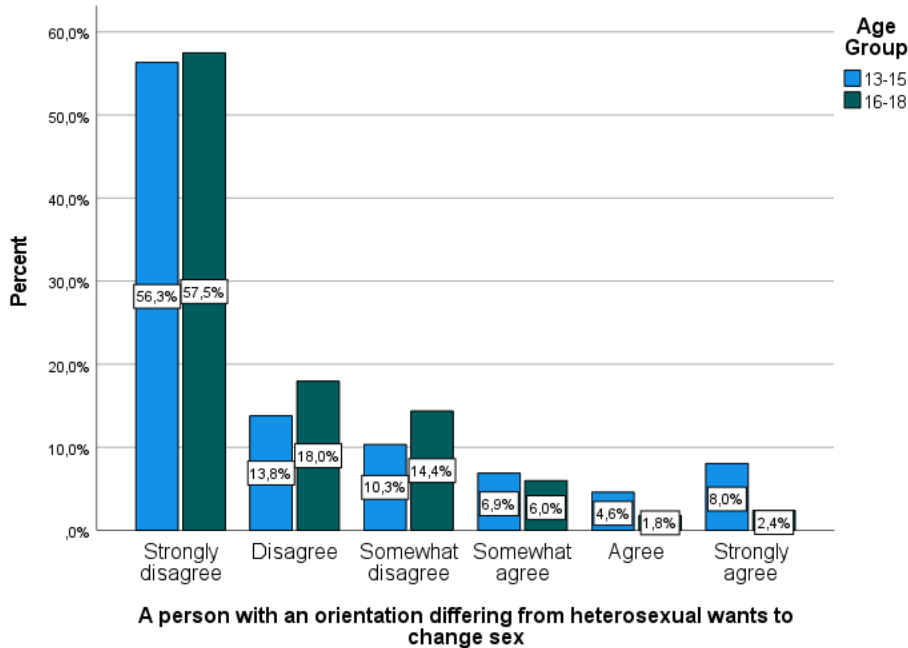
Different age groups demonstrated no statistically significant difference regarding the lost spontaneity and pleasure due to the use of a condom.

**QUESTION 19: “A person with an orientation differing from heterosexual wants to change sex”.**



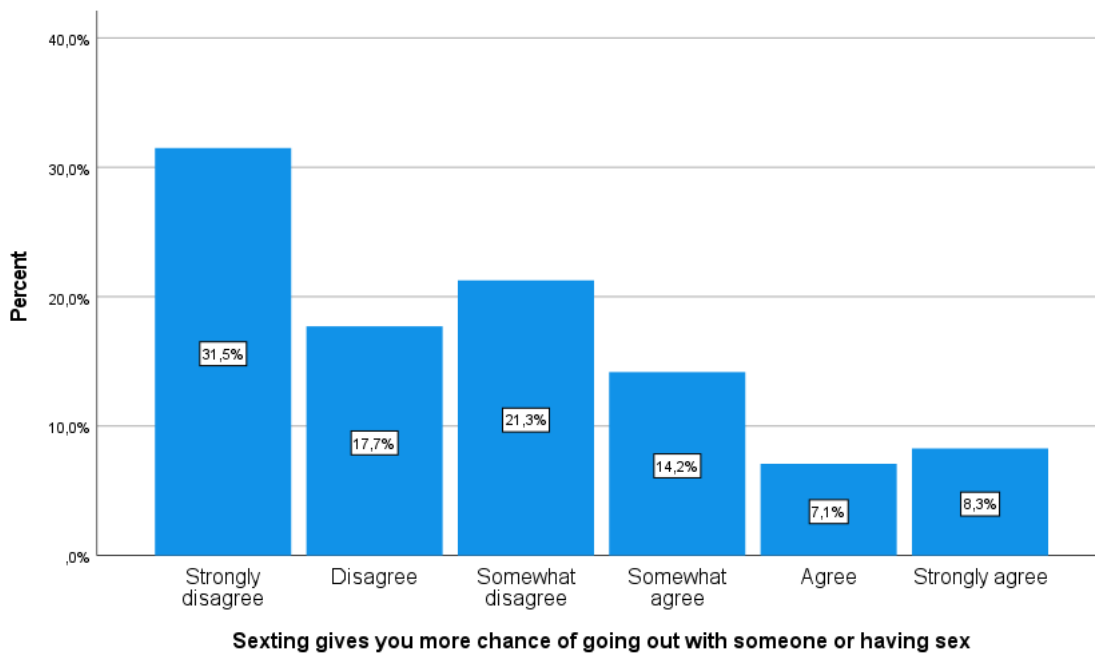
It seems clear that “a person with an orientation differing from heterosexual wants to change sex” is a faulty statement, since more than half of the sample of the survey strongly disagreed with that, and moreover 86,6% disagreed to a greater or lesser degree with it.



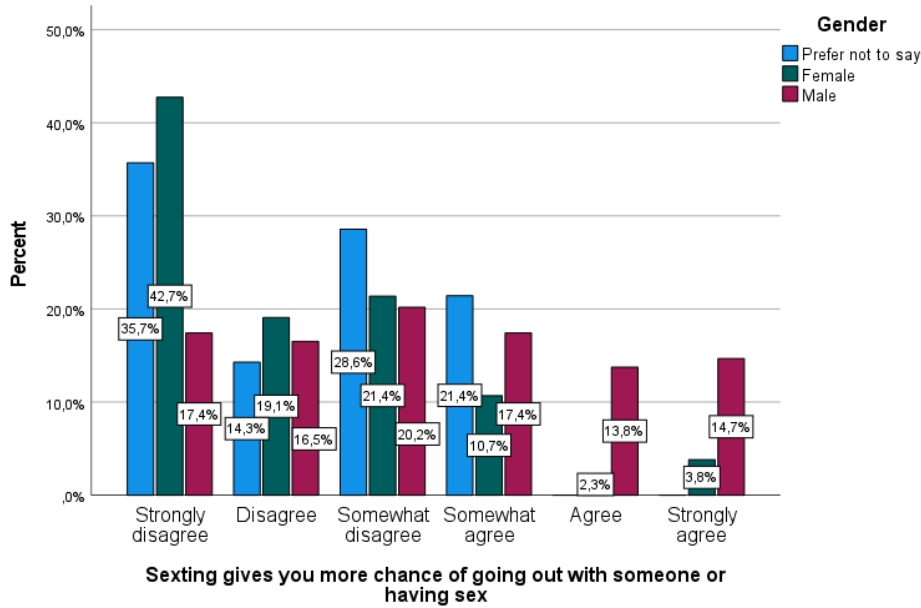


As far as gender is concerned, the survey revealed a statistically significant difference ( $p < .05$ ) between the opinions of males and females regarding the issue of the question, while age played no significant role in the answers.

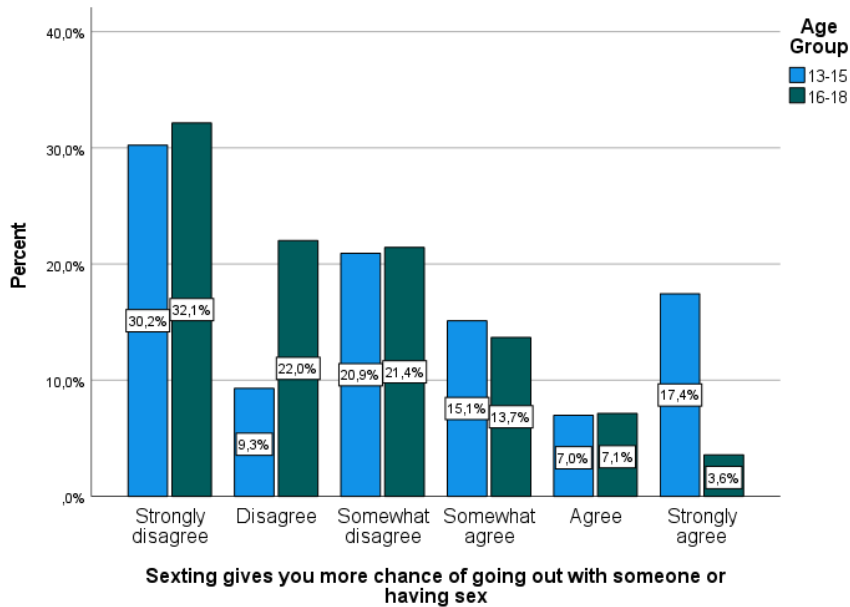
**QUESTION 20: “Sexting gives you more chances of going out with someone or having sex”.**



Answers to the question if “sexting gives you more chance of going out with someone or having sex” varied, but seemingly strong disagreement prevailed.

