



SEDUCA

SEX EDUCATION AS THE BEST WEAPON  
AGAINST GENDER VIOLENCE

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# RESEARCH REPORT

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## **DISCLAIMER**

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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) TehničkaškolaiprirodoslovnagimnazijaRuđeraBoškovića (Ruđer Bošković Technical School and High School of Natural Sciences - Croatia)
- d) Aristotelio Panepistimio Thessalonikis (Aristotle University of Thessaloniki - Greece)
- e) Fundacja "ZielonySlon" (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](https://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.**

**Initial research:** The profile of the young people who participated in the initial 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.

**Interim research:** The profile of the young people who participated in the interim research process was sport club athletes of age 13 to 17 years old from a football club and an athletic club. The sample was approximately 70% the same with the sample in the initial research. Before answering the questionnaires, the participants were asked to play the interactive game on the purpose-built platform and to watch a video related to domestic violence.

### **Fundacja ZielonyStoń.**

**Initial research:** 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.

**Interim research:** The profile of the young people who participated in the interim research process was of age 13 to 17 years old. The sample came from three different types of groups. The first group was students of the school of European Integration on Nowe Miasto, the second was a school from the town of Kety and the third was a dance group in a Warsaw School. The majority of the participants in the interim research had already filled out the questionnaire in the initial phase of the research. Before filling out the questionnaires, the participants had a session about ways of manipulation, they explored the rooms of the Genially Rooms, listened to songs and watched short documentaries. Moreover, they had a talk about types of abuse and toxic behaviors between men and women, children and parents. The participants of the school in Nowe Miasto contributed to the creation of the tiktok video. The questionnaires were collected from the three groups during the educational sessions about manipulations and types of abuse, during the classes of English and during the dance classes, respectively.

#### **TehničkaškolaiprirodoslovnagimnazijaRuđeraBoškovića.**

**Initial research:** The profile of the sample that was 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.

**Interim research:** The student sample is composed of high school students. The students are 14-18 years old. Most of the students come from the city of Osijek, but there is a large minority coming from rural areas. Most students come from middle income and lower income families. Since the interim research was conducted at the beginning of the school year, one class left the school, so the sample of the research was 65% approximately the same. Between the first and the second phase of research, activities based on defining sexual violence, recognizing it and implementing knowledge through skills training. In English classes the students were

introduced to the theme of toxic relationships and sexual violence. They had the opportunity to discuss all aspects of the questionnaire with the teacher and also participate through learning activities about what the conditions and signs through which we can recognize sexual violence or a toxic relationship are. In Ethics classes, because of the small number of students attending, the students were encouraged to engage in cross curriculum activities from English and History classes. The students were divided into groups which covered specific cases of gender based violence in Croatia and researching English language sources and using knowledge from History classes. In History classes, 4th year students were engaged in research about the history of female emancipation and also discussed in historical terms the rise of equality movements as well as the recognition of gender based violence. In Sociology classes, for the last two years, students are encouraged to create their own research into the topic of violence. At least 50% of research ideas, based on their experience in English classes, choose gender based violence research. Last year student research was not accessible, but this year student research will be accessible through a web page which will incorporate a lot of project activities and learning outcomes.

The teachers who conducted all of the activities conducted an evaluation through a non-formal reflection method. They agreed that for future activities they need a longitudinal approach because through project activities there were classes and groups which were introduced to the topic step by step but also a generation (last year's 4th year students) who had only the first research and History classes to work from. As per project activities, the students who participated in the research created tik tok videos at the end of their last school year to evaluate the activities since the first research.

In September, the students, before the second research, participated in the project platform on Genially, and after the activity and questionnaire they had evaluation and debriefing about what changed in the perspectives and perception on gender based violence. They all experienced positive changes.

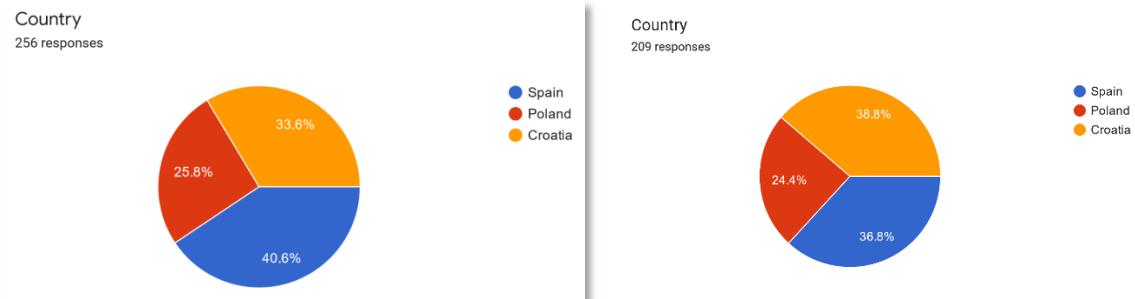
Students took part in the survey during English, History, Ethics classes, and Class meetings. It took 10-15 minutes for the students to do all the questions in the survey. They had some difficulties with understanding certain questions in the questionnaire. The remarks were: ambiguity in some questions, questions were more focused on women, and that male perception in questions was disregarded.



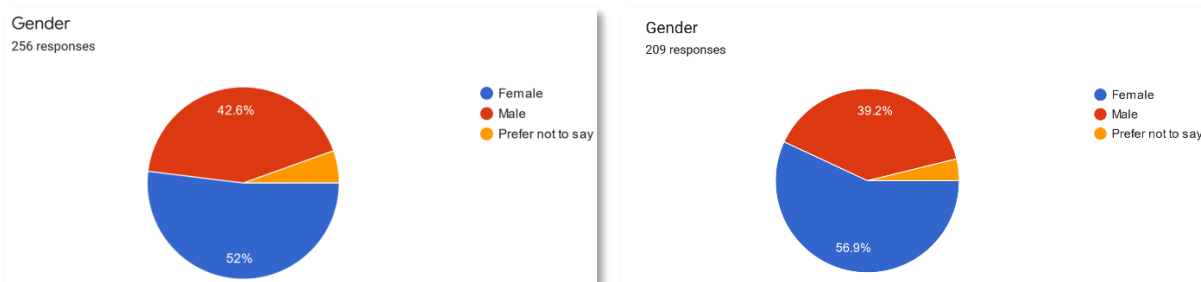
### 3. Research Results

#### A. Demographical data & research data

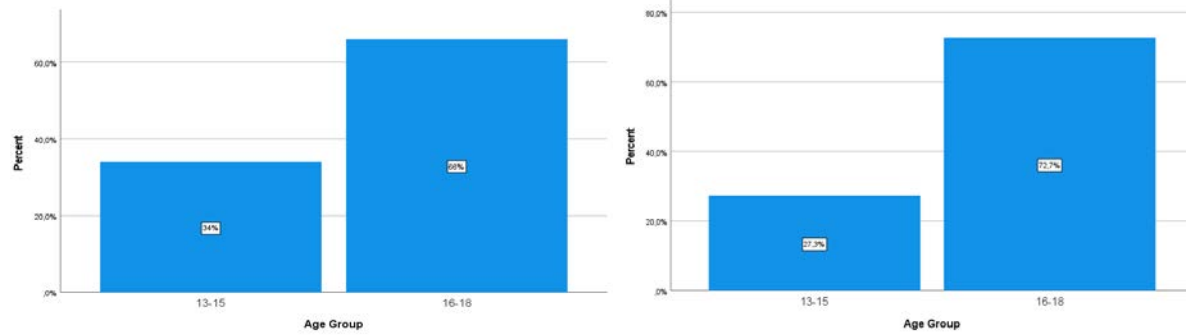
256 participants answered the questionnaire, filling all the questions (there were no missing values in any answer submitted). In the second phase of the research there were 209 respondents. Unluckily it wasn't possible to have the exact same respondents as in the first phase, as responsible for the program lost contact with some of them.



The participants primarily came from Spain (40.6%), followed by the participants from Croatia (33.6%) and Poland (25.8%). The corresponding percentages in the second phase were 38.8%, 36.8% and 24.4%.



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. In the second phase the majority of the respondents were again females (56.9%), while males constituted the 39.2% and people who preferred not to state their gender constituted the remaining 3.9%.

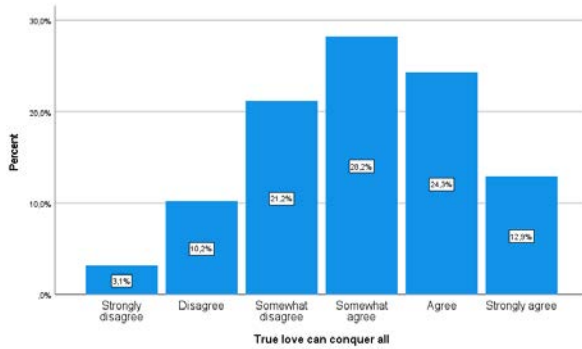


34% of the respondents were 13-15 years old, while 66% were aged between 16-18 years. In the second phase, 27.3% of the respondents were 13-15 years old, while 72.7% were aged between 16-18 years.

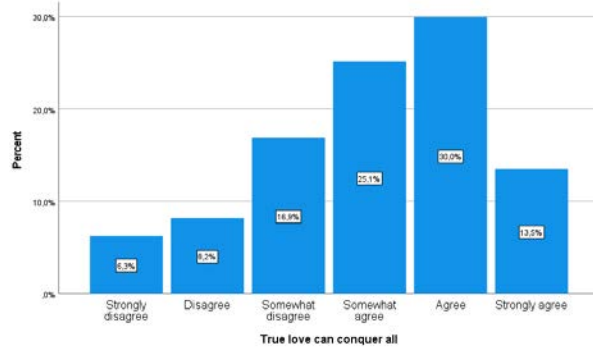
## B. SEDUCA questions

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”



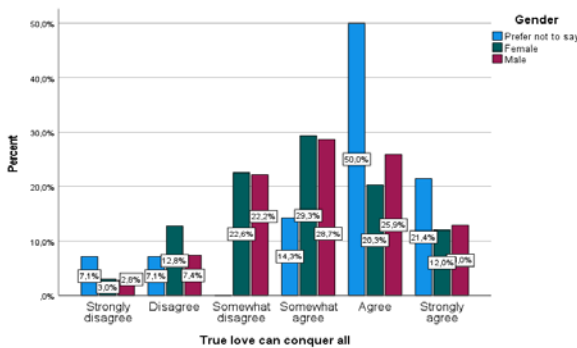
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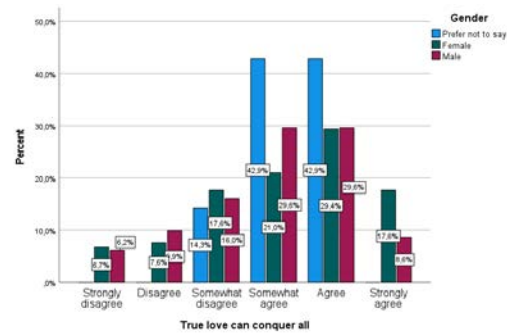
Phase II

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).

In the second phase of the research, where the participants were asked to fill the questionnaire again after the intervention with the program’s material, it seems that more participants agreed with the statement of the question, indicating maybe a slight shift towards acceptance of the statement.



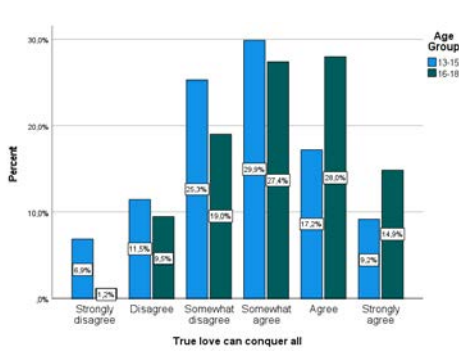
Phase I



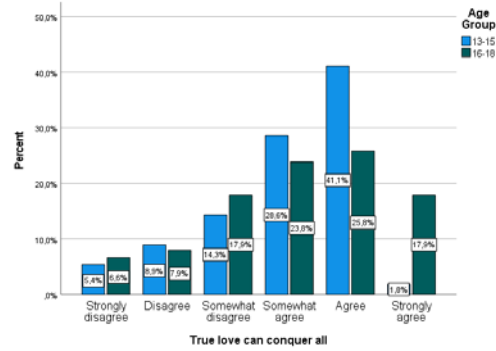
Phase II

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 ( $p < .05$ ). On the contrary, in the second phase of the research, no statistically significant difference between the answers of the male, female and undefined gendered participants was found.



Phase I

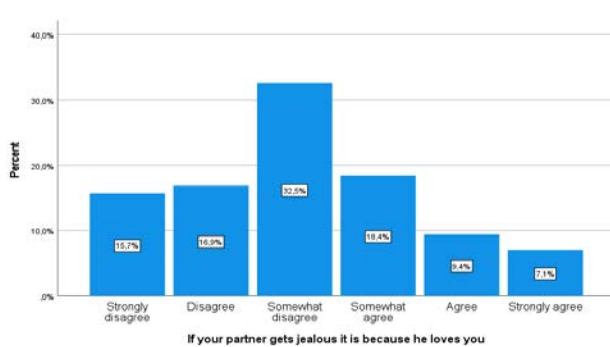


Phase II

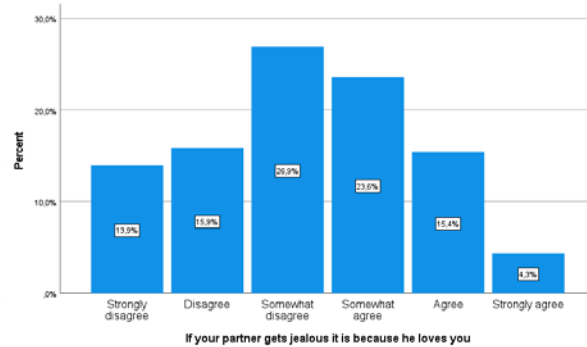
Moreover, a statistically significant difference was found between the different age groups ( $p < .05$ ) regarding the statement “True love can conquer all”. It seems that older participants (16-18) agreed in a stronger way than the younger (13-15) participants of our survey.

However, in the second phase of the research, no statistically significant difference was found in the answers as far as age group is concerned.

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



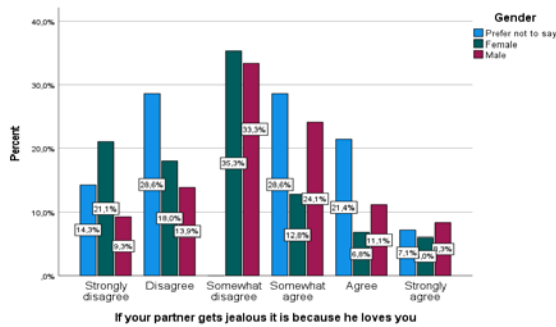
Phase I



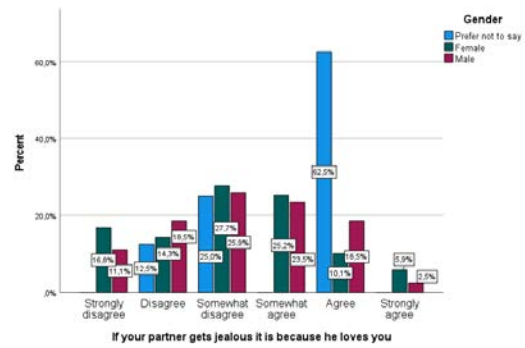
Phase II

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.

After working on the programme, the participants seemed to shift towards agreement to the statement of the question, always remaining in the middle of the scale of answers (50,5% of the respondents somewhat agreed/disagreed to the question).

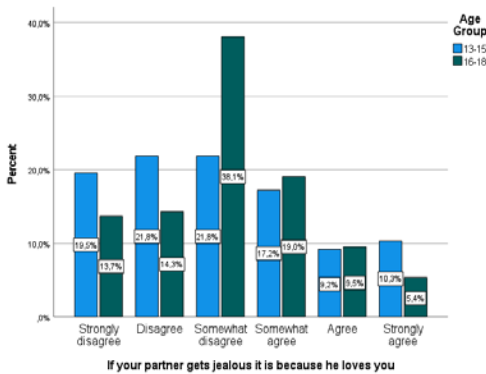


Phase I

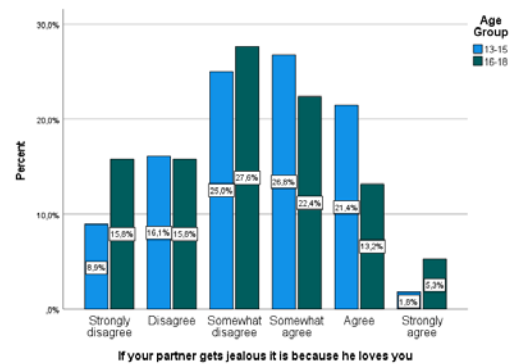


Phase II

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. On the contrary, in the second phase of the research no statistically significant difference was found between the genders regarding the 2<sup>nd</sup> question.



