



EdSeX

**EDUCANDO EN SEXUALIDAD:
AVANCE EN LA SALUD EUROPEA
(EdSeX)**

Sexuality Education: A Breakthrough for European Health

PARTNER ORGANIZATIONS



**Universidad de
Castilla-La Mancha**



**UNIVERSIDADE
DE ÉVORA**



SEATTLE PACIFIC



**POLITÉCNICO
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UNIMORE
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MODENA E REGGIO EMILIA



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**Cofinanciado por
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GOBIERNO
DE ESPAÑA

MINISTERIO
DE UNIVERSIDADES

 **sepie**
SERVICIO ESPAÑOL PARA LA
INTERNACIONALIZACIÓN DE LA EDUCACIÓN

Project code: 2021-1-ES01-KA220-HED-000023306

Project title:

Sexuality Education: A Breakthrough for European Health

Project acronym: EdSeX

12-05-25

Aims



1

- To develop sexual competence in Higher Education; fostering a sense of belonging in the EU and discovering its cultural diversity in the field of health

2

- To develop transnational sexuality education tools by strengthening networks of partners and increasing the capacity to act together at international level

3

- To promote collective sexual awareness from a multidisciplinary perspective in an integrative way from the European member universities of the project

4

- To promote multicultural sexual vision in peer-to-peer Higher Education through mobility in European territories

5

- To generate openness to sexual diversity, understanding, dialogue with sexual, social, linguistic and cultural diversity


6

- To use innovative student-centred pedagogical approaches to sexuality (gamification), with shared recognition of acquired references, in line with the European portfolio

7

- Produce multilingual distance learning formats on sexuality, gender and multiculturalism

Project summary



From an international perspective, which recognizes the great importance of skills and competences acquired through Higher Education, the role of universities is increasingly important, becoming a key element for the future of Europe (European Commission, 2006). In fact, this issue is framed in a WHO directive (2020) calling on governments to focus on the training of health workers (Nursing and Midwifery), reinforced by the International Year of Health and Care Workers (YHCW), designated by the WHO (2021) in view of the current SARS-Covid-19 pandemic.



If we focus on sexual competence, it stands out that, in the teaching and learning process in Higher Education, in part of the countries of the southern fringe of the European Union (EU) (Spain, Italy, Portugal), there is a standardized curricular dimension guided by a behaviorist line based on a biological vision.



Even the theoretical and clinical teaching of sexuality is approached from a reproductive health perspective. If one takes into account that the factors that influence sexuality are also sociocultural, the need for sexual competence training with a more holistic vision becomes evident.

Working packages



Fig. 1 Project planning. Intellectual outcomes

Results/Dissemination

Soto-Fernández et al. *BMC Nursing* (2023) 22:192
<https://doi.org/10.1186/s12912-023-01350-5>

BMC Nursing

STUDY PROTOCOL

Open Access










Sexual education for university students and the community in a european project: study protocol

I. Soto-Fernández¹, R. Fernández-Cézar^{2*}, A. M. Aguilar Frias³, H. Dias^{4,5,6}, C. Santiago^{4,5,6}, C. Gradellini⁷, V. Aaberg⁸, V. García-López⁹ and S. Gómez-Cantarino^{9,10}



Article










A Multicentric Pilot Study of Student Nurse Attitudes and Beliefs toward Sexual Healthcare

Vicki Aaberg^{1,†}, Eva Moncunill-Martinez^{2,3,*,†}, Ana Frias^{4,†}, Teresa Carreira^{5,†}, Raquel Fernández Cezar^{6,†}, Alba Martín-Forero Santacruz^{7,†}, Fátima Frade^{8,9,†}, Daniela Mecugni^{10,†} and Sagrario Gómez-Cantarino^{3,11,†}



Article

Sex Education Actions at Universities: The Creation, Validity and Reliability of a Satisfaction Scale

Irene Soto-Fernández¹, Jorge Perez-Perez², Sagrario Gómez-Cantarino^{3,*}, Fátima Frade^{4,5,6}, Ana Frias^{7,8}, Sara Palma⁹, Helia Dias^{5,9,10}, Vicki Aaberg¹¹, Elena Castagnaro¹², Daniela Mecugni¹³ and Raquel Fernández-Cézar¹⁴

frontiers | Frontiers in Psychology

TYPE Original Research
PUBLISHED 24 July 2023
DOI 10.3389/fpsyg.2023.1206323

Check for updates

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Educating to sexuality care: the nurse educator's experience in a multicenter study