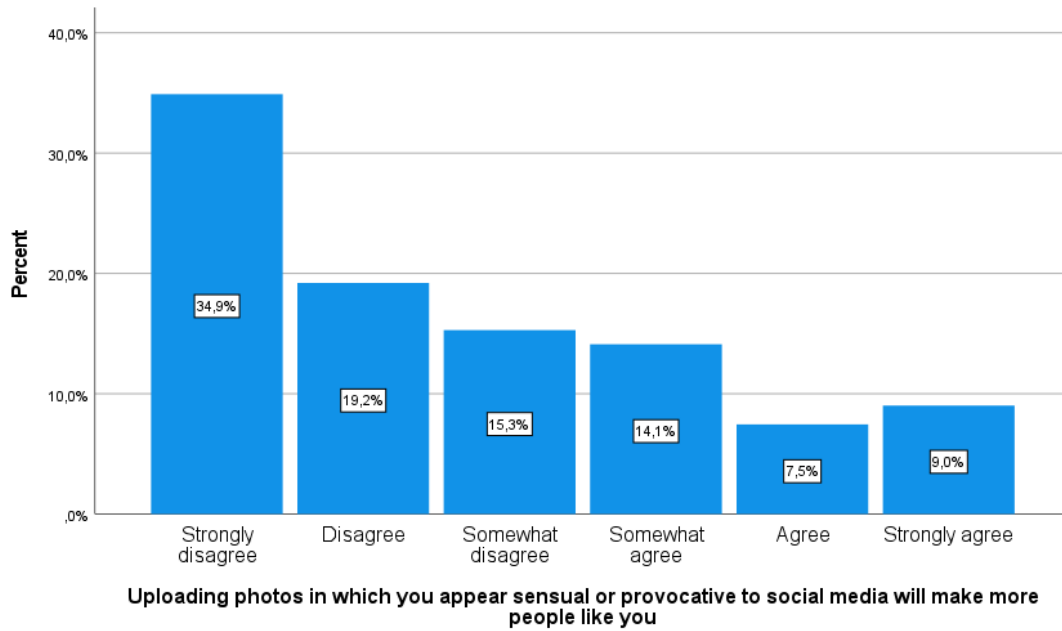


Regarding sexting and the chances it gives you to go out or have sex with someone, males showed a statistically significant difference with women ( $p < .001$ ) and with people who preferred not to state their gender ( $p < .05$ ). While women and people who preferred not to say their gender disagreed more clearly and strongly with the statement in question, men were less decided with no clear tendency.

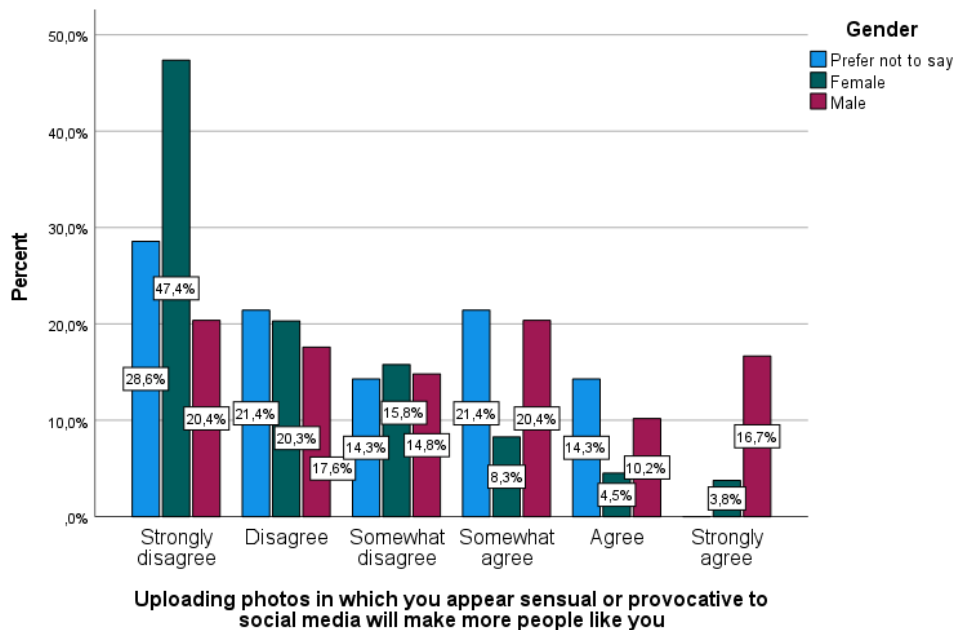


Although the majority of both age groups examined strongly disagreed with sexting giving more chances for dates and sex, the statistical analysis showed that there was a statistically significant difference between the two age groups ( $p < .05$ ). More specifically, youngsters aged 16-18 were more opposed to sexting as a means for dating and sex than 13-15 aged ones.

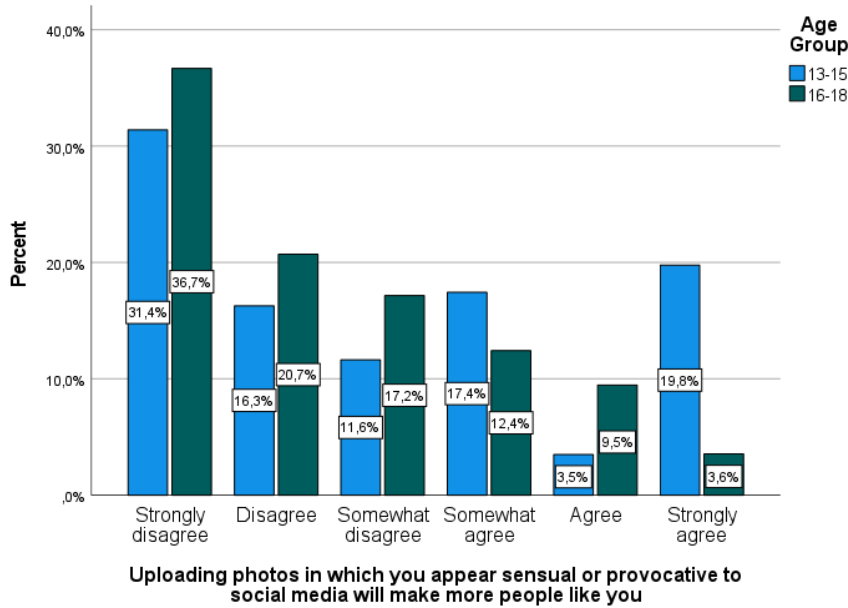
**QUESTION 21: “Uploading photos in which you appear sensual or provocative to social media will make more people like you”.**



Most youngsters that took part in the survey (69,4%) do not believe that uploading sensual or provocative photos on social media will make more people like them.

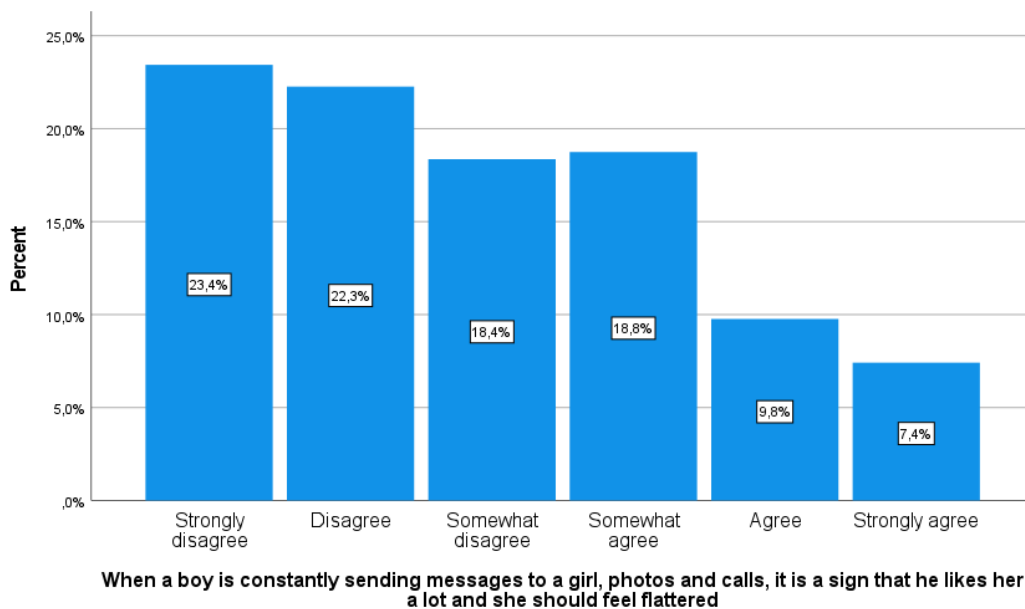


Male and female youngsters demonstrated different opinions on uploading sensual/provocative photos as a means for making people like them ( $p < .001$ ); women are more definite in their disagreement, while men not too much.