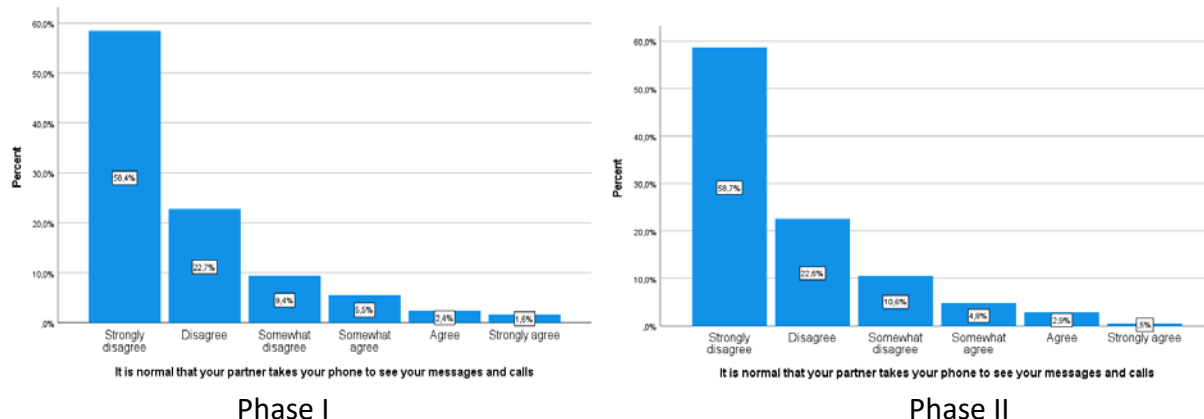
Phase I



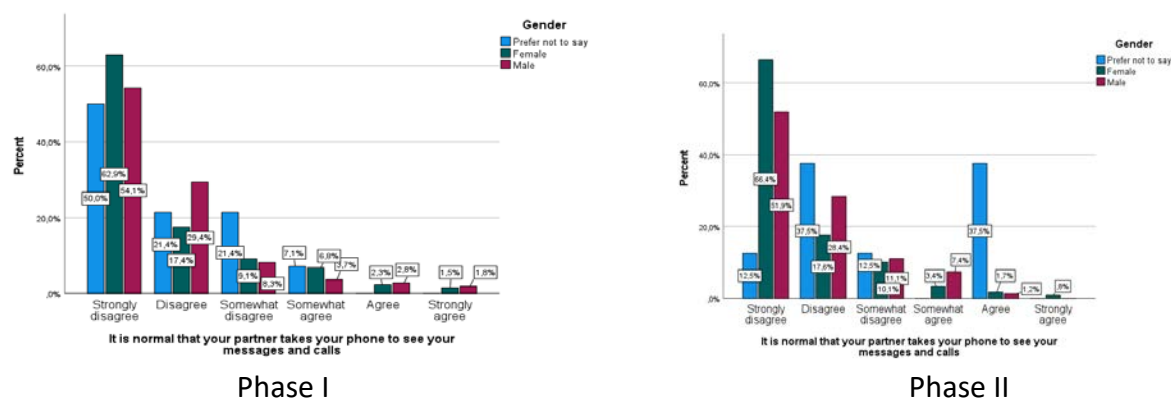
Phase II

There is no statistically significant ( $p > .05$ ) difference in the opinions regarding jealousy among the different age groups, neither in the 1<sup>st</sup> nor in the 2<sup>nd</sup> phase of the research.

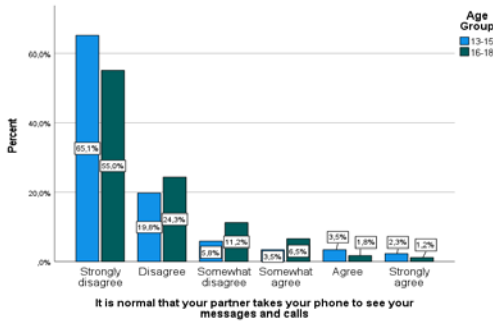
**QUESTION 3: “It is normal that your partner takes your phone to see your messages and calls”**



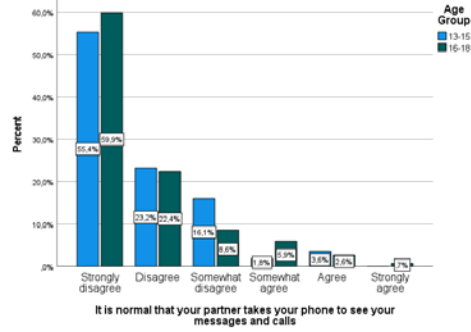
The people asked clearly thought it isn't normal when their partner takes their phone to see messages and calls. Only a very small percentage (9,5%) agreed in any way with the statement of the question. In the second phase of the research the findings were almost identical.



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. On the other hand, in the second phase of the research there was a statistically significant difference in the answers between genders. More specifically, people who didn't state their gender differed significantly both from females ( $p < .001$ ) and males ( $p < .05$ ). While female and male respondents disagreed in general, there was a relatively high percentage of respondents who preferred not to state their gender that thought it was normal for a partner to see messages and calls on one's phone.



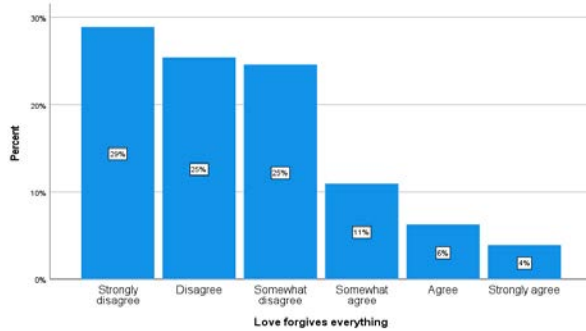
Phase I



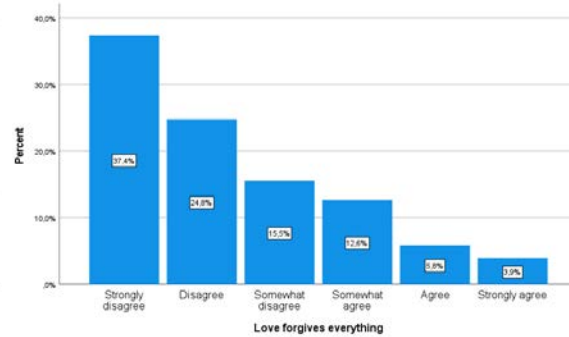
Phase II

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. The same findings appeared in the second phase of the research as well.

**QUESTION 4: "Love forgives anything"**

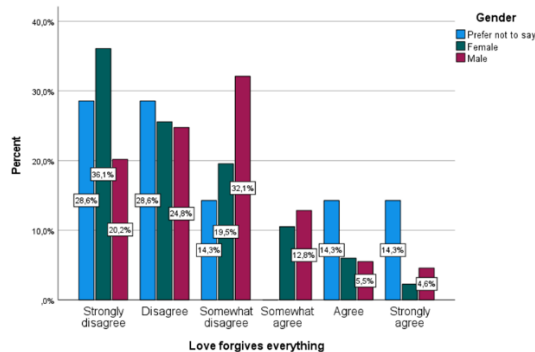


Phase I

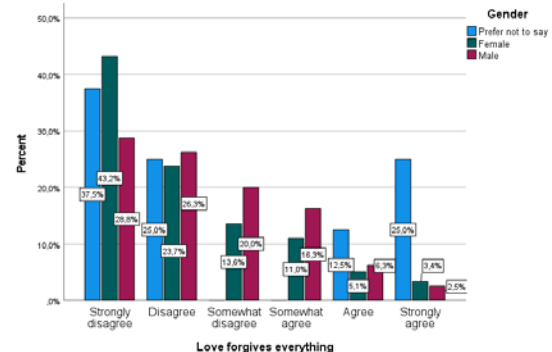


Phase II

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 findings of the second phase of the research were almost the same.

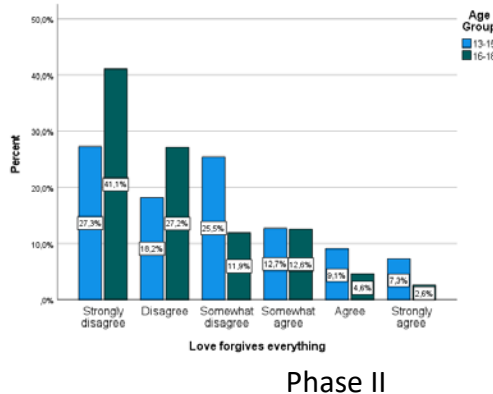
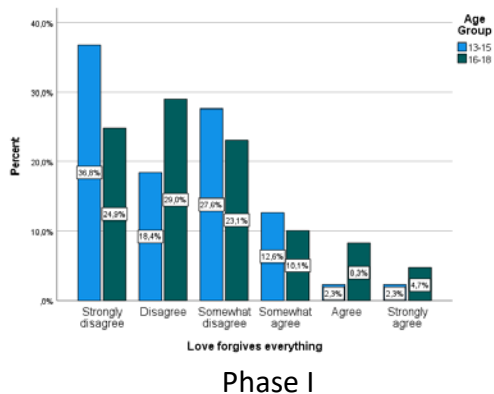


Phase I



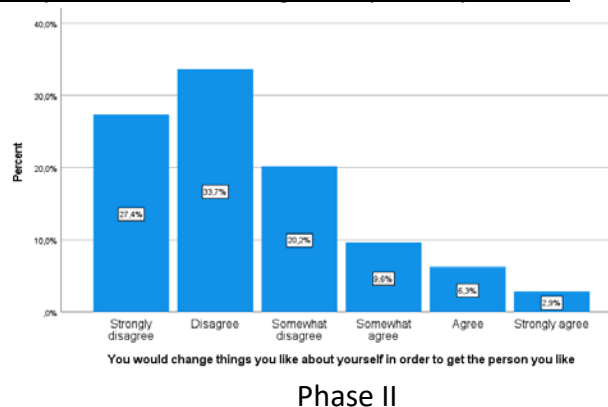
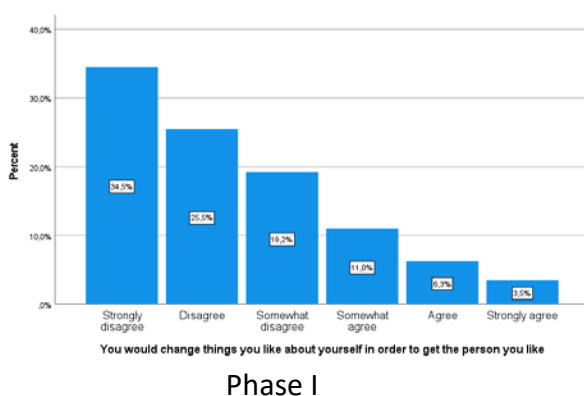
Phase II

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. In the second phase of the research the difference in the opinions of males and females were marginally non significant.



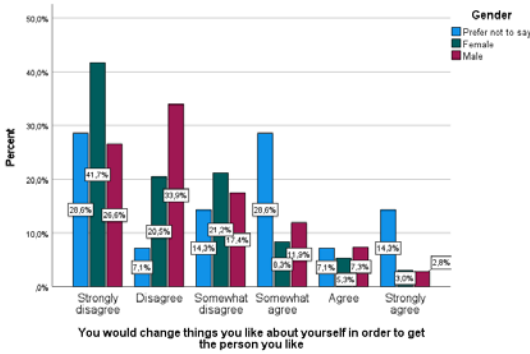
Age plays no statistically significant role ( $p > .05$ ) in the way youngsters feel about the idea that love forgives anything. Surprisingly, in the second phase of the research there was a statistically significant difference ( $p < .05$ ) between the age groups regarding the 5<sup>th</sup> question. Apparently, older youngsters (16-18) are more strongly opposed to the idea that love forgives everything than their younger peers (aged 13-15).

QUESTION 5: "You would change things you like about yourself in order to get the person you like".

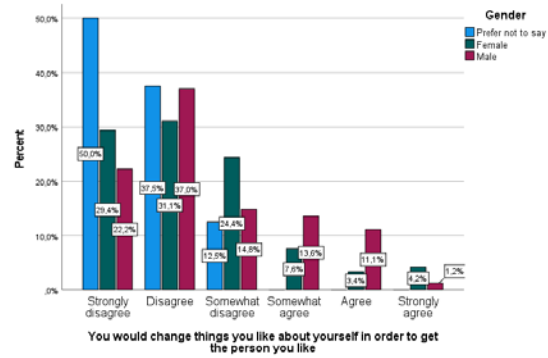


Most youngsters that participated in the survey (79,2%) wouldn't rather change things they like about themselves in order to get the person they liked, while portion of 20,8% would (strongly or less). In the second phase of the research the findings were almost the same. The only difference occurs in people who disagreed with the statement of the question: in the second phase the percentages of people who disagree and those who strongly disagree exchanged, as if there was a slight shift toward more mild opinions.



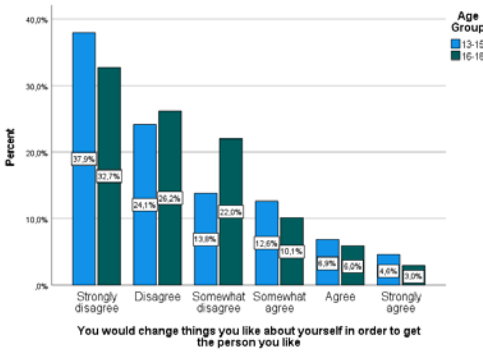


Phase I

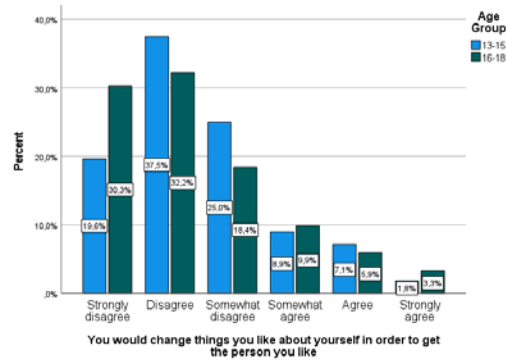


Phase II

Marginally, it seems that gender plays no statistically significant role ( $p > .05$ ) on the question if youngsters would change things they like about themselves in order to get the person they liked. Likewise, in the second phase there was no (statistically significant) difference between males, females and people who preferred not to state their gender regarding the statement of question 5.



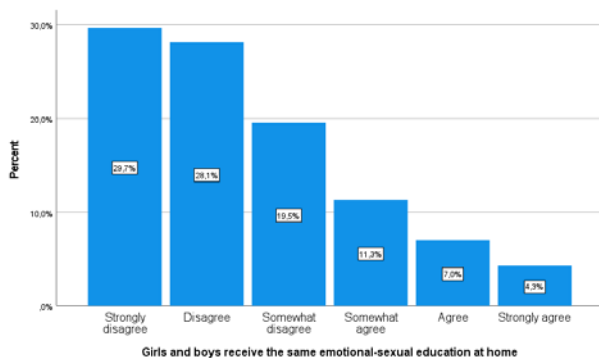
Phase I



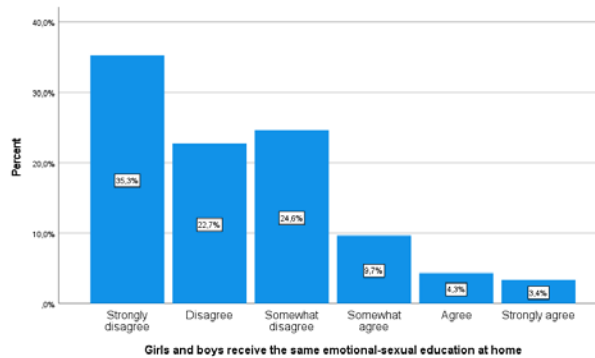
Phase II

Age plays no statistically significant role ( $p > .05$ ) on the examined matter, neither in the first phase of the research nor in the second.

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

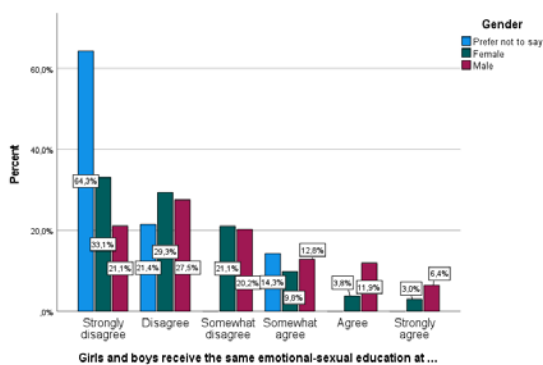


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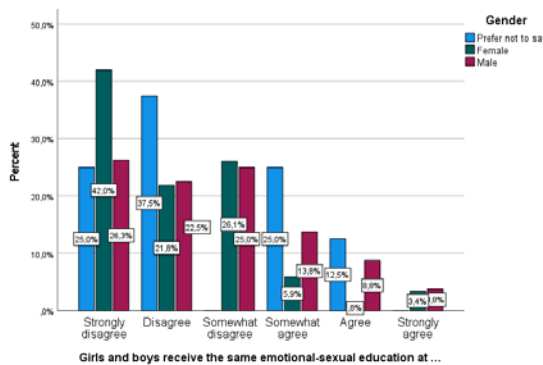


Phase II

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). The same percentage of participants disagree with the statement of the question in the second phase of the research as well. In that phase there seems to be a slight shift from agreement to disagreement. People who agreed seem to be doubtful, as there are less people who agreed in any way (from 22.3% to 17.4%) and in the same time there are more people who somewhat disagreed (from 19.5% to 24.6%).