Cinzia Gradellini^{1,2}, Daniela Mecugni¹, Elena Castagnaro³, Fátima Frade^{4,5,6}, Maria da Luz Ferreira Barros^{7,8}, Sara Palma⁹, María Jesús Bocos-Reglero^{10*} and Sagrario Gomez-Cantarino^{10,11}

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Nursing students' knowledge regarding sexuality, sex, and gender diversity in a multicenter study

Conceição Santiago^{1,2*}, Açucena Guerra^{1,2,3}, Teresa Carreira^{1,2}, Sara Palma^{1,2,3}, Florbela Bia^{4,5}, Jorge Pérez-Pérez⁶, Ana Frias^{4,7}, Sagrario Gómez-Cantarino^{6,8} and Hélia Dias^{1,2}



Dissemination



<https://edsex.ipsantarem.pt>

SEMINÁRIO INTERNACIONAL

EDUCAÇÃO SEXUAL: PROMOVER A SAÚDE EUROPEIA

18 E 19 DE JUNHO 2024

ESCOLA SUPERIOR DE SAÚDE DO POLITÉCNICO DE SANTARÉM – PORTUGAL



PROGRAMA 20 NOVIEMBRE 2024
V EDICIÓN DE EXPOSICIÓN DE PÓSTERES CIENTÍFICOS

"VISIBILIZANDO LO INVISIBLE: LA CARA DEL CUIDADO A TRAVÉS DEL GÉNERO"
 LUGAR: SALÓN DE ACTOS DEL HOSPITAL NACIONAL DE PARAPLÉJICOS (HNP)
 FECHA: 20 DE NOVIEMBRE DE 2024
 HORA DE INICIO 11:00H

11:00h	<p>INAUGURACIÓN V EDICIÓN DE PÓSTERES CIENTÍFICOS POR AUTORIDADES.</p> <p>Autoridades del HNP Autoridades Provinciales</p>
11:30h	<p>PRESENTACIÓN DE RESULTADOS FINALES DEL PROYECTO EDSEX. EDUCANDO EN SEXUALIDAD: AVANCE EN LA SALUD EUROPEA.</p> <p>Dña. Irene Soto Fernández – Enfermera Escolar. Miembro del Proyecto EdSex.</p>
12:00h	<p>PRESENTACIÓN DE LA GUÍA FORMATIVA DEL PROYECTO EDSEX POR PARTE DEL EQUIPO DE SANTARÉM Y DE ESPAÑA.</p> <p>Dña. María Sagrario Gómez Cantarino – Profesora Titular Universidad de Castilla-La Mancha. investigadora Principal del proyecto.</p> <p>Dña. Conceição Santiago – Profesora Titular Universidad de Santarém. Miembro del proyecto.</p>
12:30h	<p>PRESENTACIÓN DEL NUEVO PROYECTO "LA EDUCACIÓN SUPERIOR COMO MOTOR EN LA HUMANIZACIÓN EN CUIDADOS DEL DOLOR PEDIÁTRICO" (HUPEDCARE).</p> <p>Investigadora principal del proyecto.</p>
13:00h	<p>BRUNCH</p>

Dissemination




VISIBILIZANDO LO INVISIBLE LA CARA DEL CUIDADO A TRAVÉS DEL GÉNERO

Modelo de educação sexual: Proposta pedagógica inovadora

E-BOOK COMO RECURSO PEDAGÓGICO EM EDUCAÇÃO SEXUAL

Hélia Dias, Coordenador Local do Projeto EdSex
 Conceição Santiago
 Sara Palma
 Teresa Carreira
 Açucena Guerra

20 de novembro 2024



Results/Dissemination



Article

The Satisfaction of Higher Education Students with Sex Education Training: A Cross-Sectional Study

Ana Frias ^{1,2}, Maria da Luz Barros ^{1,2,†}, Florbela Bia ^{1,3,†}, Conceição Santiago ^{4,5,†}, Açucena Guerra ^{4,6,†}, Sagrario Gómez-Cantarino ^{7,8,9,†}, Monica Raquel Pereira-Afonso ^{7,9,†}, Daniela Mecugni ^{10,11,†}, Vicki Aaberg ¹² and Fátima Frade ^{13,14,15,†}

Educ. Sci. 2025, 15, 385

<https://doi.org/10.3390/educsci15030385>

We are currently looking to develop new projects on this topic with other target populations.

We are preparing 3 articles, based on the results obtained from satisfaction surveys regarding workshops held with young people, women and immigrants from urban and rural areas.



Thank you!