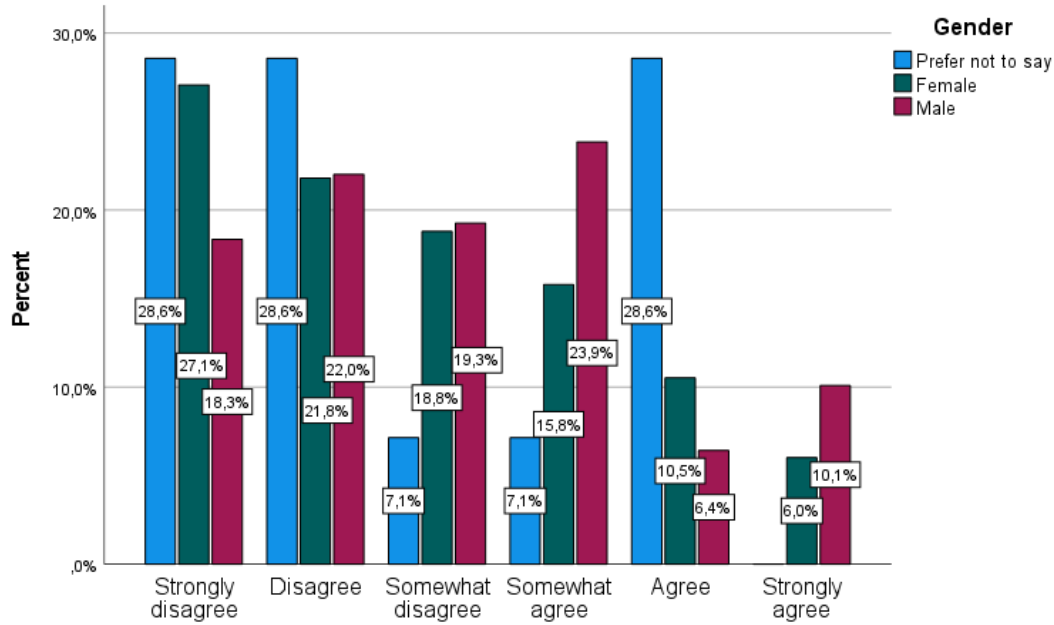


There was a statistically significant difference between age groups 13-15 and 16-18 ( $p < .05$ ). The older the youngsters get, the more they disagree with the use of sensual photos on social media to attract peers' sympathy.

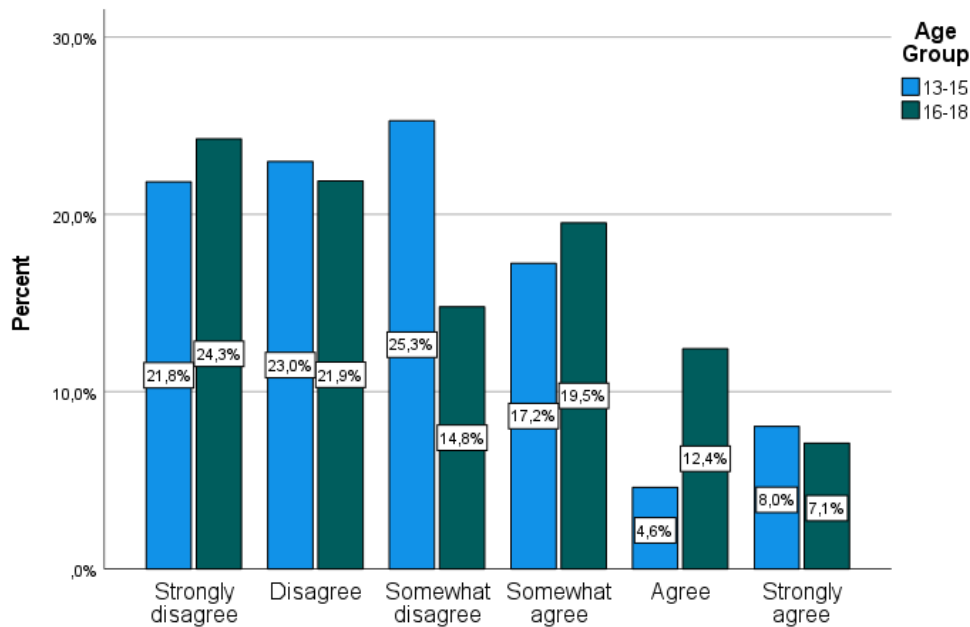
**QUESTION 22: "When a boy is constantly sending messages to a girl, photos and calls, it is a sign that he likes her a lot and she should feel flattered".**



The statement of this question caused great variation in the answers of the participants. The majority however don't think persistent messages, photos and calls are a sign that a boy likes a girl a lot and that she should feel flattered.



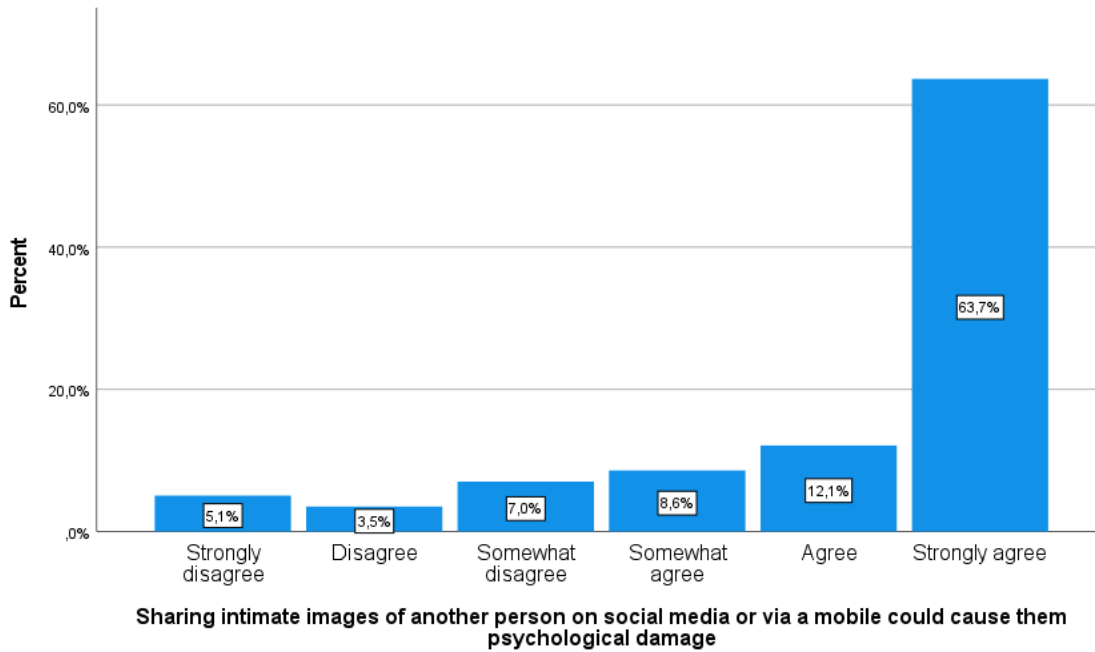
**When a boy is constantly sending messages to a girl, photos and calls, it is a sign that he likes her a lot and she should feel flattered**