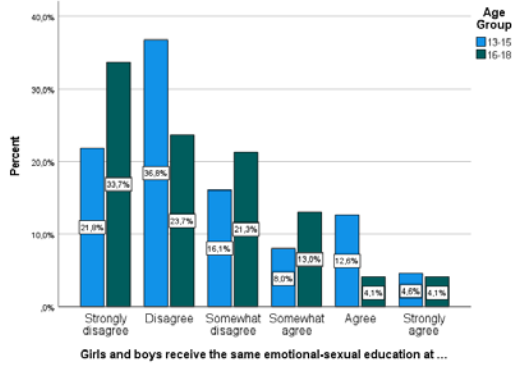
Phase I



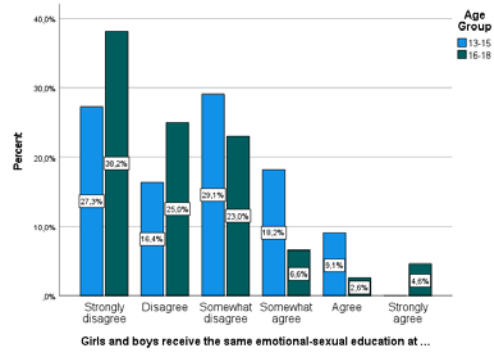
Phase II

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.

In the second phase there is a statistically significant ( $p < .05$ ) difference between the gender groups as well. In this case, the difference is detected between males and females ( $p < .005$ ). Most females strongly disagree, while males’ disagreement is less powerful.



Phase I

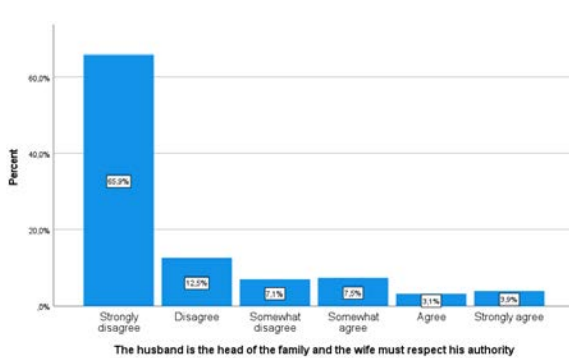


Phase II

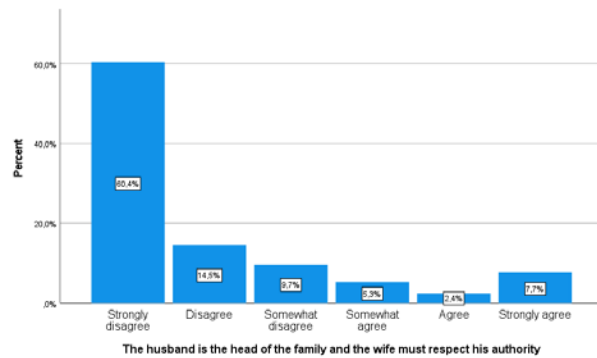
Age plays no statistically significant ( $p > .05$ ) role in the way youngsters see the emotional – sexual education they receive at home.

In the second phase of the research, there was a statistically significant ( $p < .05$ ) difference between the age groups as far as emotional-sexual education is concerned. It seems that as youngsters age, they tend to believe more that girls and boys don't receive the same emotional-sexual education.

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

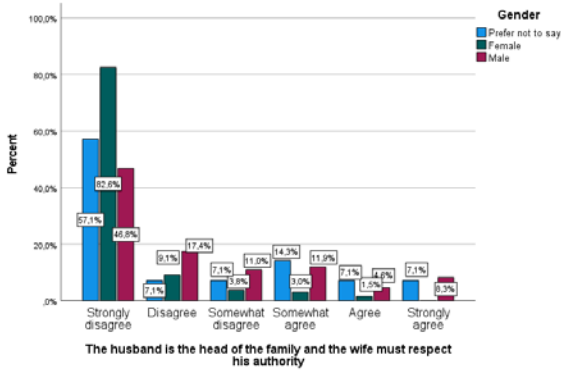


Phase I

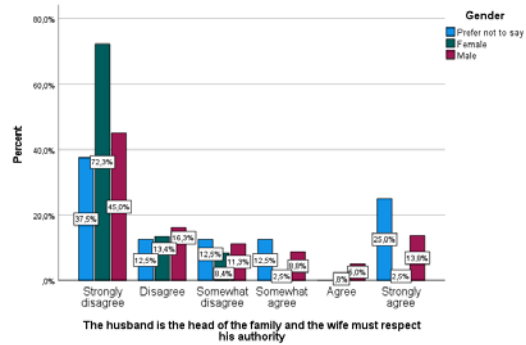


Phase II

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. The percentages in the second phase didn't differ much.

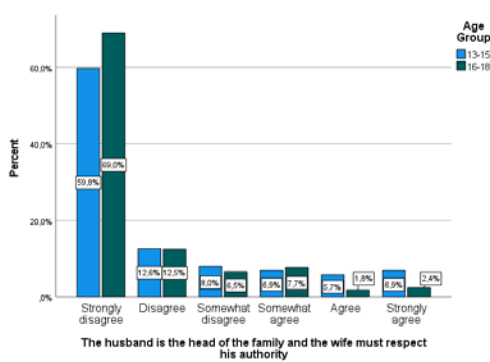


Phase I

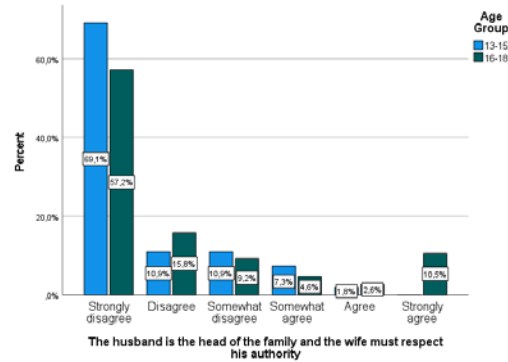


Phase II

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. In phase 2 the results were identical (statistically significant difference between people who preferred not to state their gender and females ( $p < .001$ ), statistically significant difference between males and females ( $p < .001$ ).



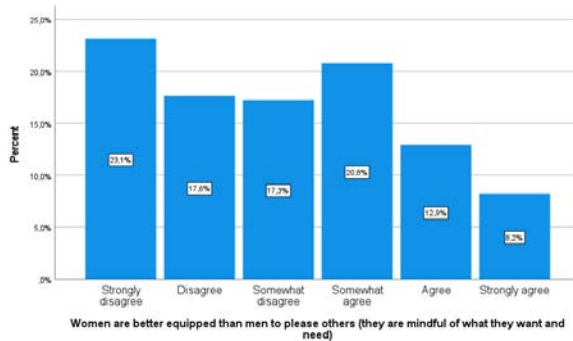
Phase I



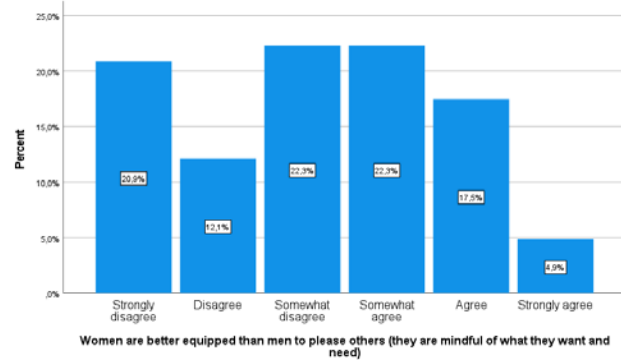
Phase II

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. The participation in the program hasn't affected this attitude, since no statistically significant difference was found in the second phase either.

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

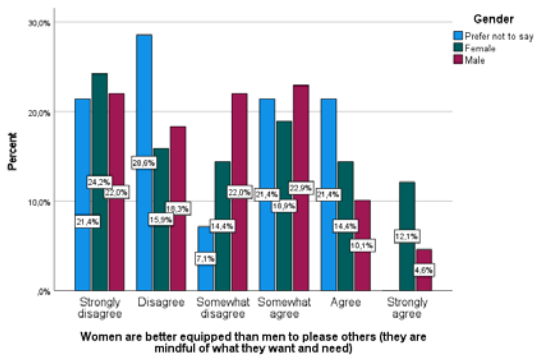


Phase I

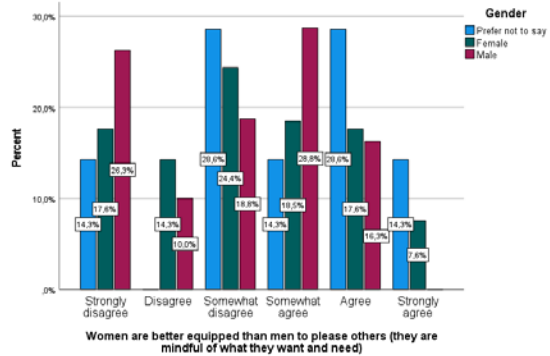


Phase II

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. Slight differences were spotted in the second phase, not altering our conclusions.

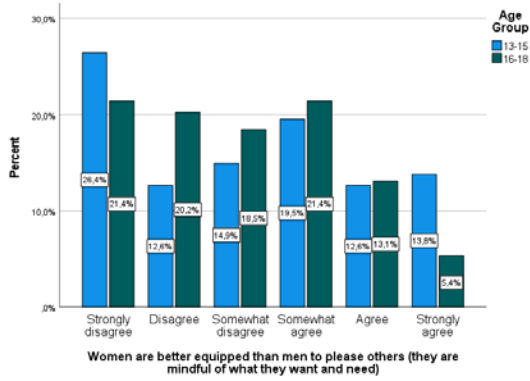


Phase I

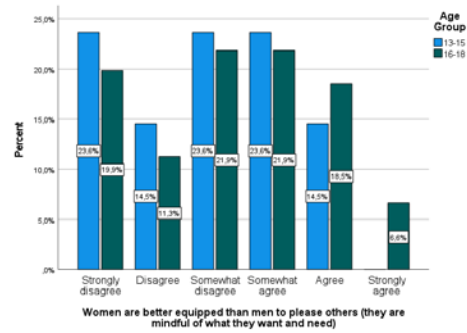


Phase II

No statistically significant difference was spotted between genders regarding the statement “women are better equipped than men to please others”. Same findings appeared in the second phase.



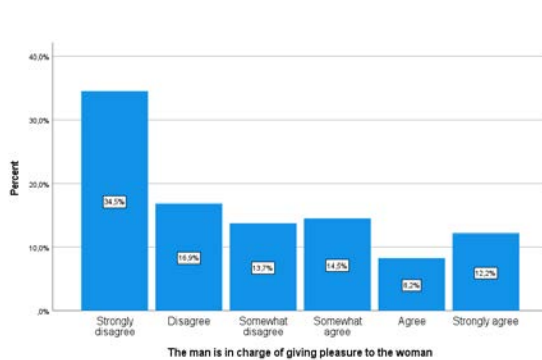
Phase I



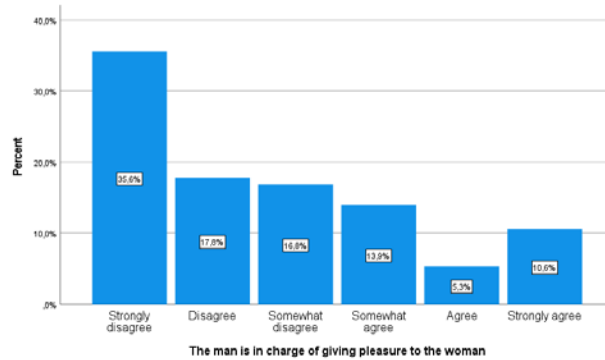
Phase II

Accordingly, there was no statistically significant difference between the two age groups on the statement of question 8, neither in the beginning nor in the second phase.

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

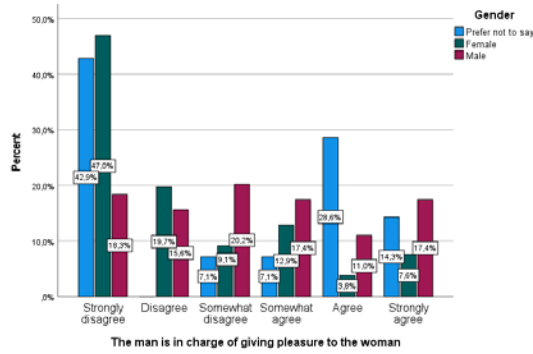


Phase I

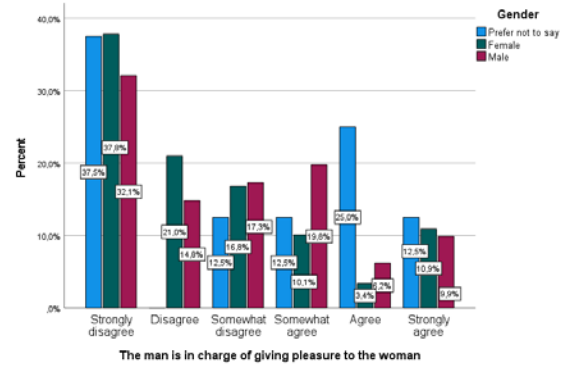


Phase II

The majority of the respondents (34,5%) strongly disagreed with the idea that the man is in charge of giving pleasure to the woman. In the second phase, even more participants than in the first phase disagreed with the statement (70,2% compared to 65,1%).

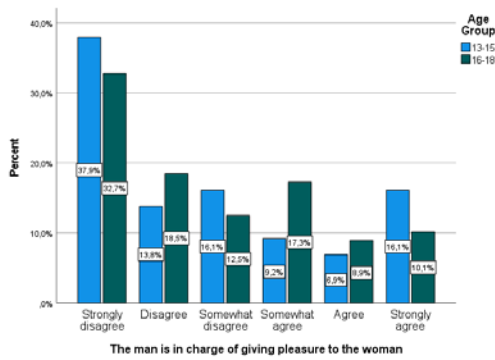


Phase I

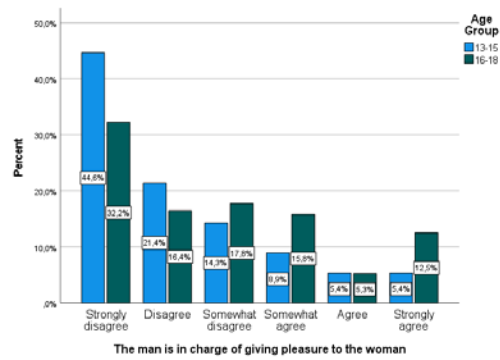


Phase II

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. In the second phase of the research, there was no statistically significant difference between the genders.



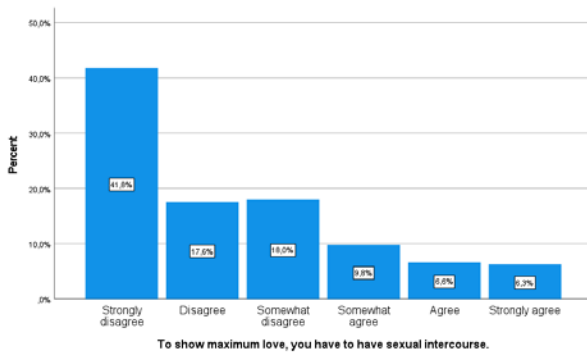
Phase I



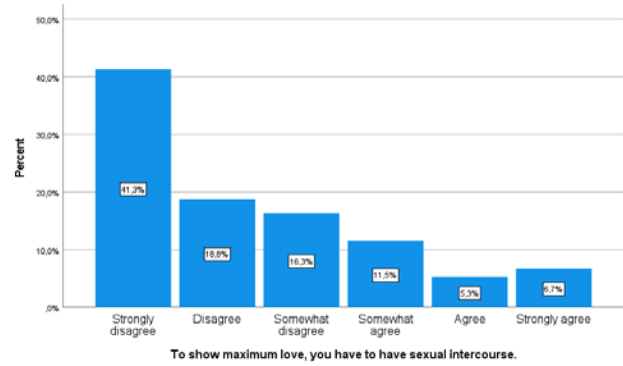
Phase II

No statistically significant difference was found among the different age groups examined on this question. However, in the second phase there was a statistically significant difference ( $p < .05$ ) between the age groups. More specifically, younger participants (aged 13-15) disagreed more strongly with the idea that the man is in charge of giving pleasure to the woman than their older (aged 16-18) peers.

