

# Syllabus

## *Course Description*

<b>Course Title</b>	Sex education in kindergarten and primary school (VL)
<b>Course Code</b>	12481
<b>Course Title Additional</b>	
<b>Scientific-Disciplinary Sector</b>	M-PED/03
<b>Language</b>	German
<b>Degree Course</b>	5 year master degree in Primary Education - German section
<b>Other Degree Courses (Loaned)</b>	LM-85 bis Education Italian section LM-85 bis Education Ladin section
<b>Lecturers</b>	Mag. rer. nat Oliver Sparber, Oliver.Sparber@unibz.it <a href="https://www.unibz.it/en/faculties/education/academic-staff/person/52816">https://www.unibz.it/en/faculties/education/academic-staff/person/52816</a>
<b>Teaching Assistant</b>	
<b>Semester</b>	First semester
<b>Course Year/s</b>	All
<b>CP</b>	2
<b>Teaching Hours</b>	0
<b>Lab Hours</b>	20
<b>Individual Study Hours</b>	30
<b>Planned Office Hours</b>	6
<b>Contents Summary</b>	Insight into holistic sexual education in primary education with reference to the framework guidelines
<b>Course Topics</b>	<ul style="list-style-type: none"> <li>- Sexual education in the framework guidelines</li> <li>- Definitions: Sex education, sexual pedagogy, sexual education</li> <li>- Brief history of sexuality and its "education"</li> <li>- Holistic sex education work in kindergarten and primary school</li> <li>- Childhood sexuality</li> <li>- Sexual socialisation in childhood</li> <li>- Parental work</li> <li>- Key topics of sexual education in primary schools</li> </ul>

	<ul style="list-style-type: none"> <li>- Reflecting on your own attitude to the topic</li> <li>- Dealing with children's questions about sexuality</li> <li>- Sexuality and culture</li> <li>- Support measures for educational professionals and teachers</li> <li>- Development of educational and teaching units on sexual education content</li> </ul>
<b>Keywords</b>	Sexual education, Childhood, Primary School, Kindergarten
<b>Recommended Prerequisites</b>	
<b>Propaedeutic Courses</b>	
<b>Teaching Format</b>	<p>The optional course takes place remotely.</p> <p>Lecture, discussion, individual and group work, exercises, reflection, presentations</p>
<b>Mandatory Attendance</b>	In accordance with the regulation
<b>Specific Educational Objectives and Learning Outcomes</b>	<ul style="list-style-type: none"> <li>- Sensitisation of the participants for the developmental guidance and support of kindergarten and primary school children</li> <li>- Practice-orientated preparation of the participants</li> <li>- Topic-specific method training</li> </ul> <p>Expected learning outcomes and competences:</p> <p>Knowledge and understanding</p> <ul style="list-style-type: none"> <li>- Students learn about the possibilities and necessity, but also the limits of sexual education in kindergarten and primary school</li> <li>- They learn about topics and methods for implementing sexual education in kindergarten and primary school.</li> </ul> <p>Applying knowledge and understanding</p> <ul style="list-style-type: none"> <li>- Students analyse their own attitudes and individual approaches to the topic of sexual education. They also reflect on their own limitations and fears when dealing with this topic.</li> <li>- Independent planning and realisation of a thematic educational unit for kindergarten or primary school</li> </ul> <p>Judgement</p> <ul style="list-style-type: none"> <li>- Students are made aware of sexual education so that they are able to analyse situations objectively and act appropriately when working with children and parents.</li> <li>- Be able to assess the educational units independently developed</li> </ul>

	<p>and presented in the elective subject with regard to educational processes and child development</p> <p>Communication</p> <ul style="list-style-type: none"> <li>- A key objective is to enable students to help organise and conduct open and constructive discussions on the topic of sexual education in primary education.</li> <li>- Reflection and discussion on the importance of sexual education in primary education</li> </ul> <p>Learning strategies</p> <ul style="list-style-type: none"> <li>- Interactive engagement with the topic.</li> <li>- Participate in the discussion/reflection on the exercises and methods presented and tested in the elective subject</li> <li>- Reflect on their own attitude to the topic</li> <li>- Deepening and developing the subject content</li> <li>- Being able to plan and implement holistic programmes on the topic for different age groups</li> </ul>
<b>Specific Educational Objectives and Learning Outcomes (additional info.)</b>	
<b>Assessment</b>	Written examination
<b>Evaluation Criteria</b>	Completeness and appropriateness of content, technical correctness, logical structure, critical reflection, correct use of technical language.
<b>Required Readings</b>	<p>Theory overview:</p> <ul style="list-style-type: none"> <li>- Einführung in die Sexualpädagogik und sexuelle Bildung: Basisbuch für Studium und Weiterbildung / Heinz-Jürgen Voß (2022) Kohlhammer</li> <li>- Kindliche Sexualität in Kindertageseinrichtungen: Pädagogische, psychologische, soziologische und rechtliche Zugänge / Oliver Bienia and Sylvia Kägi (2021) Beltz</li> </ul> <p>Kinder liebevoll begleiten, Alter 1 - 6 (BIÖG 2025)  <a href="https://shop.bioeg.de/pdf/13660500.pdf">https://shop.bioeg.de/pdf/13660500.pdf</a> (Zugriff 09/2025)</p> <p>Practical guides:</p>

	<ul style="list-style-type: none"> <li>- Sexualerziehung in Kitas. Die Entwicklung einer positiven Sexualität begleiten und fördern / Silke Hubrig (2014) Beltz</li> <li>- Praxishilfen zur Sexualerziehung in der Grundschule / Anette Weber (2024) Verlag an der Ruhr</li> </ul>
<b>Supplementary Readings</b>	<p>Optional resources on the net:</p> <ul style="list-style-type: none"> <li>- Sexual education in kindergarten and daycare centres:  <a href="https://www.bildungsserver.de/elementarbildung/praxishilfen-sexualerziehung-2662-de.html">https://www.bildungsserver.de/elementarbildung/praxishilfen-sexualerziehung-2662-de.html</a></li> <li>- Sexual education - worksheets and other teaching materials for sex education, 1st - 8th grade:  <a href="https://www.bildungsserver.de/schule/sexualerziehung-790-en.html">https://www.bildungsserver.de/schule/sexualerziehung-790-en.html</a></li> </ul> <p>Materials for children aged 6-12 (year 2013, Vienna):</p> <p><a href="https://selbstlaut.org/wp-content/uploads/Selbstlaut_Broschuere_Ganz_schoen_intim_korr20200301.pdf">https://selbstlaut.org/wp-content/uploads/Selbstlaut_Broschuere_Ganz_schoen_intim_korr20200301.pdf</a></p> <p>Prevention programme against sexualised violence against children and young people aged between 4 and 16 from Switzerland:  <a href="https://www.kinderschutz.ch/angebote/herunterladen-bestellen/flyer-mein-koerper-gehoert-mir">yearshttps://www.kinderschutz.ch/angebote/herunterladen-bestellen/flyer-mein-koerper-gehoert-mir</a></p>
<b>Further Information</b>	
<b>Sustainable Development Goals (SDGs)</b>	Quality education