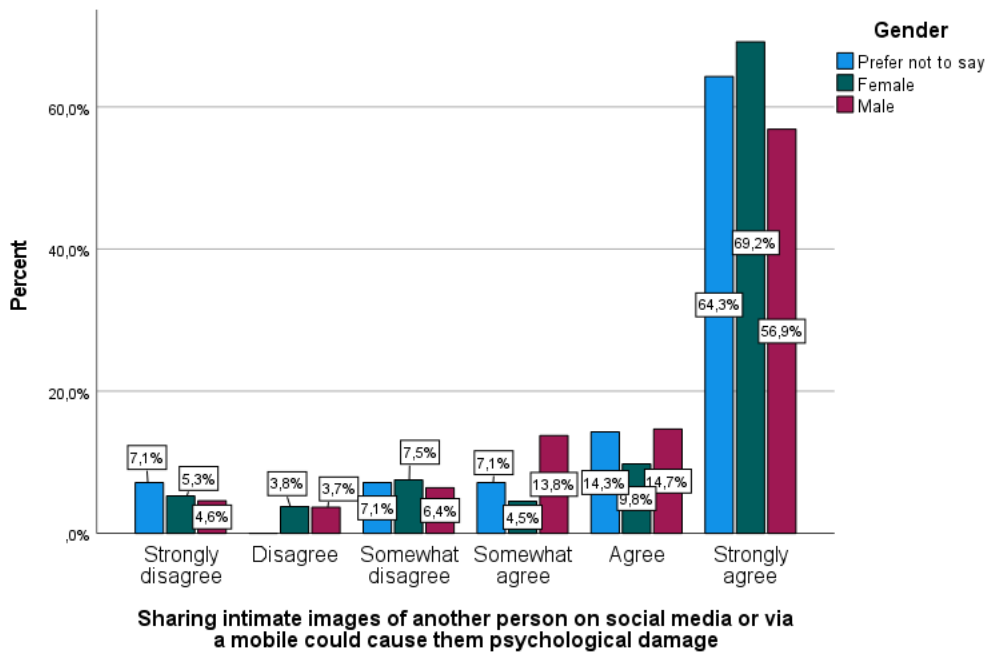
**When a boy is constantly sending messages to a girl, photos and calls, it is a sign that he likes her a lot and she should feel flattered**

Gender and age group played no statistically significant role in the answers on this question.

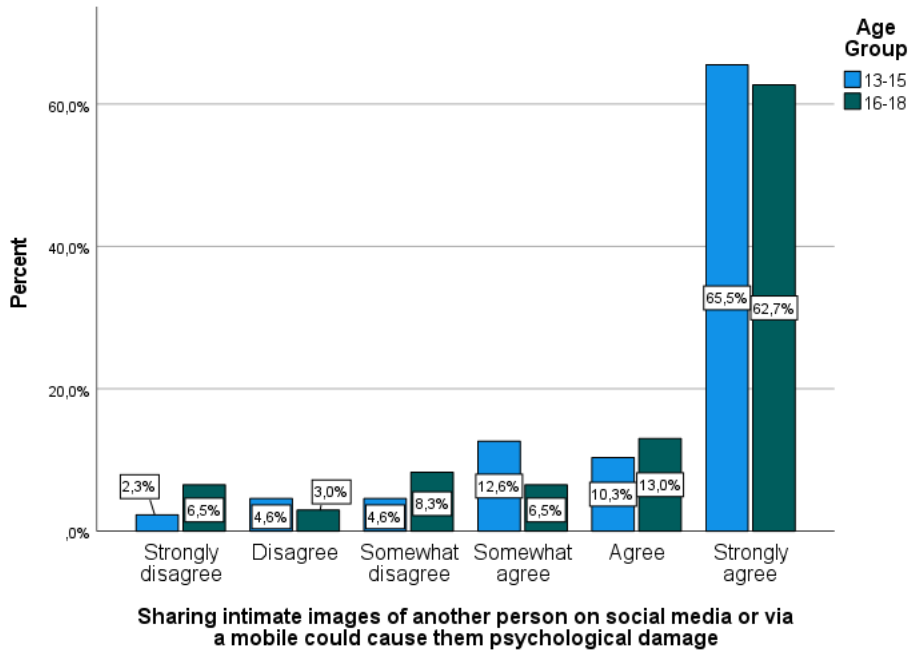
**QUESTION 23: “Sharing intimate images of another person on social media or via a mobile could cause them psychological damage”.**



It is very relieving that the vast majority of the young participants acknowledge that sharing intimate images of another person on social media or via a mobile could cause psychological damage.

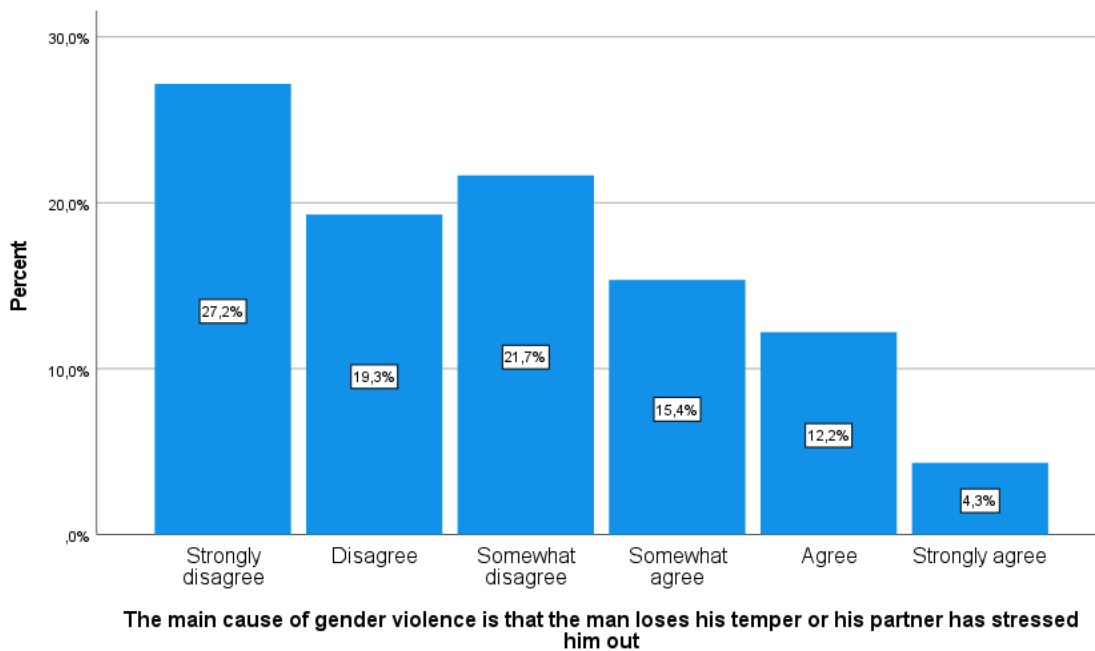




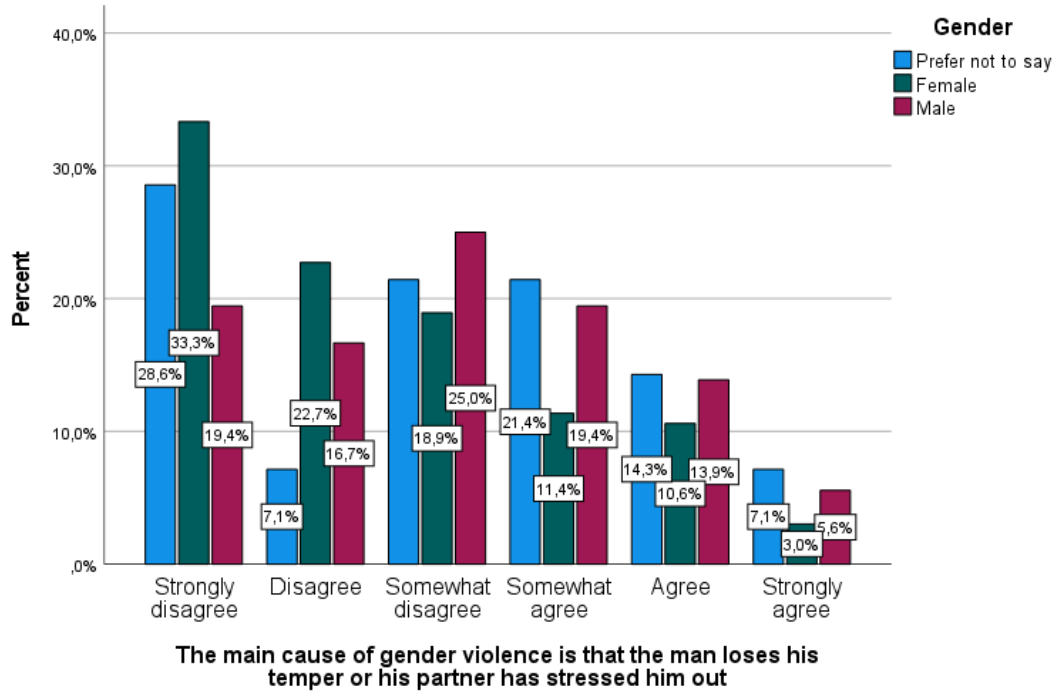


Neither gender nor age group played a significant role in the way youngsters see the psychological damage caused by sharing intimate images of other people on social media.