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

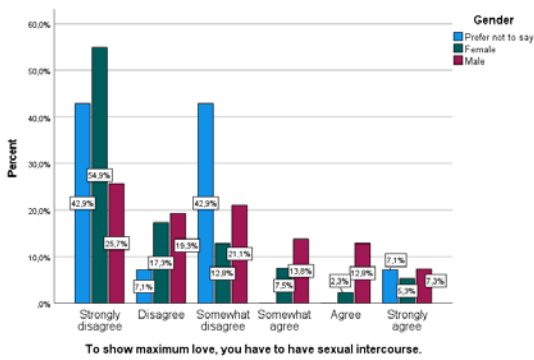


Phase I

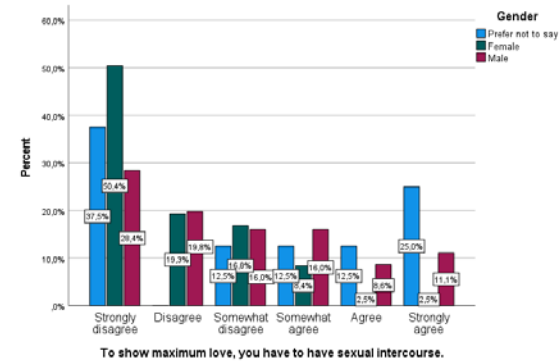


Phase II

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. The conclusions of the second phase are almost identical.

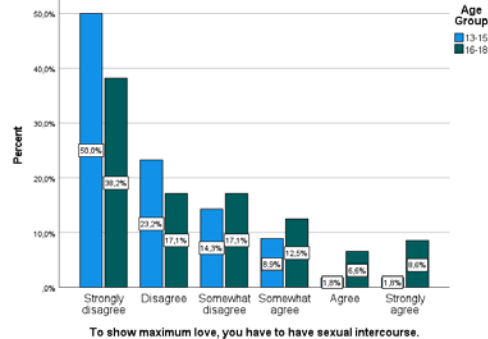
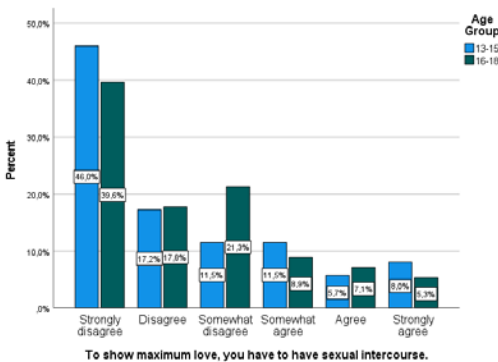


Phase I



Phase II

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”. Again, the findings of the second phase were identical.



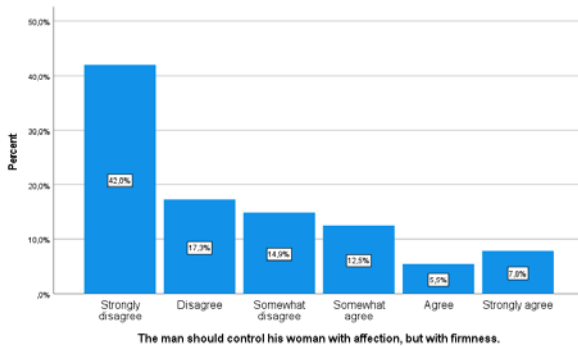


Phase I

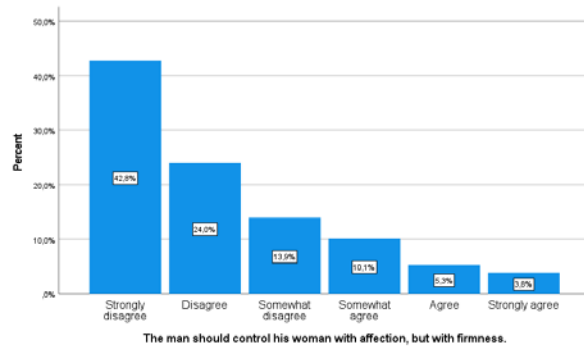
Phase II

No statistically significant difference was found among the different age groups examined on this matter. In the second phase, a statistically significant difference was spotted between the age groups ( $p < .05$ ); the older the youngsters are, the less strongly they disagree with the idea that one has to have sexual intercourse to show maximum love.

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

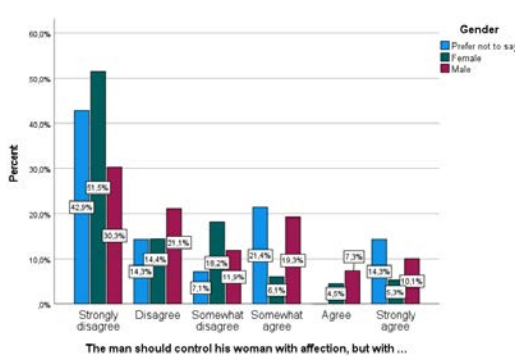


Phase I

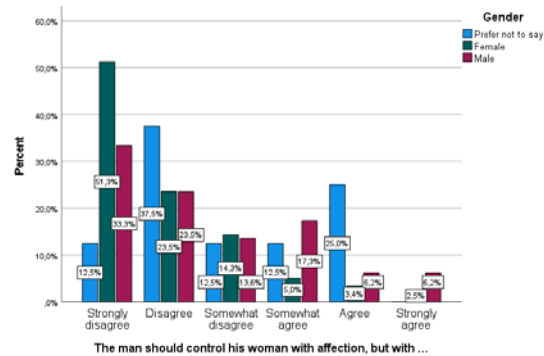


Phase II

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. Even clearer were the findings of the second phase; 80,7% of the participants disagreed in any way, and the people who agreed (in any way) were even less – only 19.2% of the participants.



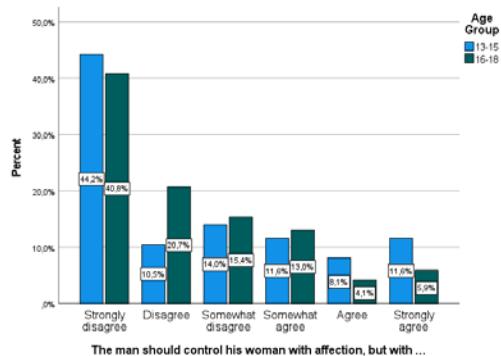
Phase I



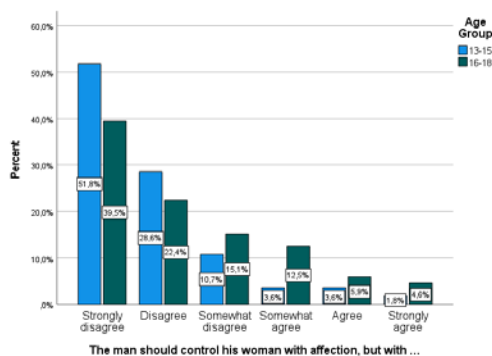
Phase II

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. In the second phase, we spotted a statistically significant difference ( $p < .05$ ) between all gender groups; the majority of people who preferred not to state their gender disagreed with the statement of the question

but 25% of them agreed with the idea that the man should control his woman with affection but with firmness. Females on the other hand, strongly disagreed in a clearer way-only 10,9% of female participants agreed in any way. Last, males' answers were divided, with a tendency towards disagreement.



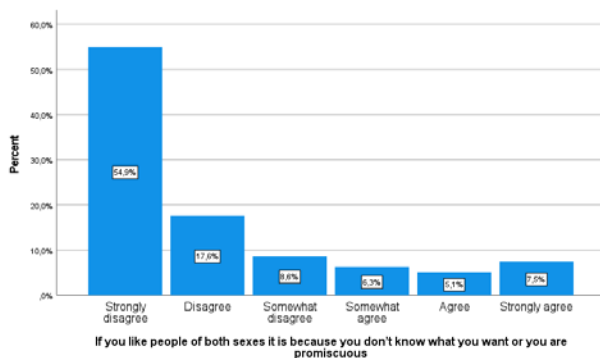
Phase I



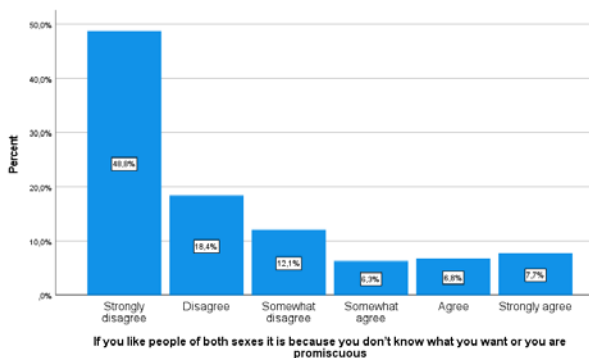
Phase II

The age groups examined revealed no statistically significant differences on this matter. On the contrary, in the second phase there was a statistically significant difference ( $p < .05$ ) between younger and older participants; younger participants had a clearer disagreement in general regarding the issue of the question.

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

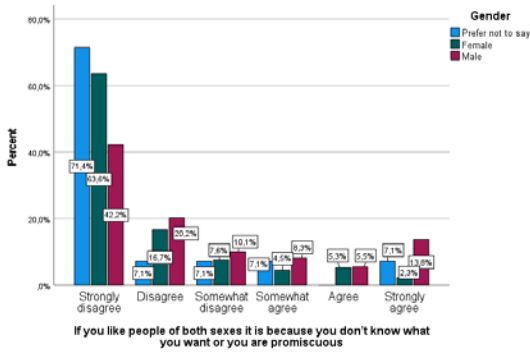


Phase I

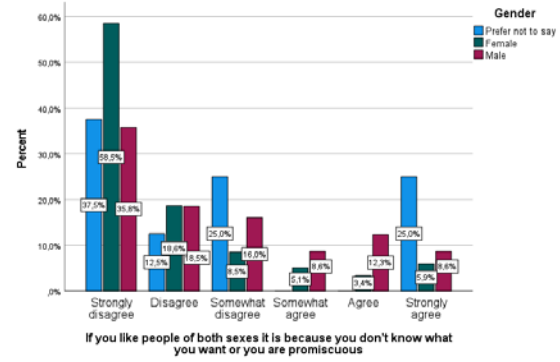


Phase II

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 or that he/she is promiscuous. In the second phase of the research the participants answered in almost the same way, only spotting a slight deviation from absoluteness.

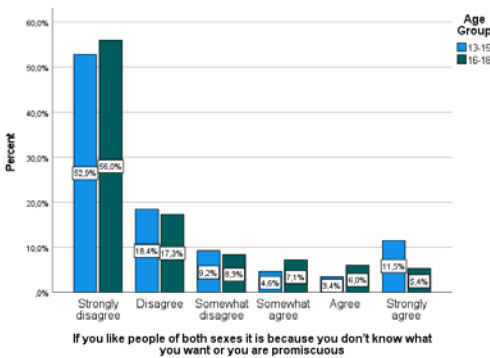


Phase I

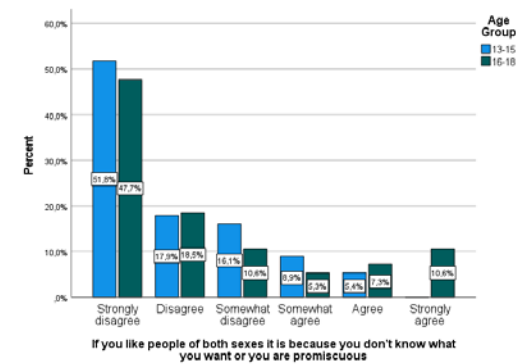


Phase II

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. In the second phase the same statistically significant difference was found ( $p < .05$ ) between male and female youngsters.



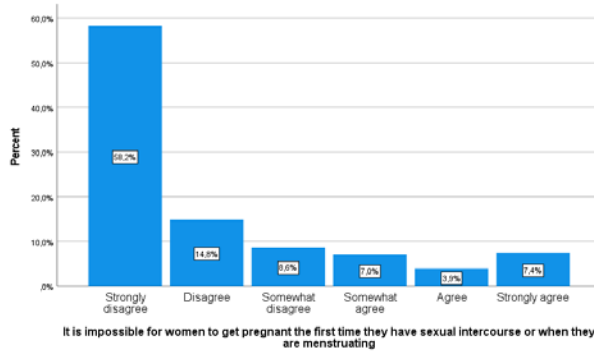
Phase I



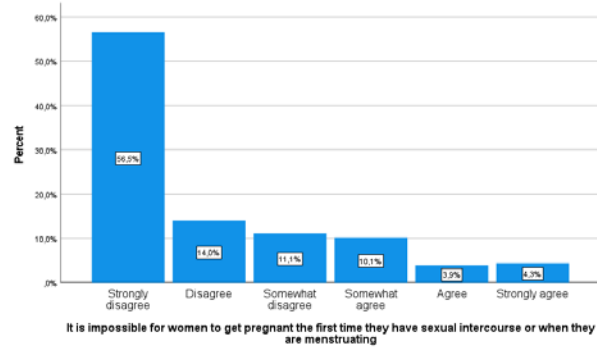
Phase II

Age plays no statistically significant role in what youngsters thought of the issue in question, neither in the first nor in the second phase of the research.

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

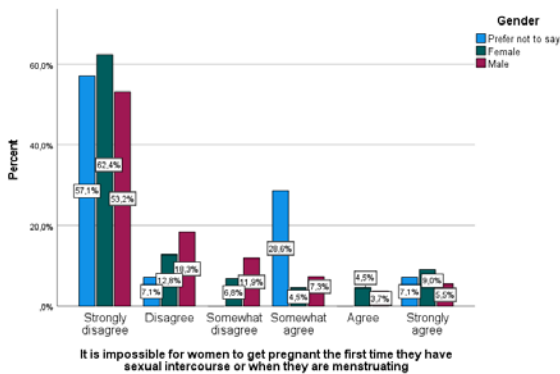


Phase I

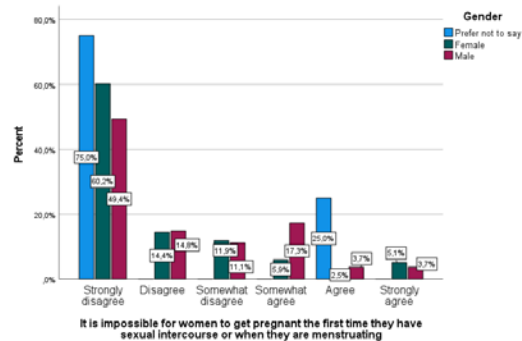


Phase II

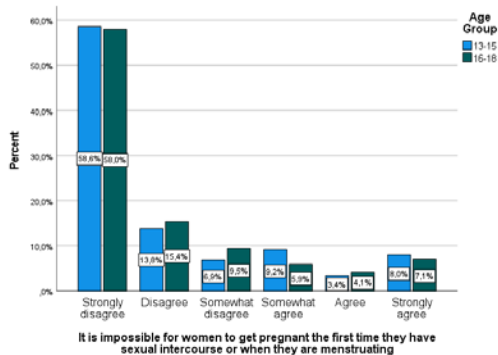
Most respondents (81,6%) find it possible for women to get pregnant the first time they have sexual intercourse or when they are menstruating. The exact same percentage appeared in the second phase of the research.



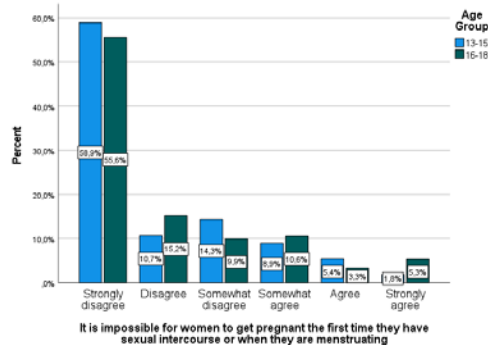
Phase I



Phase II



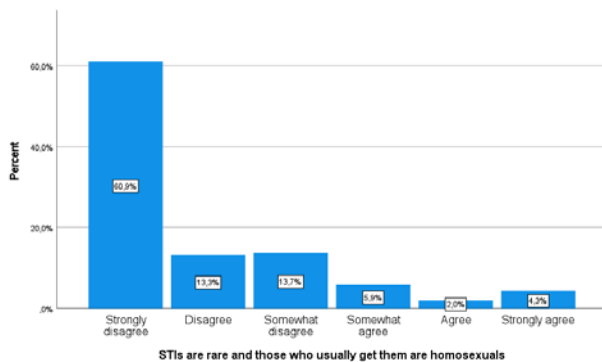
Phase I



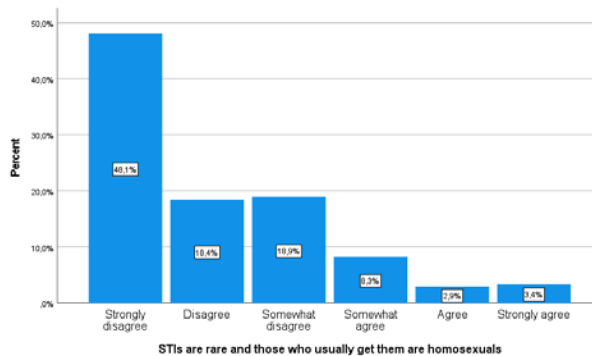
Phase II

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. The second phase revealed no change of the situation.

