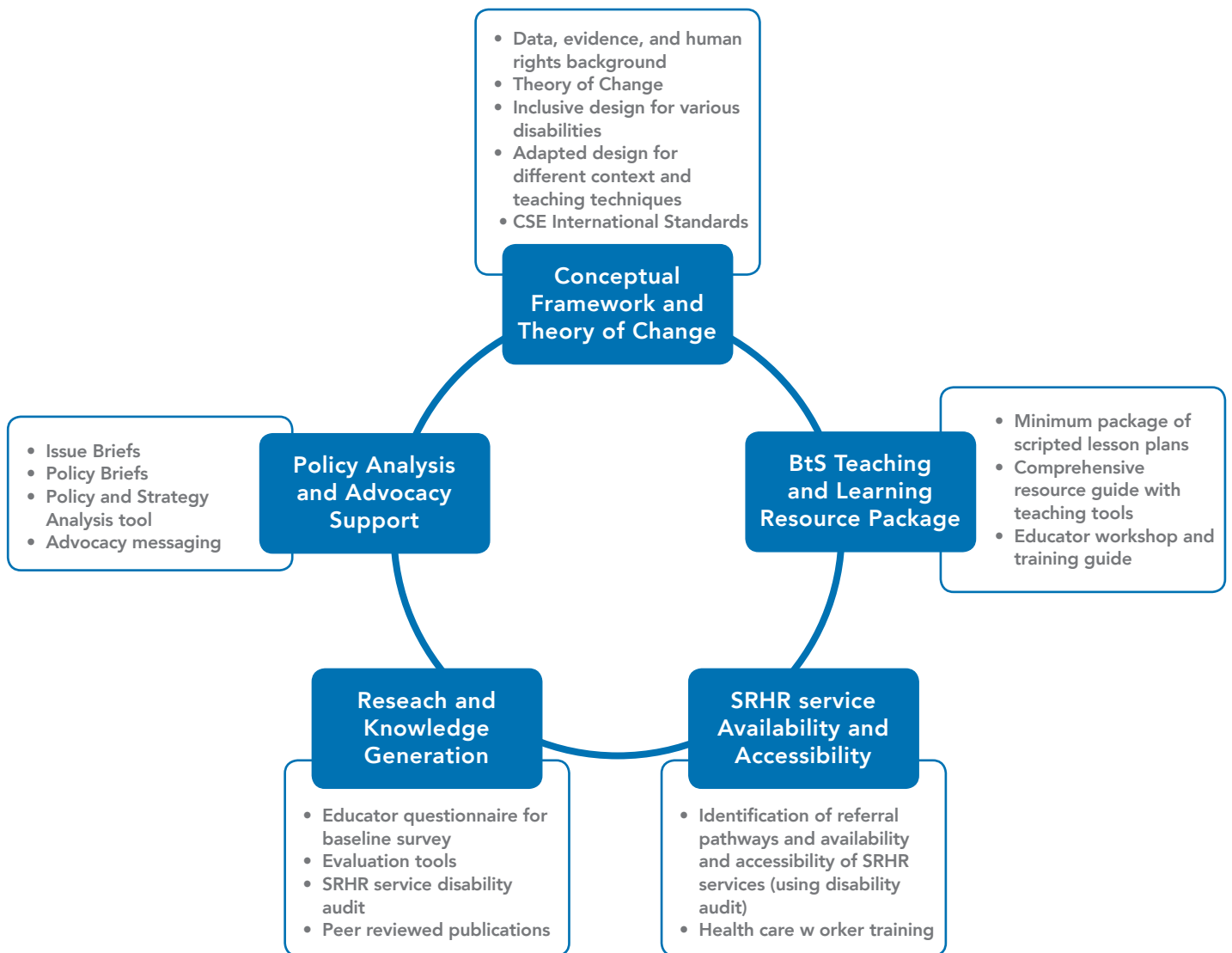


Breaking the Silence (BtS) Comprehensive Sexuality Education approach for young people with disabilities

The 'Breaking the Silence' (BtS) approach is an evidence-based curriculum-implementation approach targeting the delivery of CSE, parenting support, and community engagement for learners with disabilities in and out of schools. It draws on social learning theory utilizing group-based learning through participatory methods and a whole school and community view to capacity building of educators, inclusive of parent, peer and community support. Recognizing that the training and resource materials for educators is not enough to ensure quality implementation, other inter-related pillars and strategies form essential components of

the overall BtS approach. These 5 components together aim to create the conducive policy and learning environment for CSE implementation in and out of schools and comprise of: 1) conceptual framework and theory of change 2) the BtS teaching and learning resources package (a. minimum package of scripted lesson plans, b. comprehensive resource guide with teaching tools, and c. educator workshop & training guide) 3) referrals to SRHR, GBV, and other psychosocial services and support for YPWD and their parents and carers 4) research and knowledge generation 5) policy and advocacy.



BtS Teaching and Learning Resource Package

Comprehensive Resource Guide with Teaching Tools

Guide includes

- **evidence** on the needs and barriers to CSE for learners with disabilities
- **full guide** on CSE including legal, conceptual and practical guidance
- description of **facilitation skills** and participatory methods
- descriptions of **disability adaptations** (universal access to learning and disability accomodation)
- **instructions** for development of tools from low cost materials
- Over 100 **classroom activities** and visual tools, translations for Braille and description of tactile adaptations and worksheets (toolkit)
- support to develop **school policies, regulations, parent** involvement etc

Minimum Package and Scripted Lesson Plans

Lesson plans include:

- **summary** of comprehensive guide
- **12 essential scripted lesson plans** using games, activities and worksheets from the comprehensive guide
- **lessons activities** with related visual tools and descriptions for tactile and low cost adpatations taken from the main toolkit

Educator Workshop and Training Guide

Educator training includes:

- 4 day workshop
- provision of guide, toolkit and lesson plans
- upcoming online training videos presenting activities and accomodations under development

Train the trainer approach includes:

- facilitator manual
- facilitator training
- mentoring support