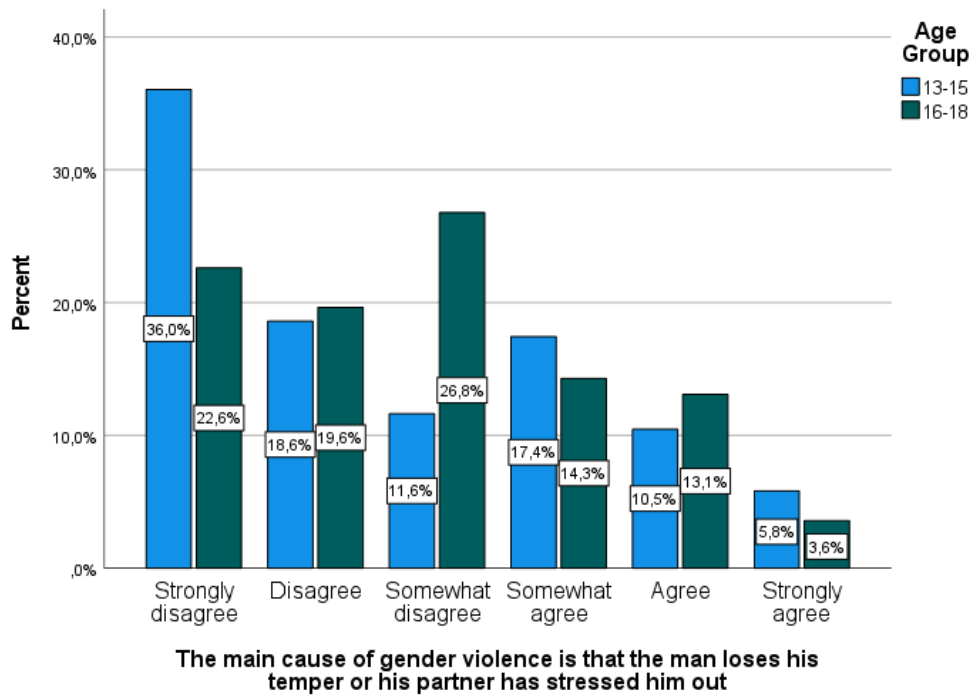
**QUESTION 24: “The main cause of gender violence is that the man loses his temper or his partner has stressed him out”.**



It is notable that a percentage around 30% agrees with the idea that the main cause of gender violence is that the man loses his temper or his partner has stressed him out.

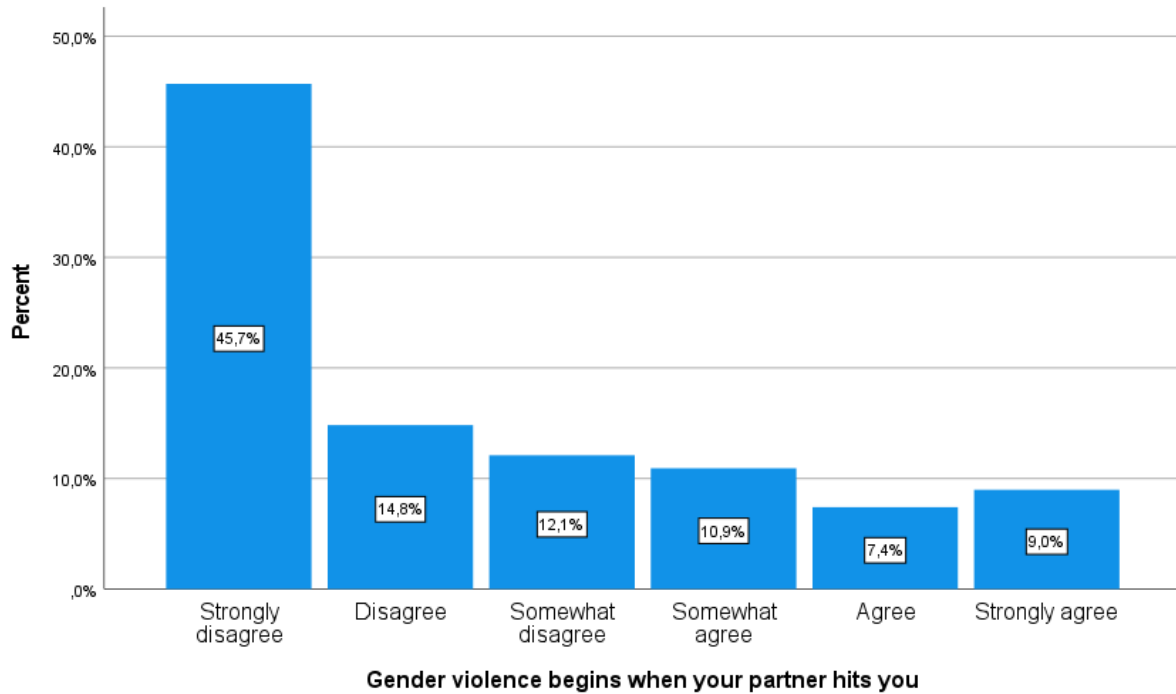


In this question regarding gender violence, there was a statistically significant difference ( $p < .05$ ) between male and female youngsters; Females disagree in a clearer way with this question, while males tend to have more neutral opinions on this matter.

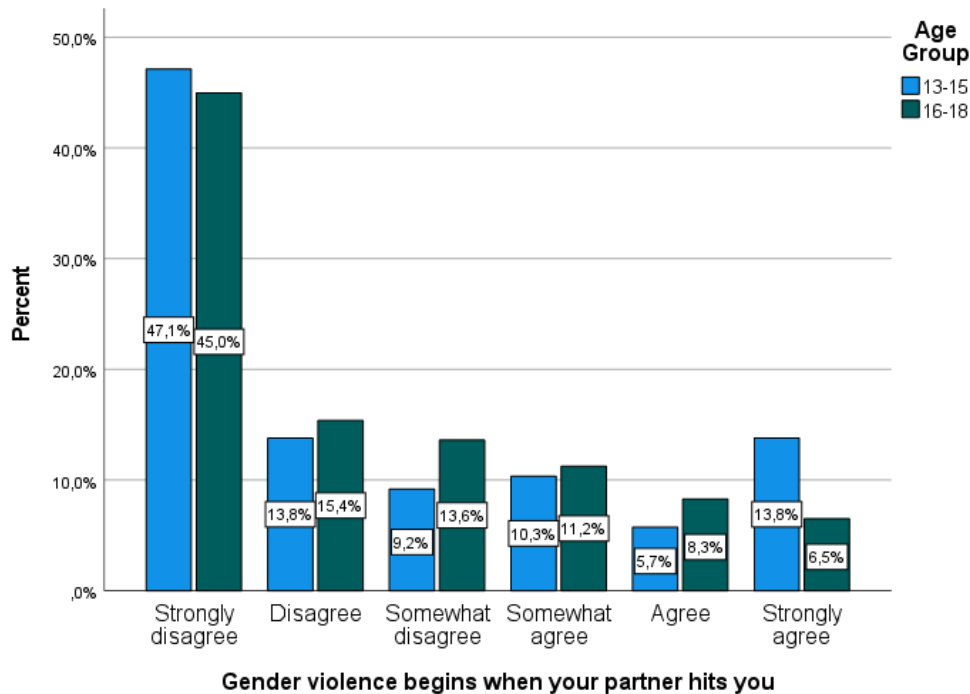


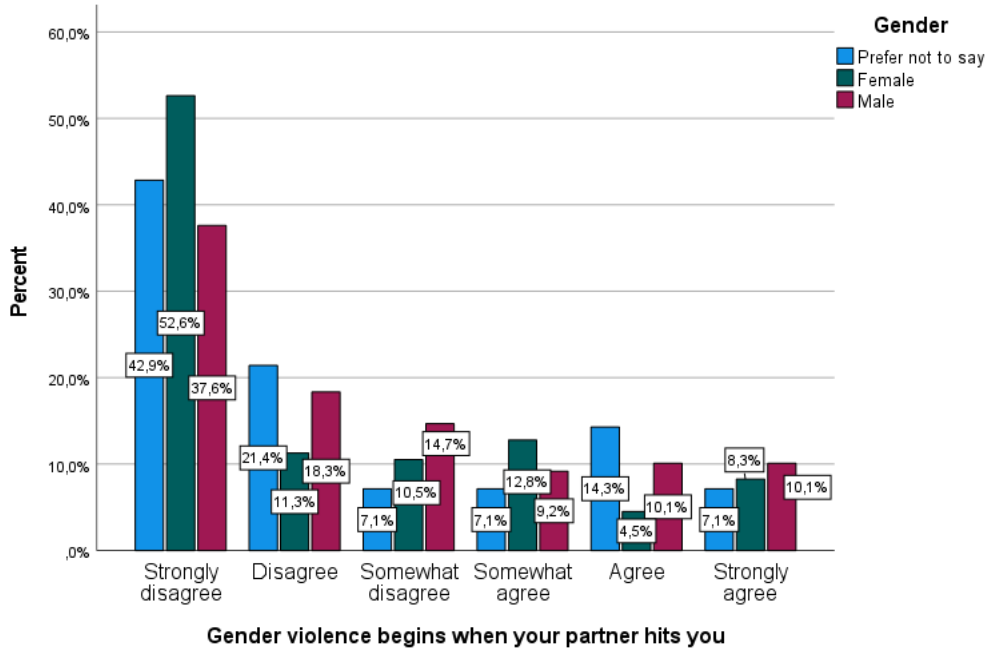
No statistically significant difference was found between the different age groups on this question.