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

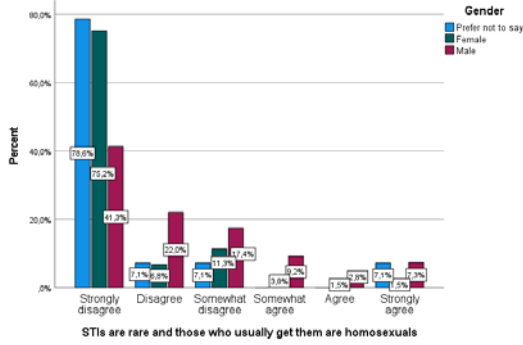


Phase I

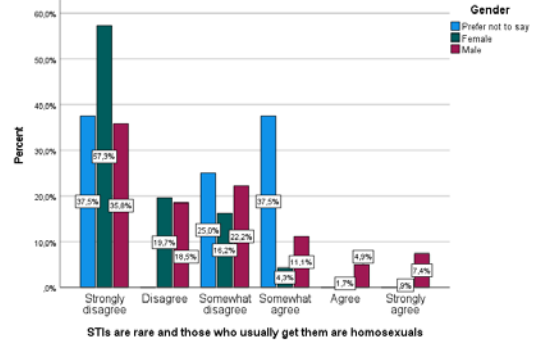


Phase II

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. Surprisingly, in the second phase we see a shift of opinions towards less strong disagreement to the issue, although the percentage of participants who agree that STIs are rare and that homosexuals are the ones who usually get them remains low (14,6%).

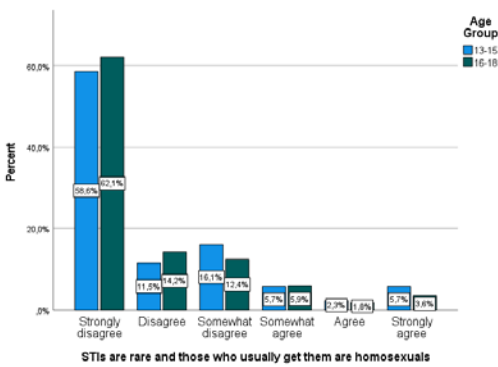


Phase I

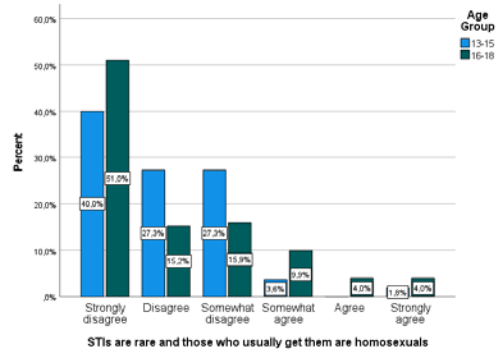


Phase II

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. In the second phase only the statistically significant difference between males and females remained ( $p < .001$ ), indicating a stronger opposition of females to the issue.



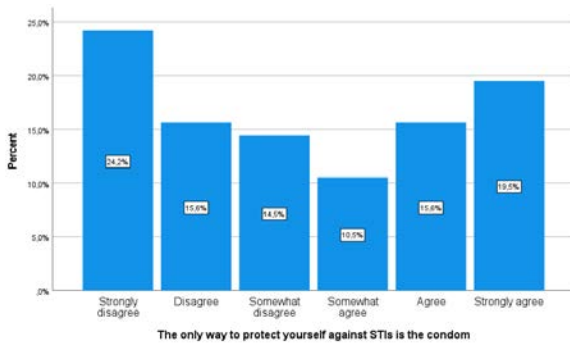
Phase I



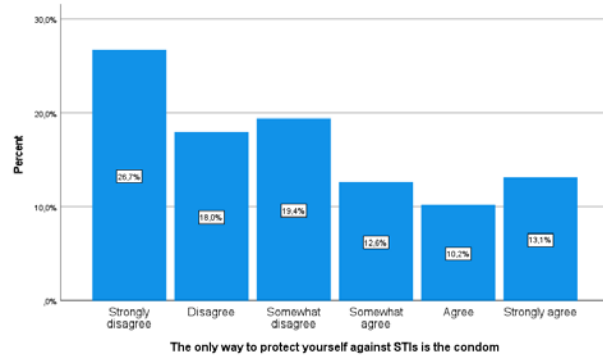
Phase II

Age plays no statistically significant role in the consideration of STIs and people who contract them. The participation of the youngsters in the second phase of the program didn't cause any difference.

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

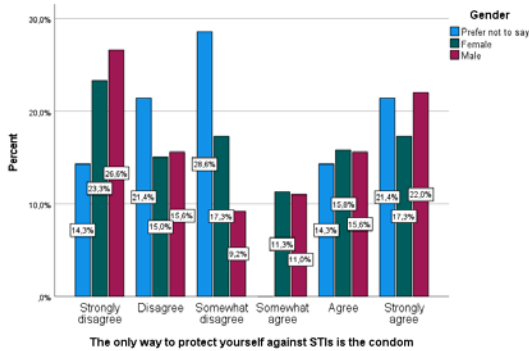


Phase I

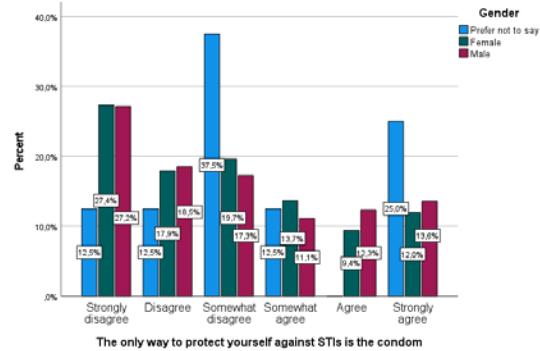


Phase II

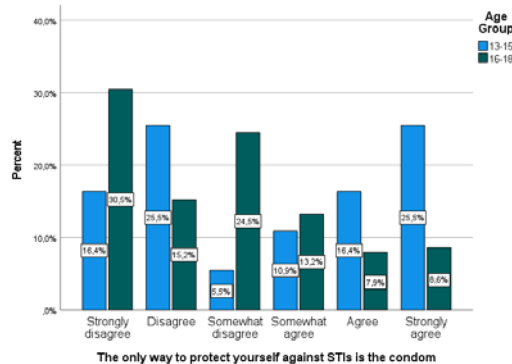
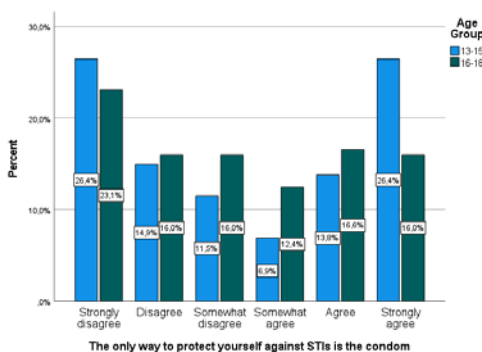
The responses to the question if the condom is the only way of protection against STIs varied in all the spectrum of the offered answers. There was a slight prevalence of strong disagreement, followed by strong agreement to the statement. In the second phase we see a shift towards disagreement to the issue, showing that less participants thought of the condom as the only way of protection against STIs.



Phase I



Phase II

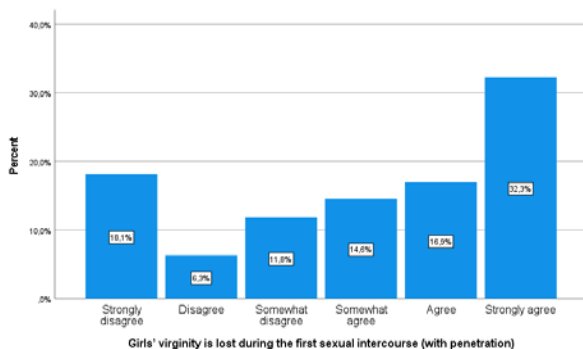


Phase I

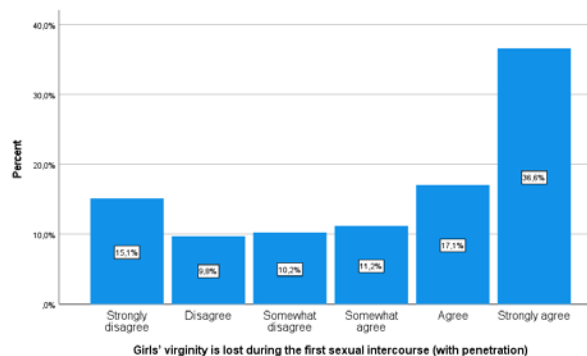
Phase II

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. In the second phase, gender continued not playing a statistically significant role to the configuration of the answers, but age group did ( $p < .05$ ). Older youngsters seem to have a clearer perception that the condom is not the only way to protect oneself against STIs.

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

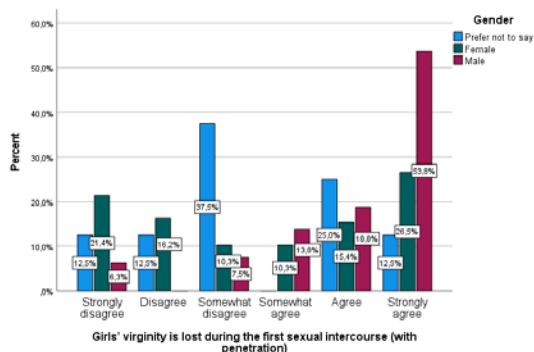


Phase I

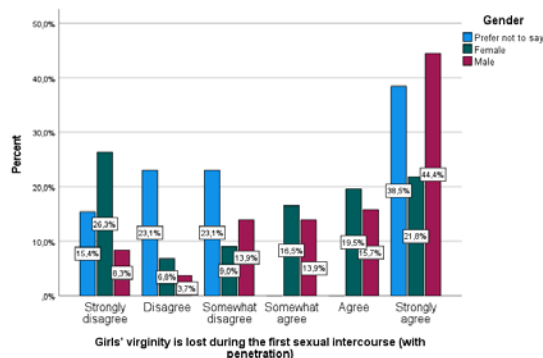


Phase II

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. Qualitatively, the findings were the same in the second phase of the research.



Phase I

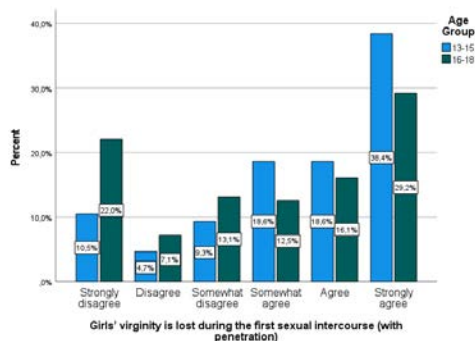


Phase II

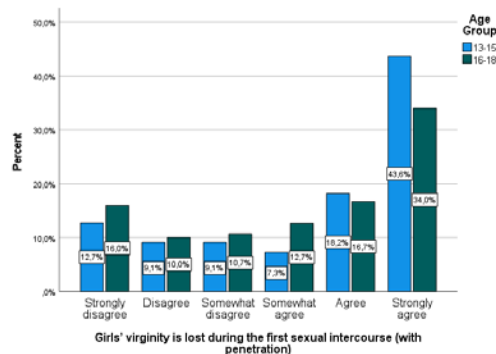
Regarding the issue of a girl’s virginity lost during first time penetrative sex, a statistically significant difference was reported between male and female youngsters ( $p < .001$ ). Boys tend to strongly agree with the statement, while the answers of girls were more scattered. In the sec-



ond phase, males differed in a statistically significant way with both females ( $p < .001$ ) and people who prefer not to state their gender ( $p < .05$ ). It seems that boys tend to believe that girls lose their virginity during their first sexual intercourse in general, while girls and youngsters who prefer not to state their gender had more scattered answers and seem to understand better that this is not always the case.



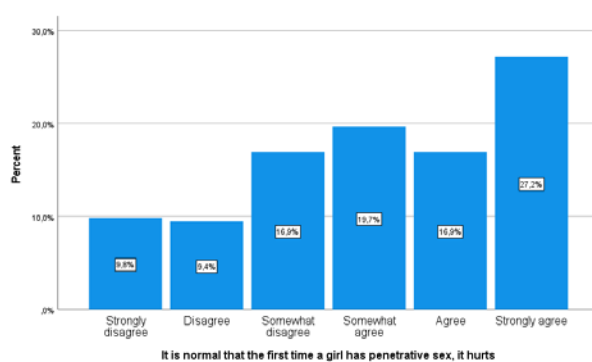
Phase I



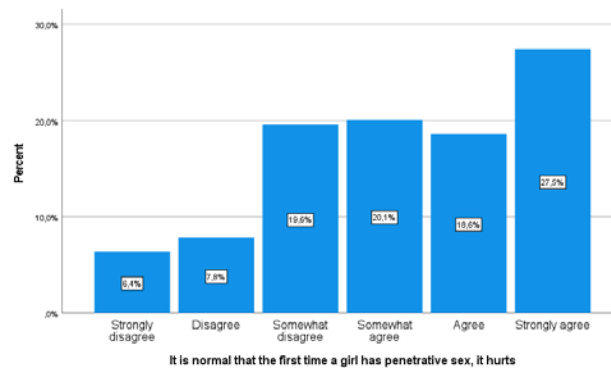
Phase II

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. In the second phase we find out that age plays no significant role in the perception of the loss of virginity during the first sexual intercourse.

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

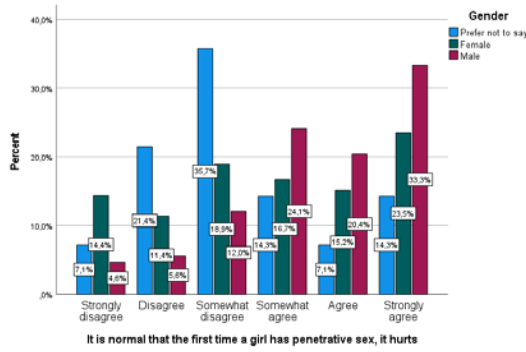


Phase I

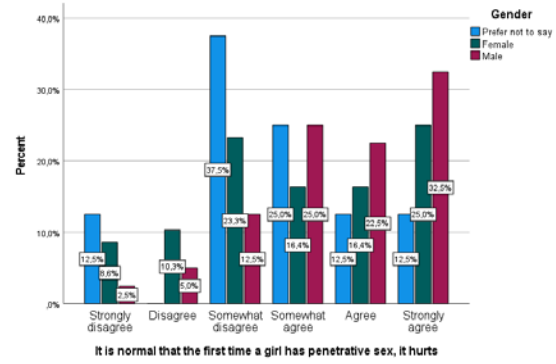


Phase II

There was a tendency towards strong agreement to the statement that pain is normal the first time a girl has penetrative sex. In the second phase of the research, similar conclusions were drawn: the majority of the respondents agreed with the argument that it is normal for a girl to be in pain the first time she has penetrative sex.

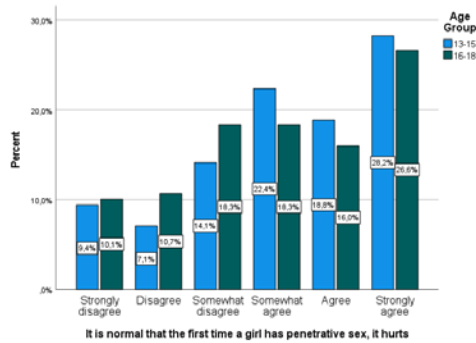


Phase I

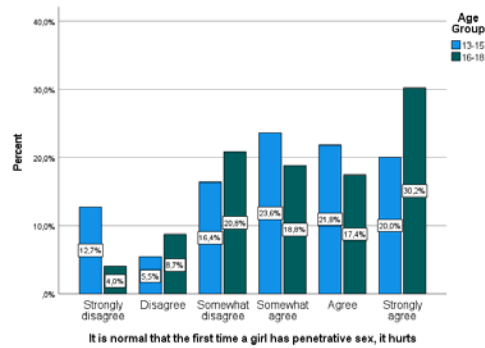


Phase II

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 girls had more scattered answers. The exact same statistically significant difference appeared between male and female respondents in the second phase ( $p < .05$ ).



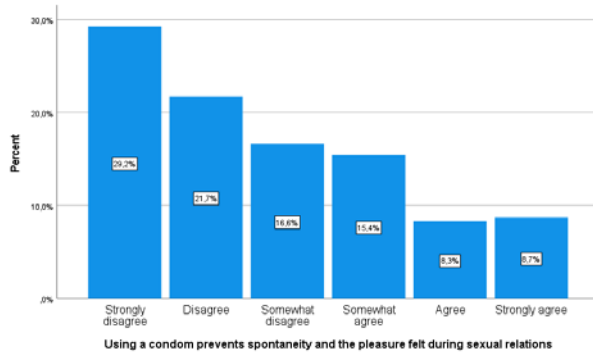
Phase I



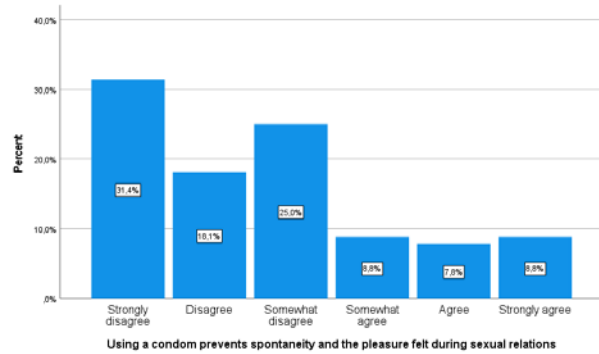
Phase II

Age doesn't play any significant role in how normal youngsters consider pain for girls during their first penetrative sex, nor didn't it in the second phase of the research.

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

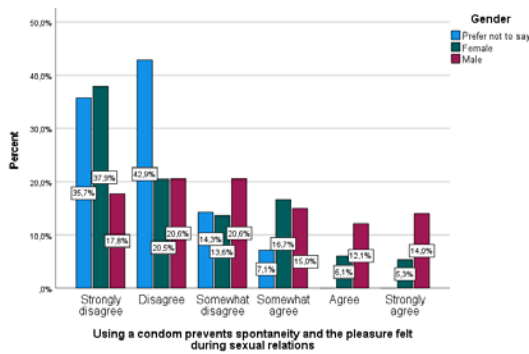


Phase I

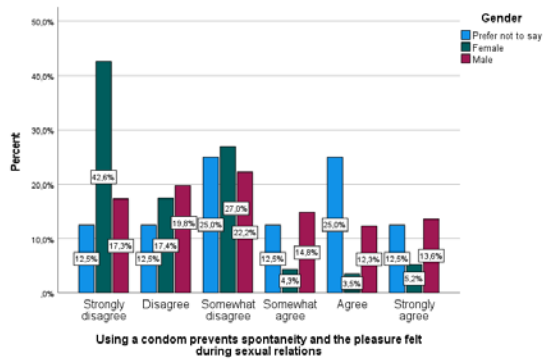


Phase II

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. In the second phase there was an even clearer picture, since the percentage of youngsters who disagreed in any way rose from 67,5% to 74,5%.



Phase I

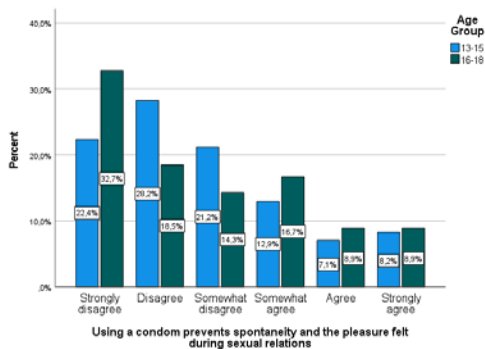


Phase II

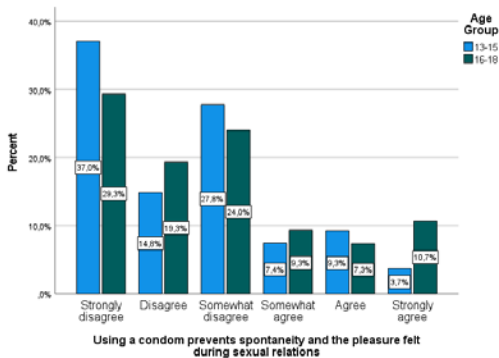
Females ( $p < .001$ ) and youngsters who preferred not to reveal their gender ( $p < .005$ ) exhibited a statistically significant difference from males regarding the issue of less spontaneity and pleasure due to the use of a condom. Males were more resilient in their answers, while females and those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

The answers were a bit different in the second phase of the research. This time, there was a statistically significant difference between females and males ( $p < .001$ ) and females and people who preferred not to state their gender ( $p < .001$ ). For females, it was clearer that the use of

condoms doesn't prevent spontaneity and pleasure during sex, while youngsters who preferred not to state their gender had equally scattered answers throughout the available, and males exhibited a slight tendency towards the attitude that condom doesn't prevent spontaneity and pleasure during sex.



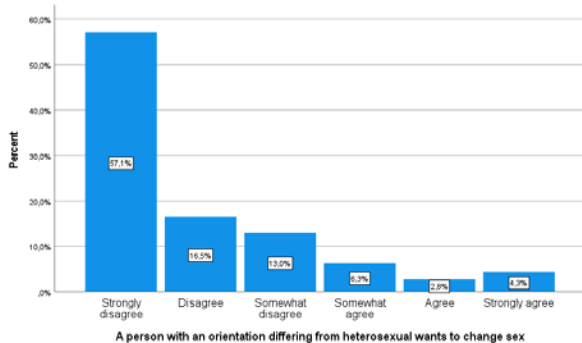
Phase I



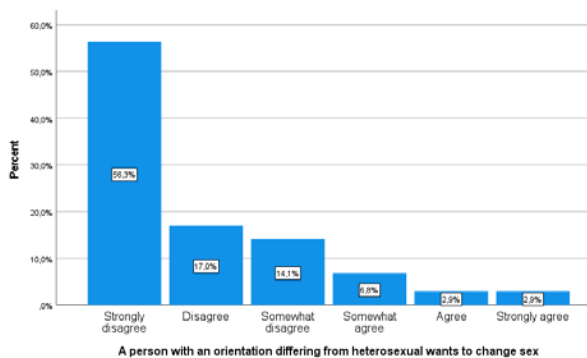
Phase II

Different age groups demonstrated no statistically significant difference regarding the lost spontaneity and pleasure due to the use of a condom, and the same conclusions were drawn in the second phase of the research.

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

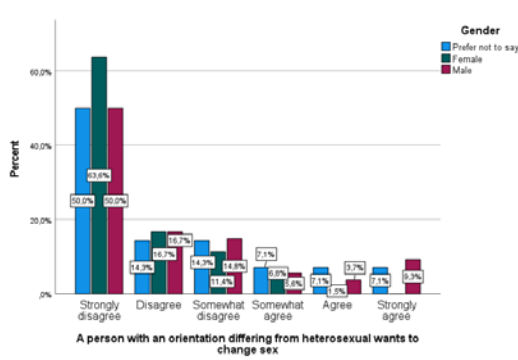


Phase I

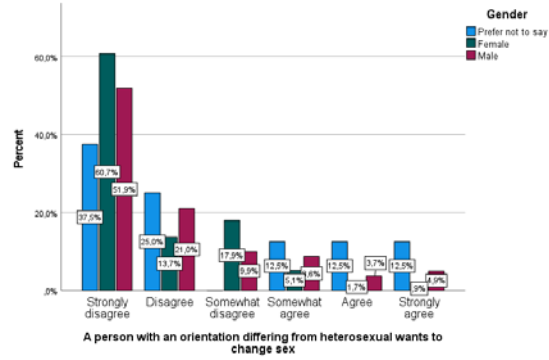


Phase II

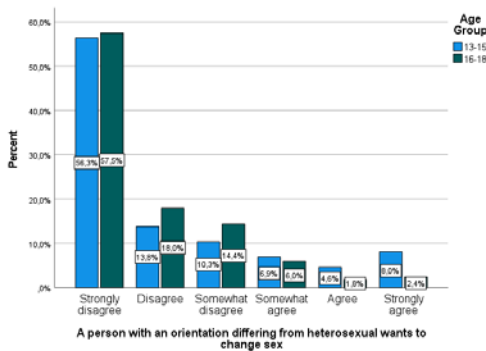
It seems clear that “a person with an orientation differing from heterosexual wants to change sex” is a faulty statement, since more than half of the sample of the survey strongly disagreed with that, and moreover 86,6% disagreed to a greater or lesser degree with it. The findings of the second phase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



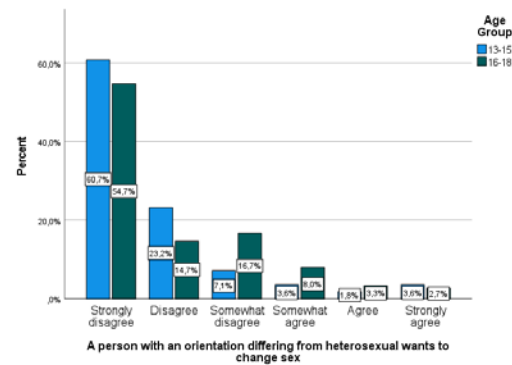
Phase I



Phase II



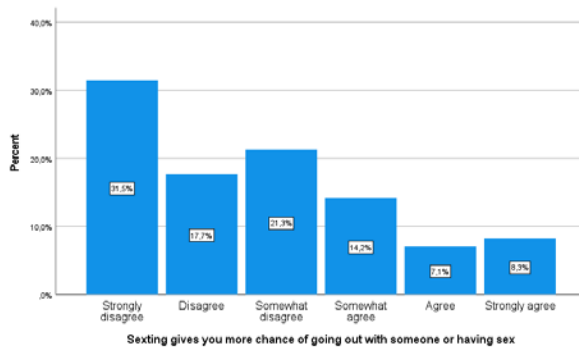
Phase I



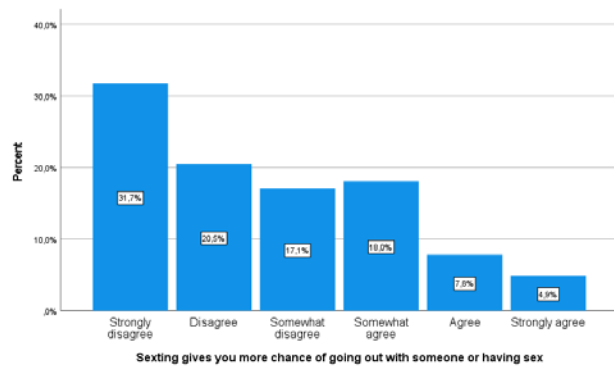
Phase II

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. In the second phase of the research, neither gender nor age played no significant role in the answers of the respondents.

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

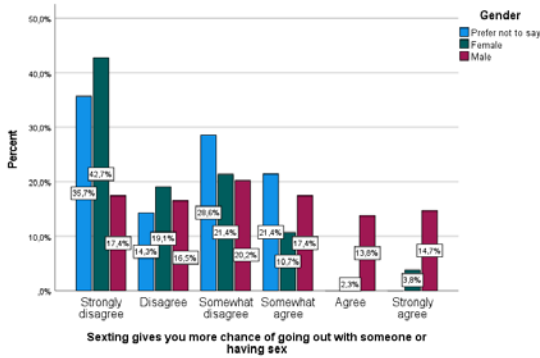


Phase I

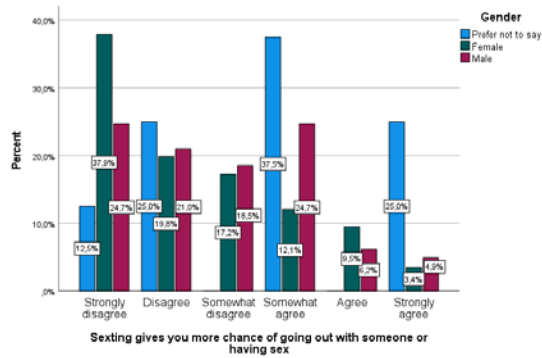


Phase II

Answers to the question if “sexting gives you more chance of going out with someone or having sex” varied, but seemingly strong disagreement prevailed. In the second phase it seemed clearer that the respondents tended to disagree with the statement that sexting gives more chances of going out or having sex with someone.

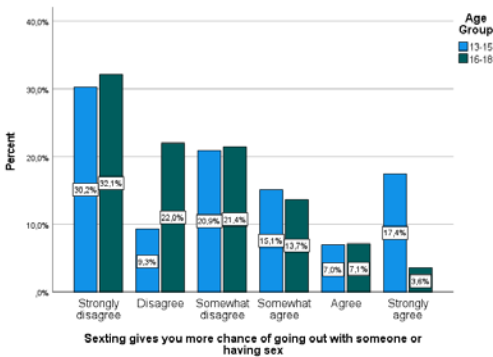


Phase I

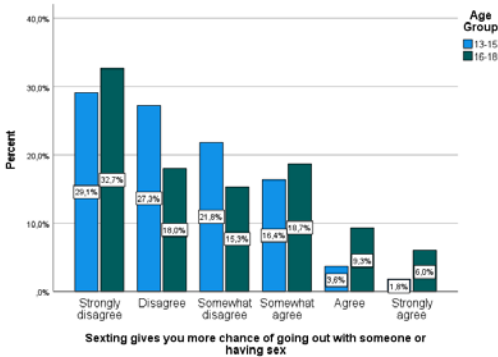


Phase II

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. The second phase of the research showed marginally no statistically significant different in the answers of the different gender options.



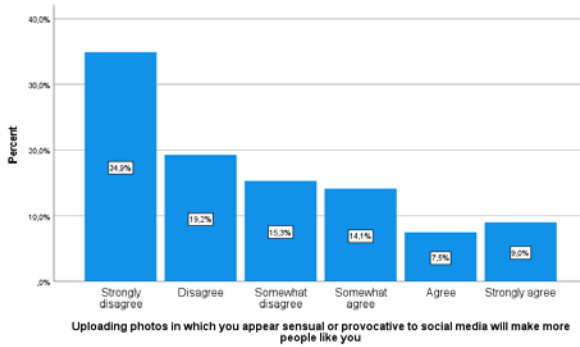
Phase I



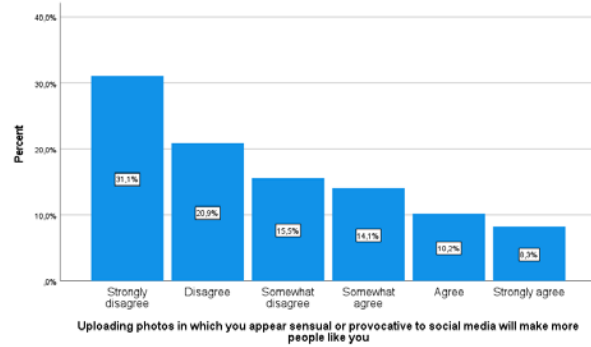
Phase II

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. In the second phase age played no significant role in the answers given.

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

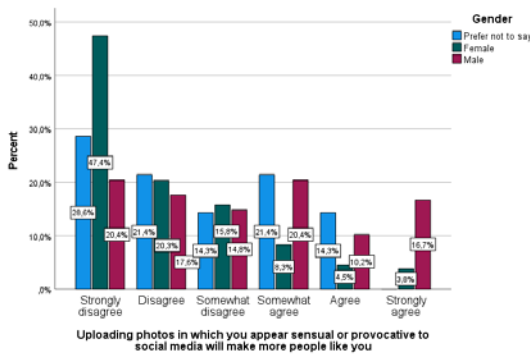


Phase I

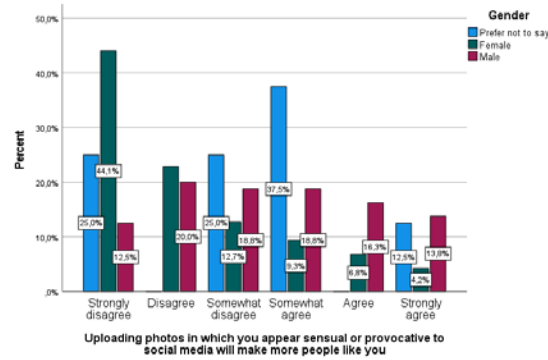


Phase II

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. The interpretation from the second phase was identical.

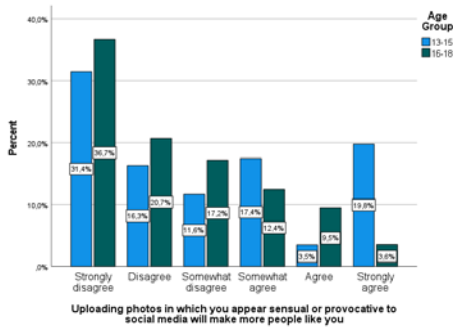


Phase I

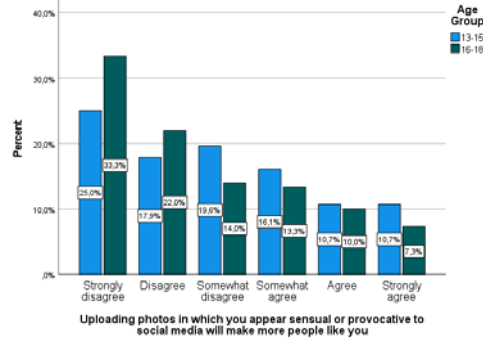


Phase II

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. The exact same conclusions were drawn from the second phase of the research.



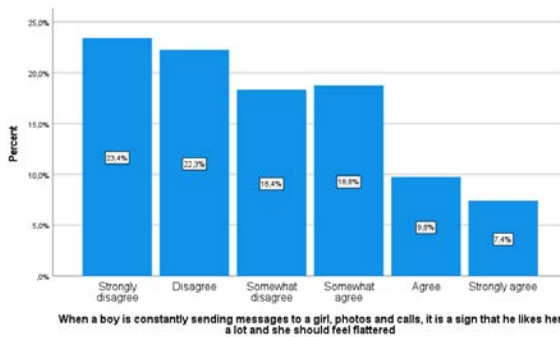
Phase I



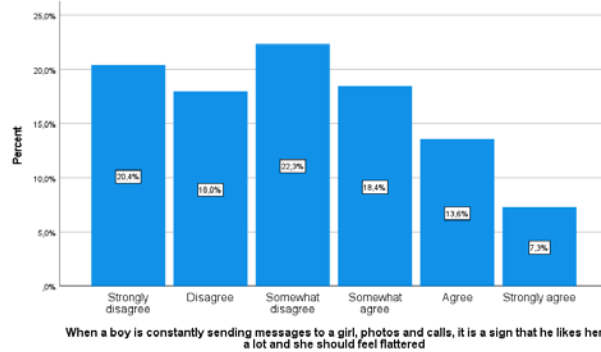
Phase II

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. The second phase revealed no statistically significant difference in the answers as far as gender is concerned.