**QUESTION 25: “Gender violence begins when your partner hits you”.**



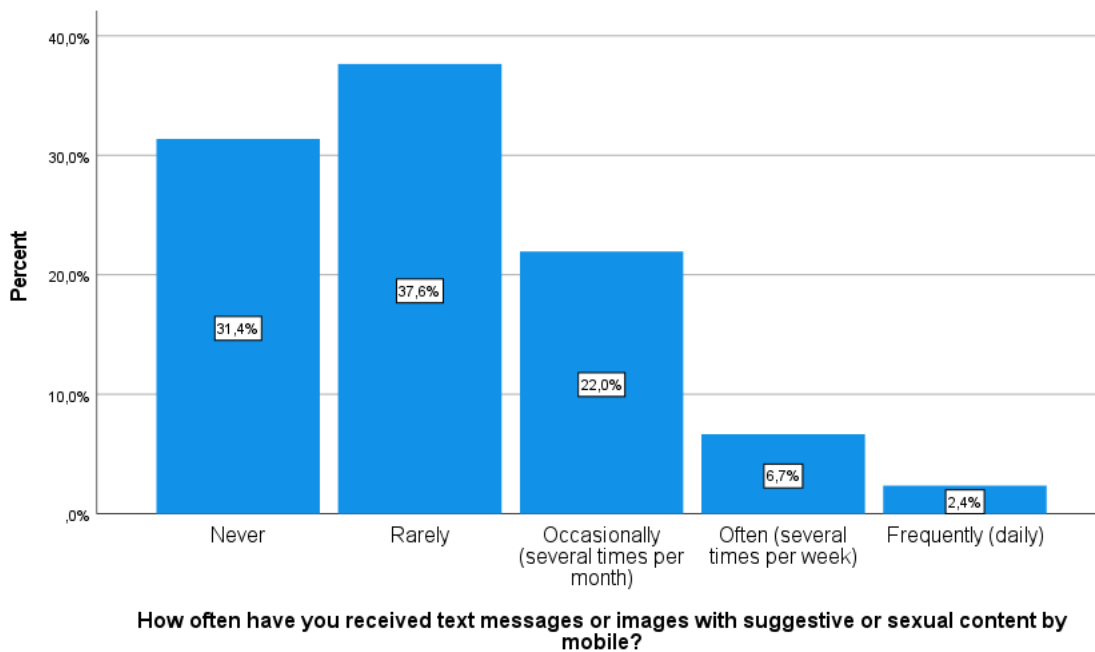
From the answers of the participants of the survey we observe that almost half of them strongly disagrees with the idea that gender violence begins when your partner hits you, while around 25% agrees.



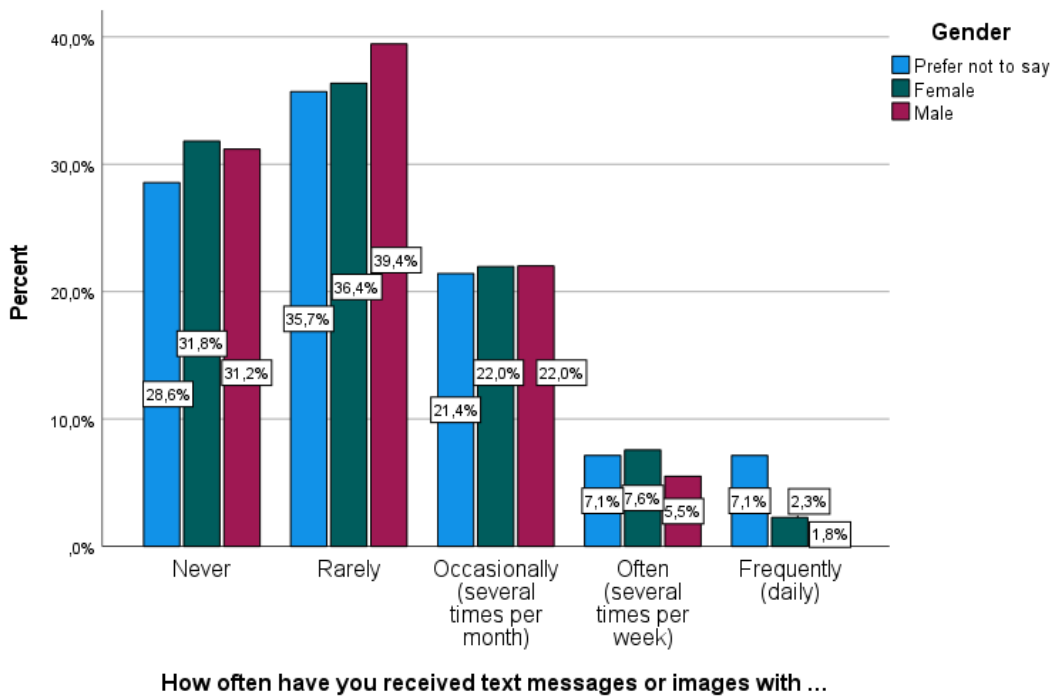
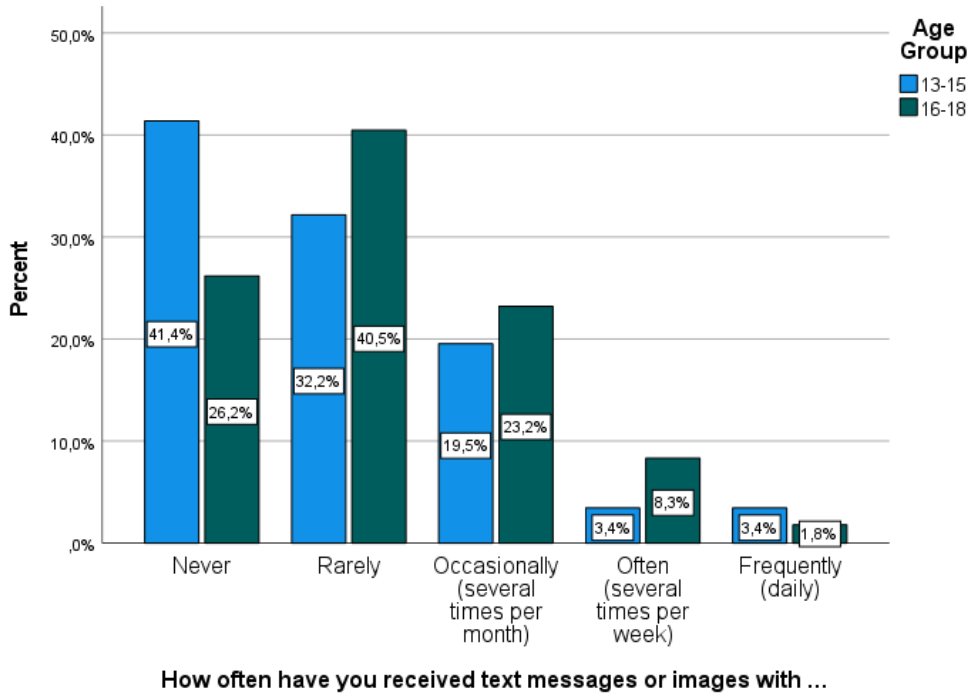


No statistically significant difference was found neither because of gender nor because of age in the answers regarding when gender violence begins.