**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".**



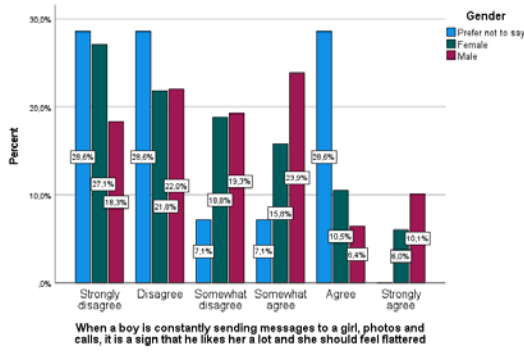
Phase I



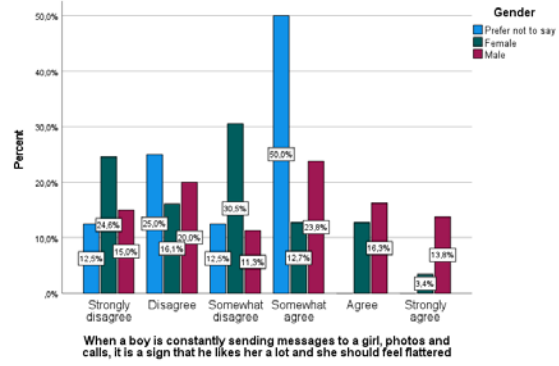
Phase II

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. Similar were the conclusions from the second phase of the research, with most of the respondents disagreeing with the statement in question, displaying also a tendency to neutrality.

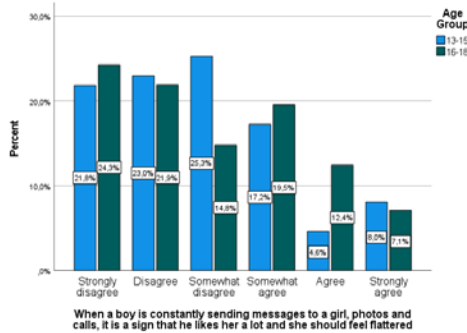




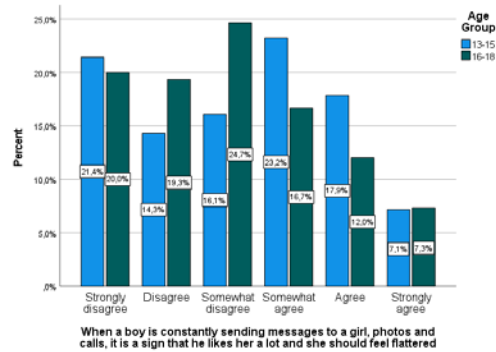
Phase I



Phase II



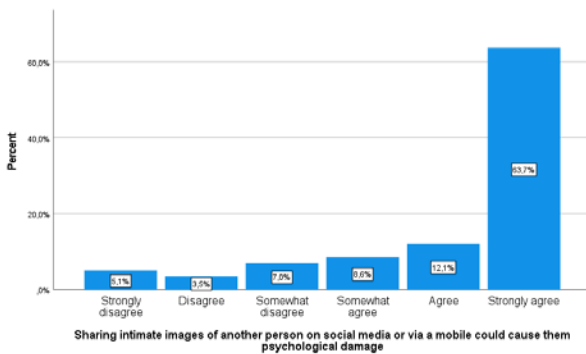
Phase I



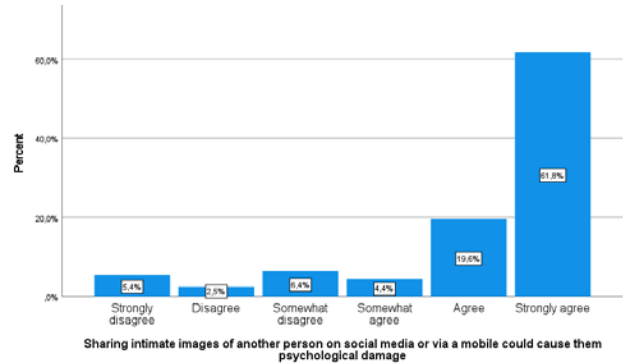
Phase II

Gender and age group played no statistically significant role in the answers on this question. In the second phase of the research, seemingly boys and girls gave significantly different answers ( $p < .05$ ); girls tend to think that constant messages don't necessarily mean they should feel flattered, while boys are divided as far as this matter is concerned. As for age, in accordance with the findings in the beginning of the survey, there was no statistically significant difference in the second phase either.

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

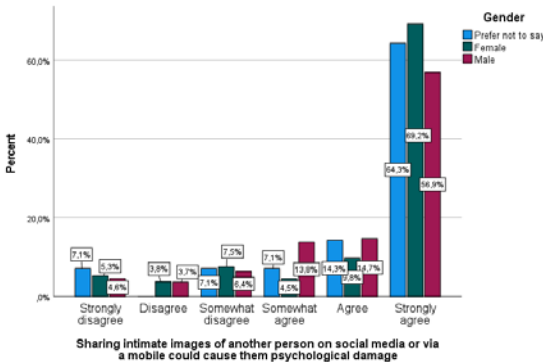


Phase I

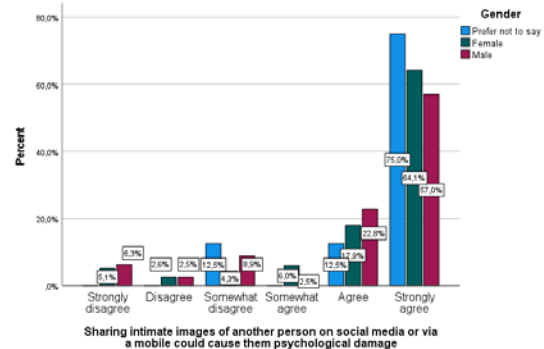


Phase II

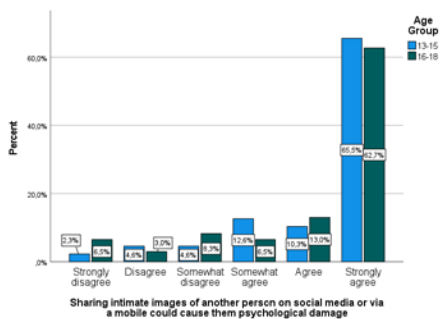
It is very relieving that the vast majority of the young participants acknowledge that sharing intimate images of another person on social media or via a mobile could cause psychological damage, both in the first and in the second phase of the research.



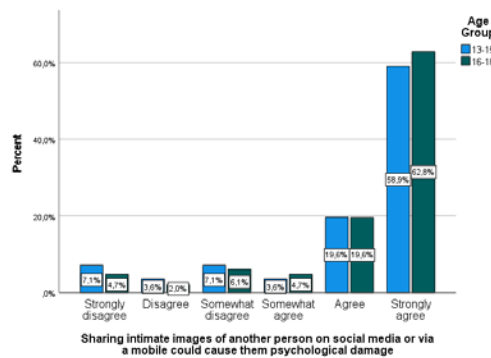
Phase I



Phase II



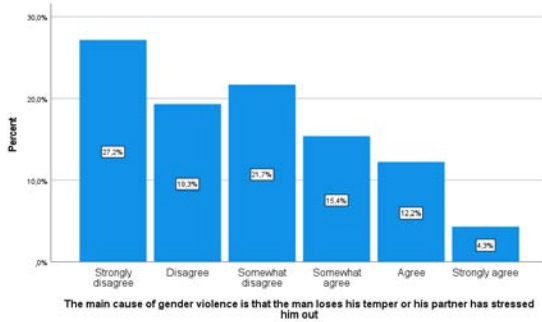
Phase I



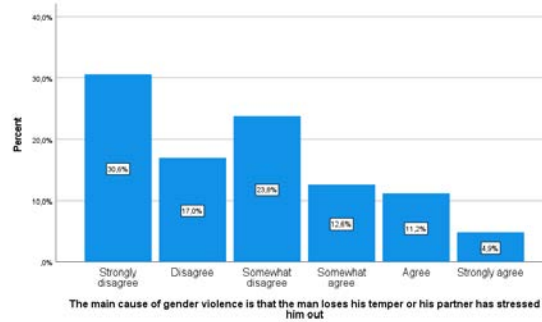
Phase II

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. The second phase indicated no change in the youngsters’ opinions.

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

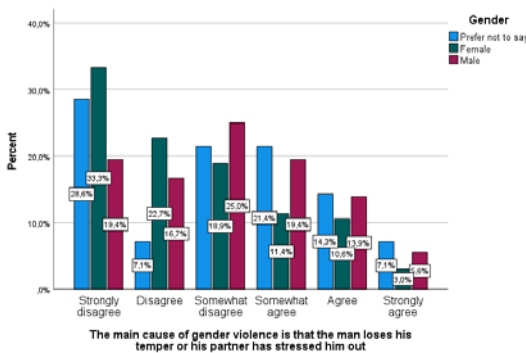


Phase I

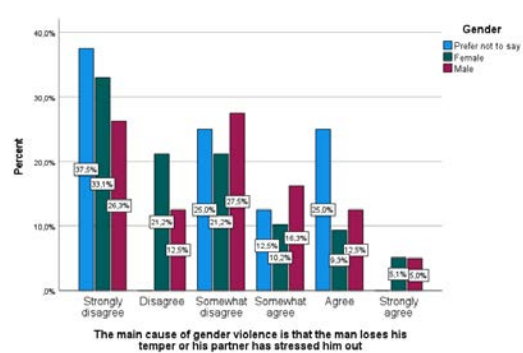


Phase II

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. The same appears in the second phase; more than 70% of the participants don’t believe that gender violence is caused by lack of control of temper of men of stress from the partner.

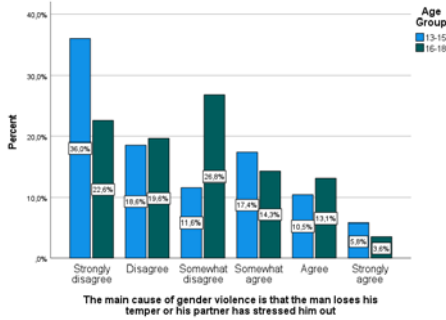


Phase I

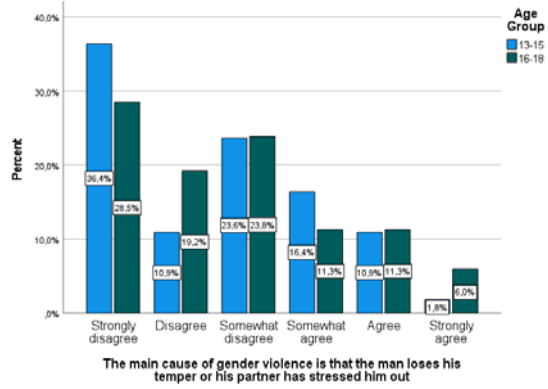


Phase II

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. On the contrary, in the second phase of the survey no statistically significant difference between the genders was found.



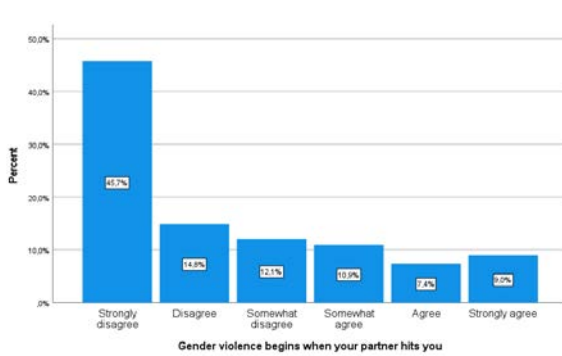
Phase I



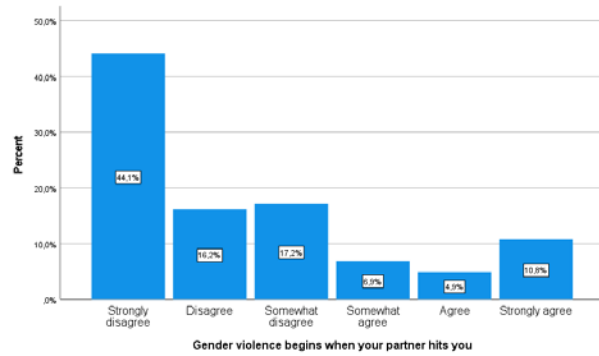
Phase II

No statistically significant difference was found between the different age groups on this question, not in the first nor in the second phase of the research.

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

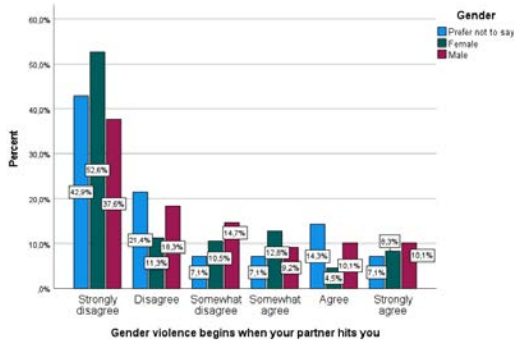


Phase I

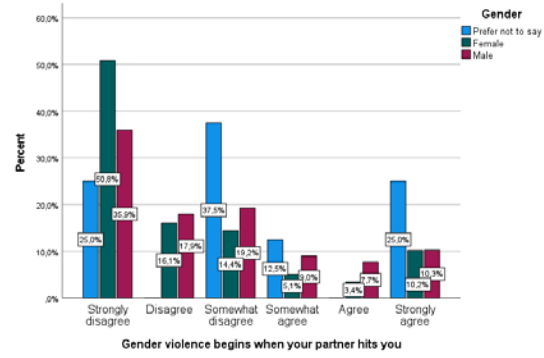


Phase II

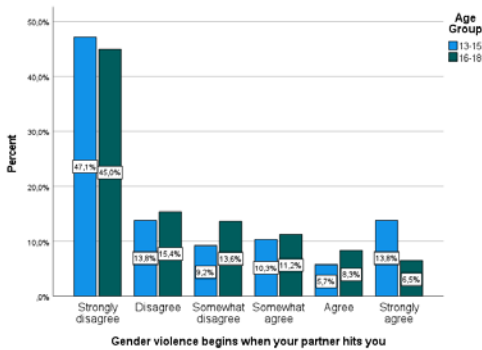
From the answers of the participants of the survey we observe that almost half of them strongly disagree with the idea that gender violence begins when your partner hits you, while around 25% agrees. In the second phase even more people disagree with the statement in question (77,5% compared to 72,6% in the beginning).



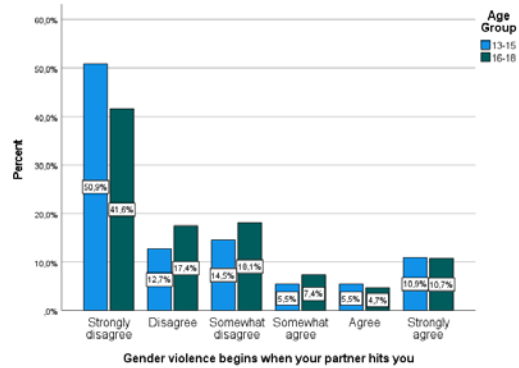
Phase I



Phase II



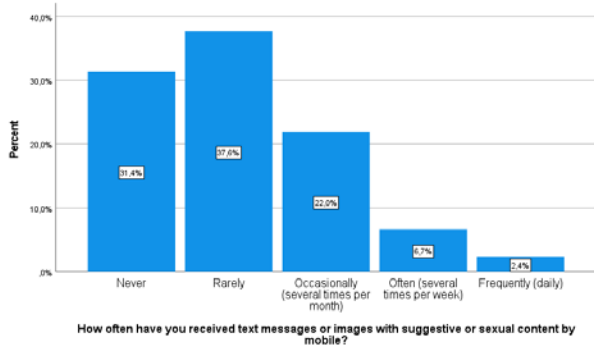
Phase I



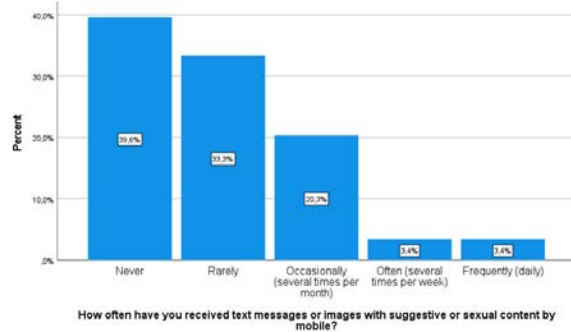
Phase II

No statistically significant difference was found neither because of gender nor because of age in the answers regarding when gender violence begins. However, in the second phase a statistically significant difference in the answers because of gender is revealed ( $p < .05$ ); girls seem more strongly persuaded that gender violence doesn't begin with hits from the partner, while boys gave more scattered answers (although they too display a tendency towards disagreement to the statement). Age, in the second phase, continued not playing a significant role in the configuration of the answers.

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

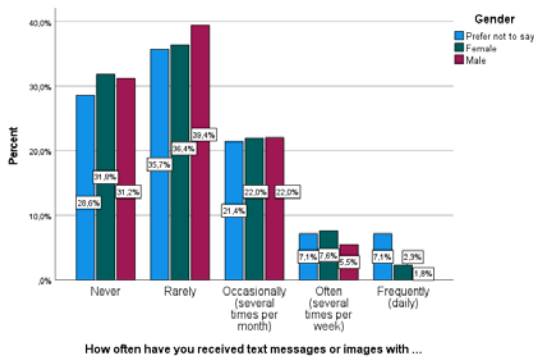


Phase I

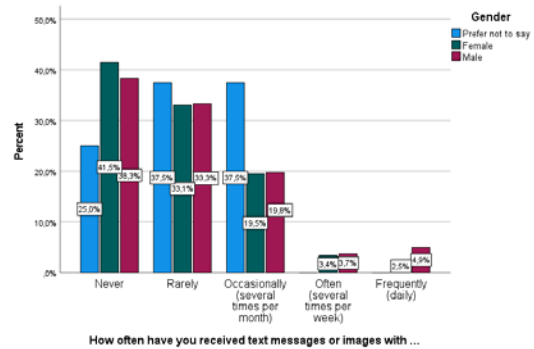


Phase II

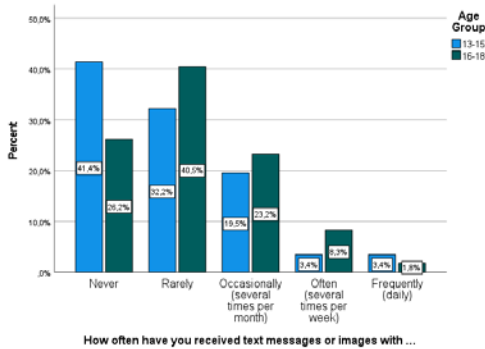
The majority of the participants of our survey (69%) have never or rarely received suggestive or sexual content by mobile. In the second phase, the percentage of participants who haven't received such content by mobile is slightly elevated (72,9%).



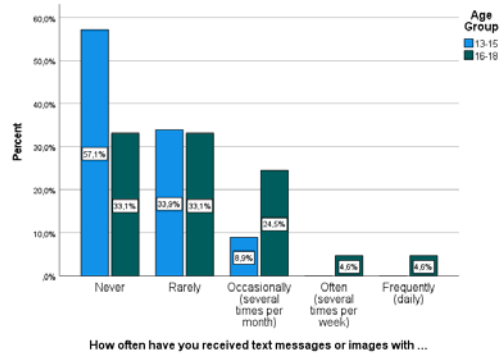
Phase I



Phase II



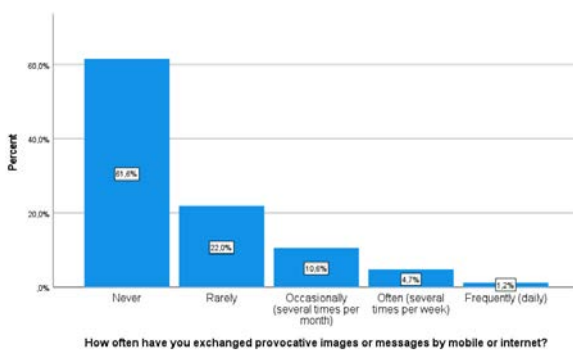
Phase I



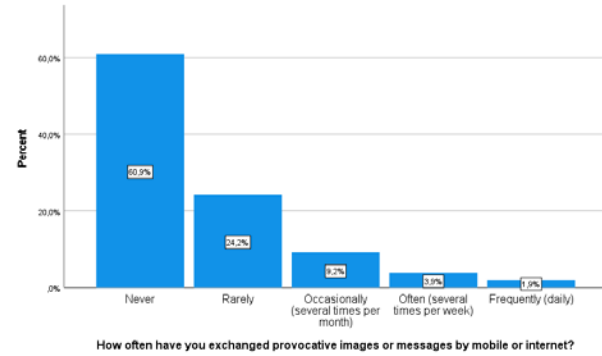
Phase II

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. In the second phase gender continues not playing any statistically significant role in the configuration of the answers, but aged did ( $p < .001$ ); the qualitative conclusions did not change in this stage.

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

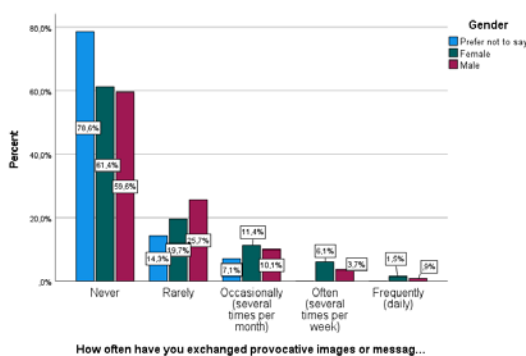


Phase I

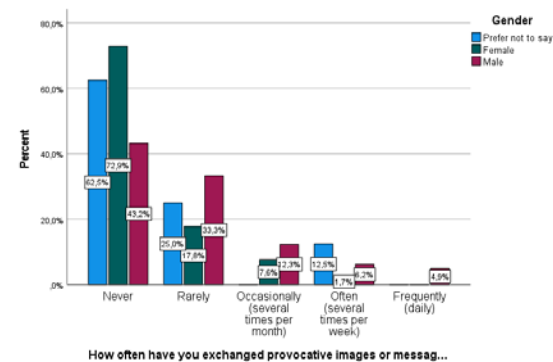


Phase II

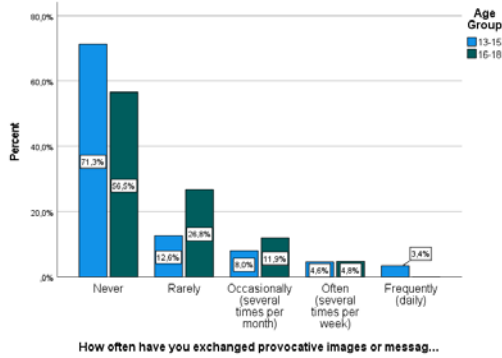
The vast majority of the teenaged participants (61,6%) denied ever having exchanged provocative images or messages (by mobile or internet). Only a very small percentage (1.2%) reports frequent-daily exchange of such content. The same findings apply to the second phase of the survey as well.



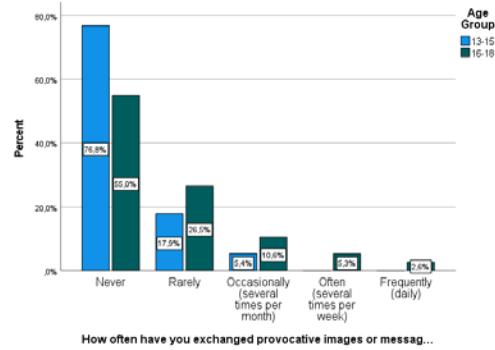
Phase I



Phase II



Phase I

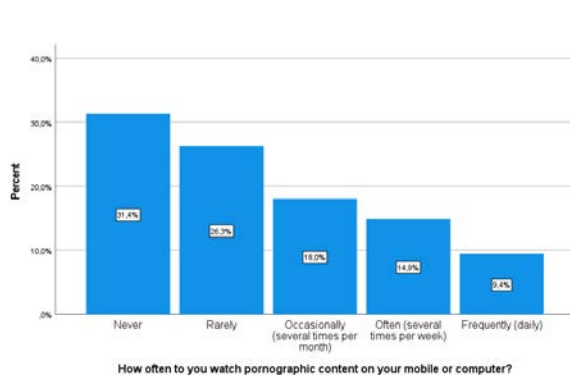


Phase II

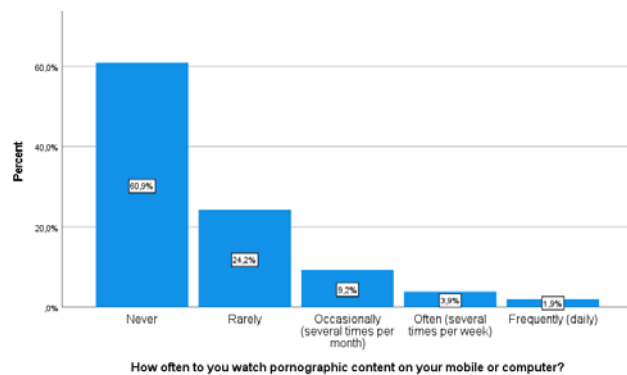
Gender and age group played no statistically significant role in the issue in question.

The second phase of the research revealed a statistically significant difference between male and female participants ( $p < .001$ ). The vast majority of the girls denied ever having exchanged provocative images or messages. On the other hand, boys seemed more prone to rare exchange of such material. Also, age played a statistically significant role in the answers ( $p < .05$ ). Younger respondents were more absolute in their denial, as 76,8% of youngsters aged 13-15 denied ever having exchanged provocative images/messages, whereas the corresponding percentage was lower (55%) among older youngsters (aged 16-18), and the percentages of the ones who admitted having exchanged such material were higher than the corresponding ones among younger participants.

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



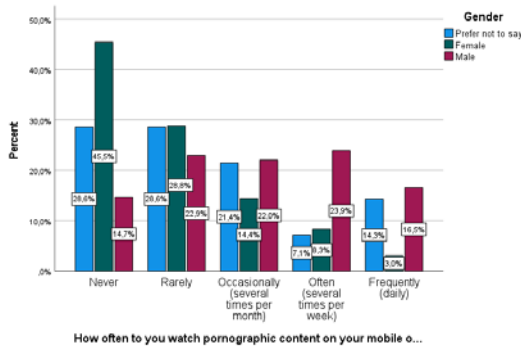
Phase I



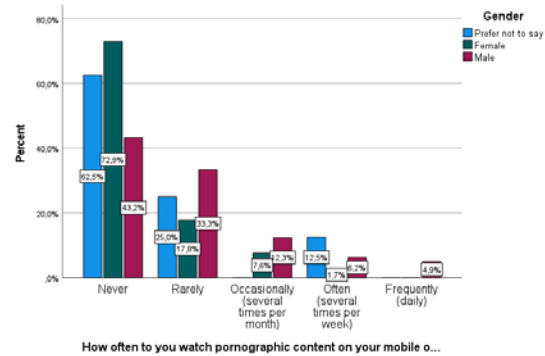
Phase II



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. In the second phase, participants who never watched pornographic content were many more than those of the first phase (60,9% compared to 31,4%). Moreover, the percentages of occasional and frequent viewers were significantly lowered.

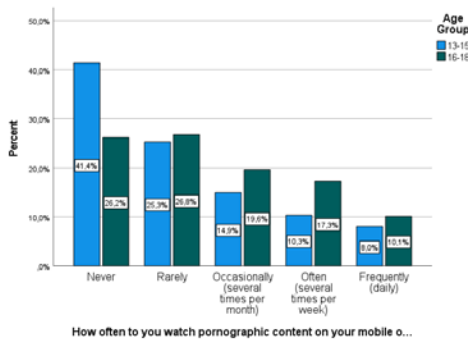


Phase I

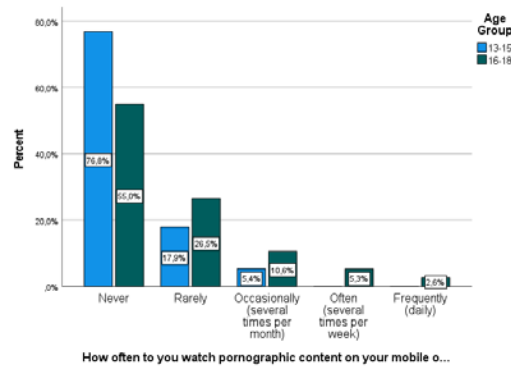


Phase II

Our survey revealed that male teenagers watch pornographic content more often than female ones ( $p < .001$ ) (or at least admit it!). In the second phase again boys appeared to watch more pornographic content than females ( $p < .001$ ), in accordance with the first phase of our research.



Phase I



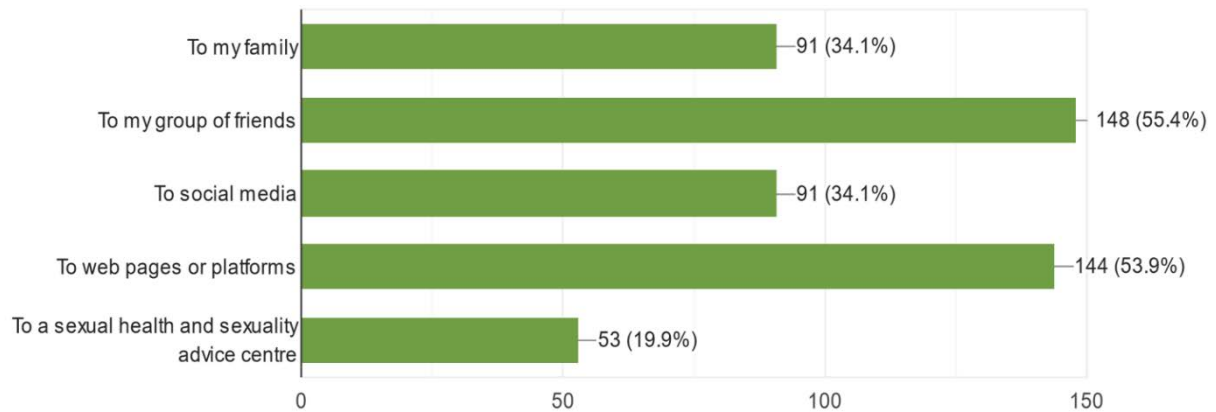
Phase II

As expected, older teenagers (aged 16-18) tend to watch pornographic content more often than their younger peers (aged 13-15) ( $p < .05$ ). The same applies to the second phase of the research ( $p < .005$ ).

**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)

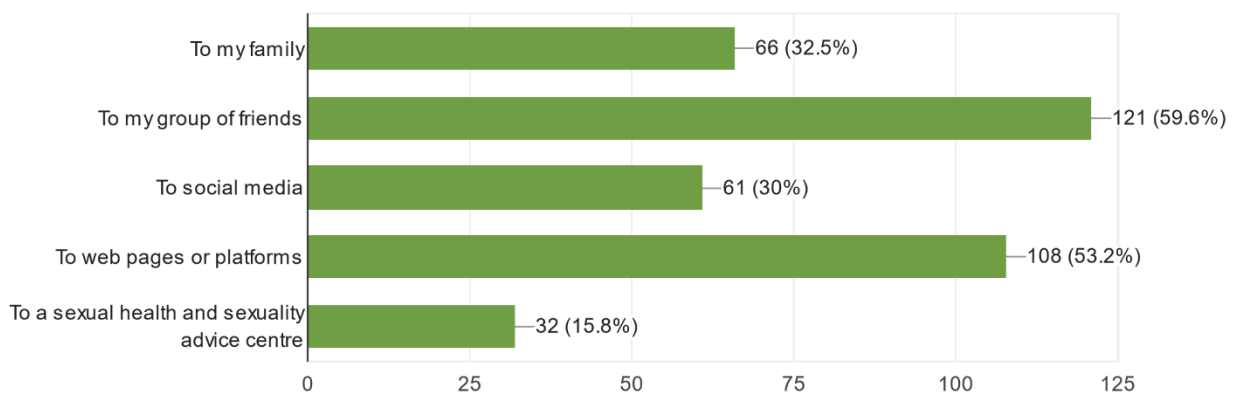
267 responses



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.

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

203 responses



In the second phase of the research the specific percentages were a little changed, but the qualitative conclusions were exactly the same.

## 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.

The follow-up questionnaire after the participation in the programme revealed slight changes in the opinions of youngsters in general. More of them showed up to believe in the power of love, and in love as a cause of jealousy. Although they wouldn't change things they like about themselves to get the person they like in general, there was a slight shift towards milder opinions as the second phase revealed. The different emotional-sexual education was made even more obvious by the follow-up answers. Young participants don't think that the man is in charge of giving pleasure to the woman and that he should control his woman with affection but firmness, an opinion even clearer in the second phase of the research. A surprising and rather unpleasant conclusion is the less strong disagreement to the statement that "STIs are rare and mostly for homosexuals". Also, less youngsters view the condom as the only way to protect against STIs. Fortunately, more and more youngsters don't think that the use of condom prevents spontaneity and pleasure. More participants also don't see sexting as a means for going out or having sex. A very significant finding of our research was that an elevated percentage of youngsters recognized that gender violence does not include only physical abuse. Last but not least, the second phase of the research revealed diminished percentages of young participants who exchanged sexual/pornographic content and provocative images/messages on mobile/computer.