**QUESTION 26: “How often have you received text messages or images with suggestive or sexual content by mobile?”**

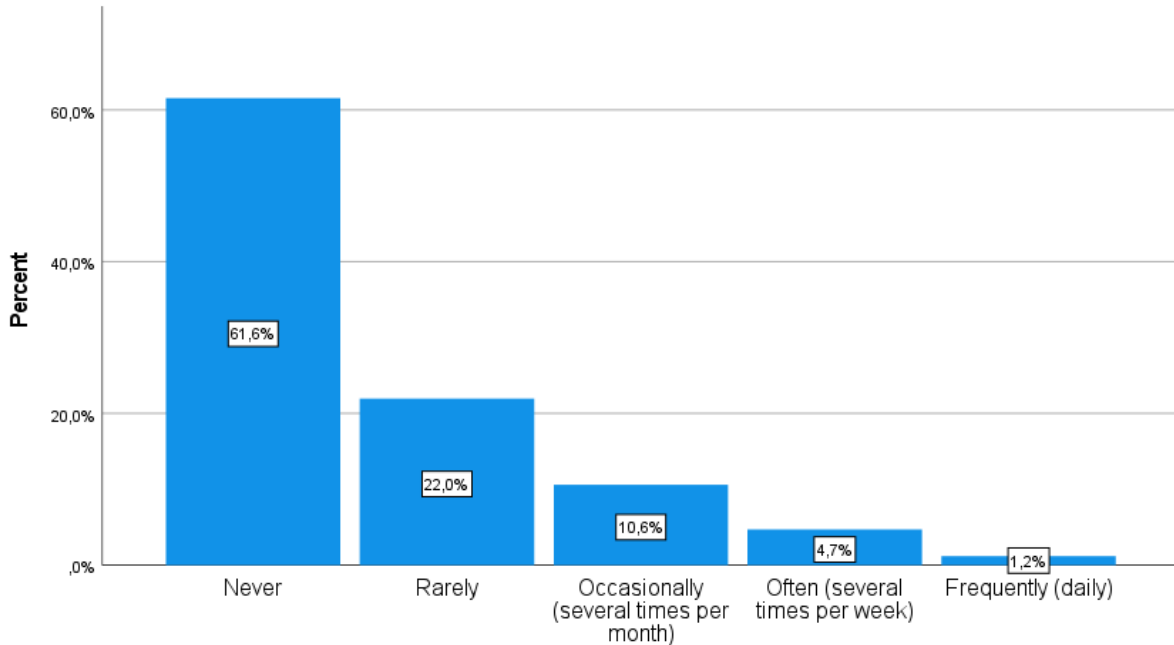


The majority of the participants of our survey (69%) have never or rarely received suggestive or sexual content by mobile.



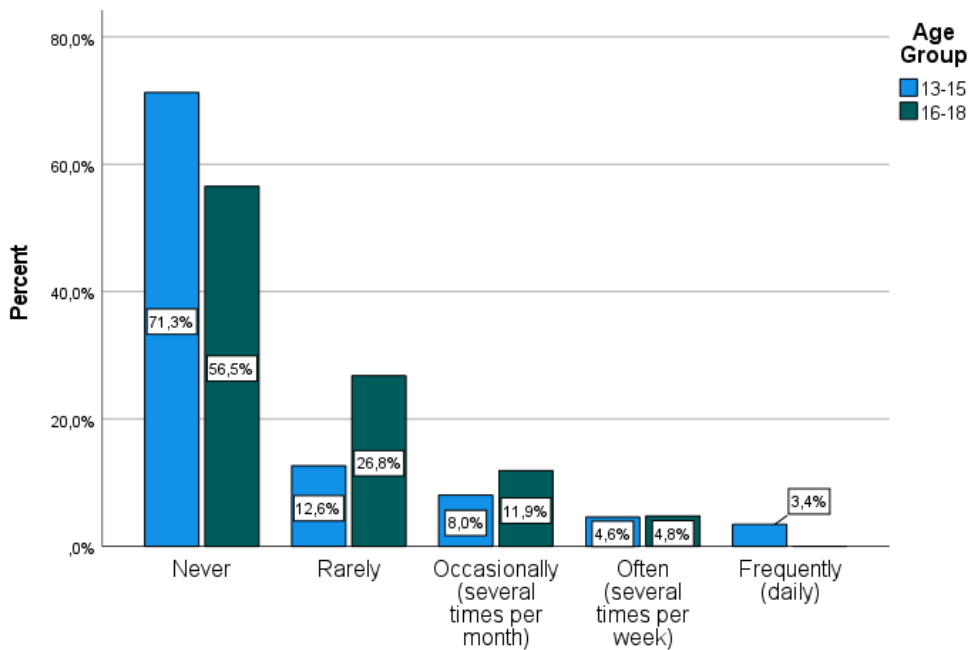
Gender played no statistically significant role in the frequency of suggestive or sexual content received by mobile, but age did ( $p < .05$ ); as teenagers age (moving from age group 13-15 to age group 16-18), they seem to receive somewhat more suggestive and sexual content by mobile, although still the majority reports receiving such content rarely.

**QUESTION 27: “How often have you exchanged provocative images or messages by mobile or internet?”.**

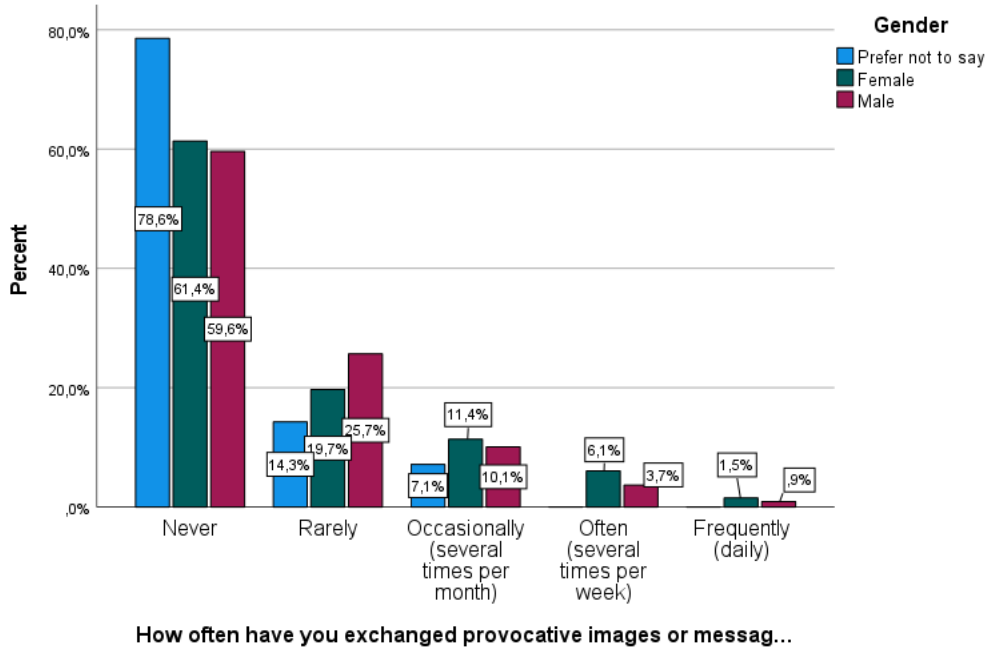


**How often have you exchanged provocative images or messages by mobile or internet?**

The vast majority of the teenaged participants (61,6%) denied ever having exchanged provocative images or messages (by mobile or internet). Only a very small percentage (1.2%) reports frequent-daily exchange of such content.

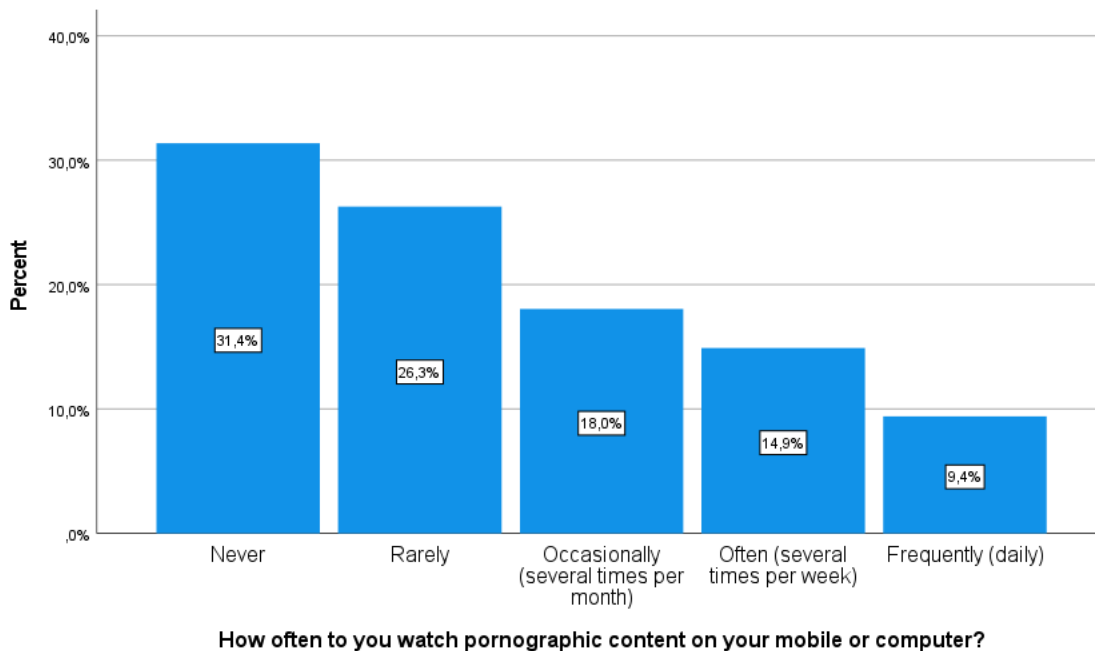


**How often have you exchanged provocative images or messag...**

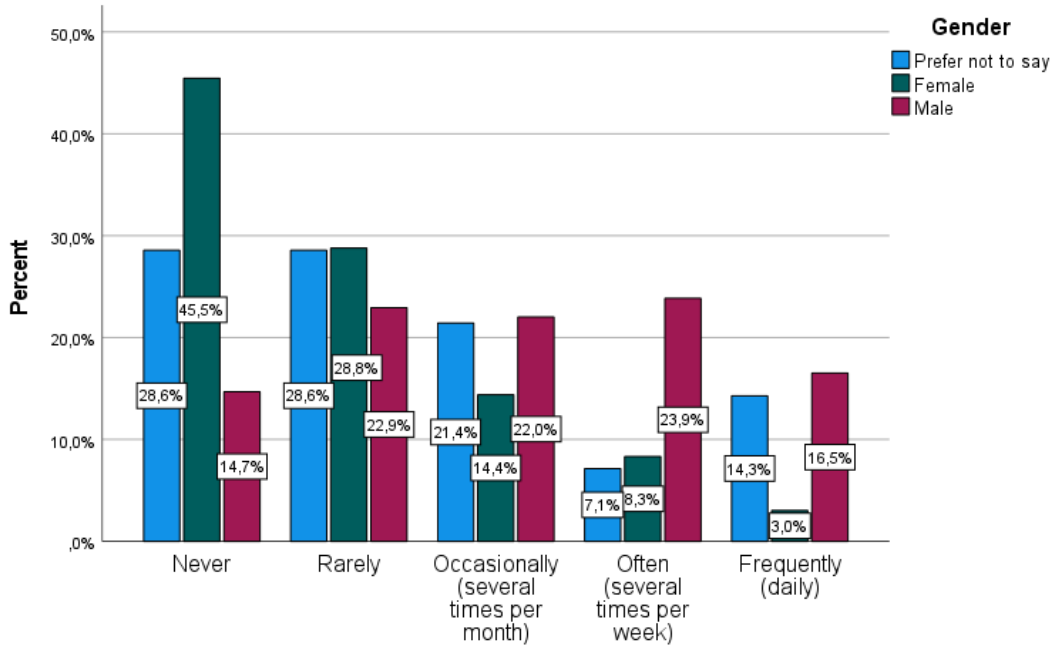


Gender and age group played no statistically significant role in the issue in question.

**QUESTION 28: “How often do you watch pornographic content on your mobile or computer?”.**

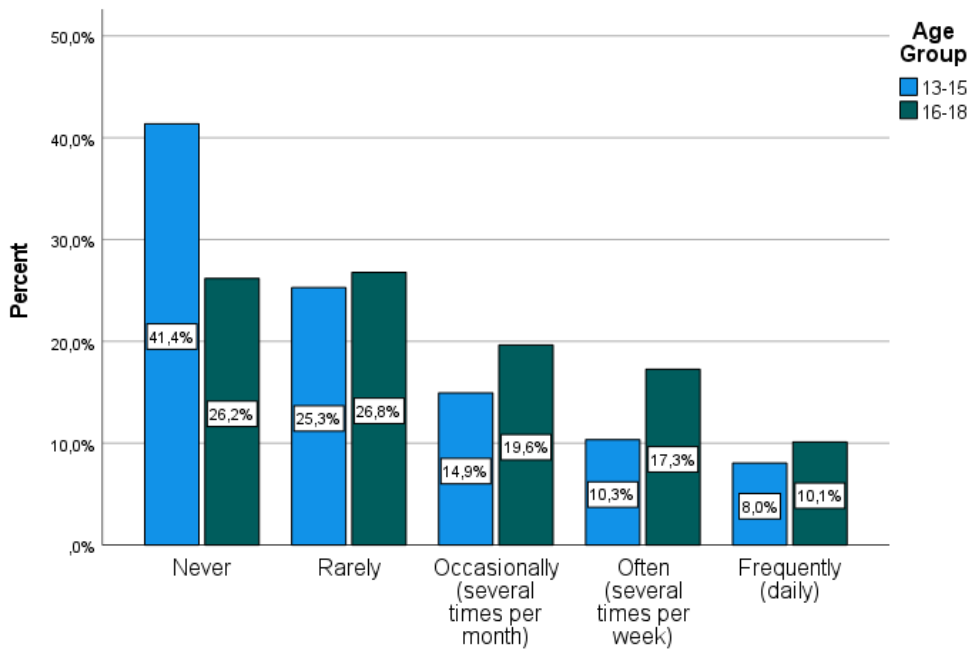


A clear tendency towards not watching pornographic content (on mobile or computer) was reported among the teenage participants of our survey, although almost 10% of them admitted watching such content daily.



How often to you watch pornographic content on your mobile o...

Our survey revealed that male teenagers watch pornographic content more often than female ones ( $p < .001$ ) (or at least admit it!)



How often to you watch pornographic content on your mobile o...

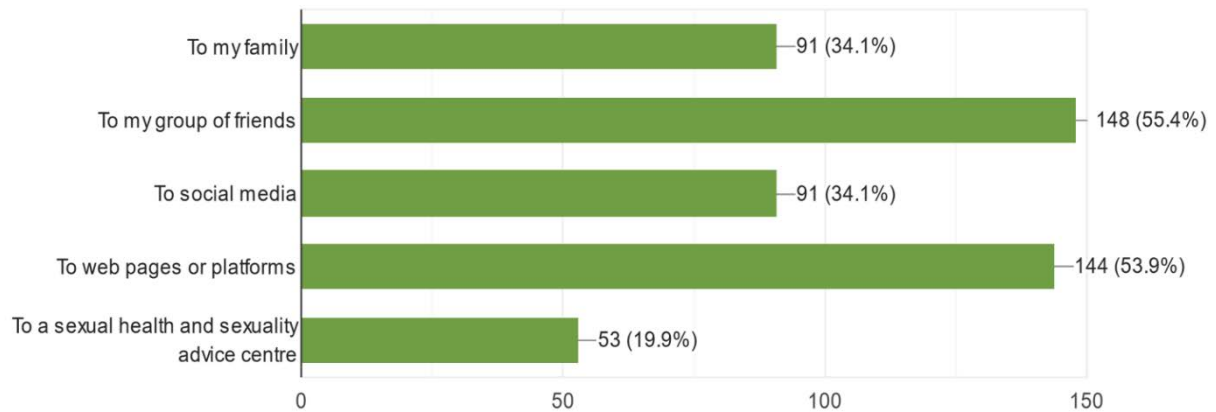
As expected, older teenagers (aged 16-18) tend to watch pornographic content more often than their younger peers (aged 13-15) ( $p < .05$ ).



### **QUESTION 29: “Where do you go when you want information on sexuality?”.**

Where do you go when you want information on sexuality? (you can tick more than one)

267 responses



In the above graph we can see that youngsters acquire information on sexuality mainly from their friends (55.4%) or the web pages/platforms (53.9%). They trust their family for such information less (34.1%), by the exact same percentage as social media. Last, only 19.9% consult sexual health and sexuality advice centers for such information.

## **4. Conclusions**

Summarizing the findings of our survey, we see that most differences were found between male and female youngsters, supporting the different point of view of the genders. The opinions of the youngsters appear to be somewhat romantic, or at least they seem not to have lost their romance completely, as they seem to believe in love. Some very encouraging findings are that teenagers claim to spot early signs of violence and abusive behaviors in the context studied. As expected, the answers in the survey revealed the peer influence on sexual matters, highlighting the constant need for sexual education from scientific information holders in order to promote healthy and respectful sexual habits in society.