

KNOWBODY

APP-BASED SEX EDUCATION

Who are we?



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Where are we based?

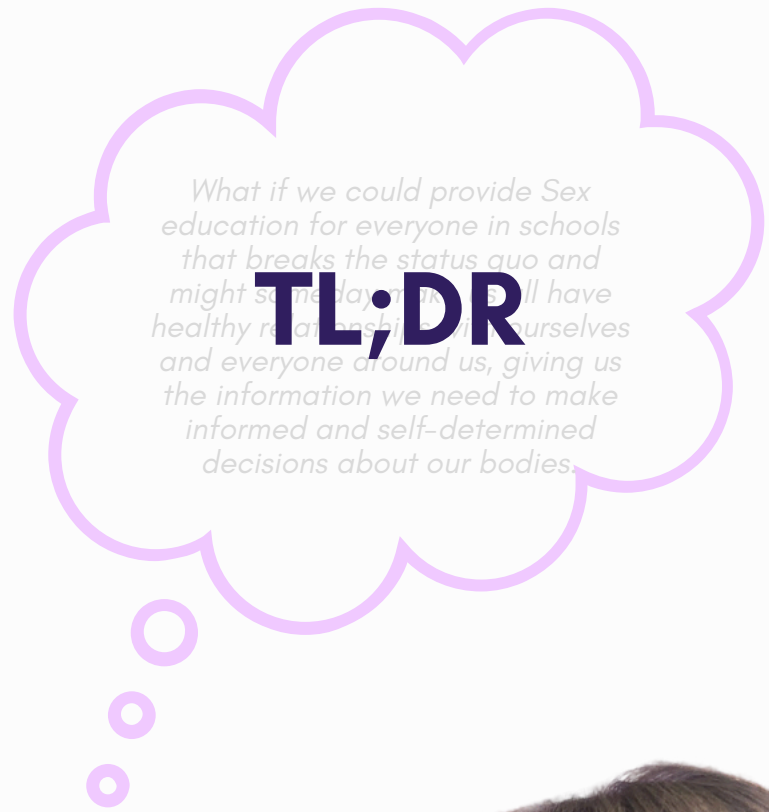


How did we get here?

1



2



What if we could provide Sex education for everyone in schools that breaks the status quo and might some day... we'll have healthy relationships with ourselves and everyone around us, giving us the information we need to make informed and self-determined decisions about our bodies.

TL;DR

Status quo?

S.T.D.s - SEXUALLY TRANSMITTED
DISEASES

1. HERPES

2. GONORRHOEA

3.

All right. Chlamydia. K-L-A...

A background collage of six diverse young people, three women and three men, of various ethnicities and ages, looking directly at the camera. They are arranged in a grid-like fashion around a central text box.

72%

of students never talked about
sexuality and media in class.

353 students surveyed in Germany, 2022

A background collage of five diverse young people, three women and two men, looking directly at the camera. They are positioned around a central white text box. The woman in the top left has dark hair and is wearing a green shirt. The woman in the top center has short brown hair and bangs. The man in the top right has dark hair and is wearing a dark blue shirt. The woman in the bottom left has long brown hair and bangs. The woman in the bottom right has long blonde hair.

Also not discussed:

Sexualized violence

68%

Sexual Orientation and Identity

63%

Gender roles

59%

Abortion

56%

353 students surveyed in Germany, 2022



67% of **teachers are not prepared**
to teach sexual education
during their studies.

490 teachers surveyed in Germany, 2022

Please indicate how extensively you discussed the following topics in class:

Body:	96 % discussed briefly or in detail
Pregnancy:	89 % discussed briefly or in detail
Contraception:	89 % discussed briefly or in detail
STIs:	76 % discussed briefly or in detail
Sexual Orientation and Identity:	75 % discussed briefly or in detail
Relationships and Sexuality:	88 % discussed briefly or in detail
Gender roles:	81 % discussed briefly or in detail
Family and other forms of coexistence:	70 % discussed briefly or in detail
Abortion:	64 % discussed briefly or in detail
Sexualized violence:	58 % discussed briefly or in detail
Sexuality and Media:	54 % discussed briefly or in detail

A faint, light gray background illustration showing several hands reaching towards the center, where a heart shape is formed. The hands are drawn with simple, sketchy lines, giving it a soft, illustrative feel.

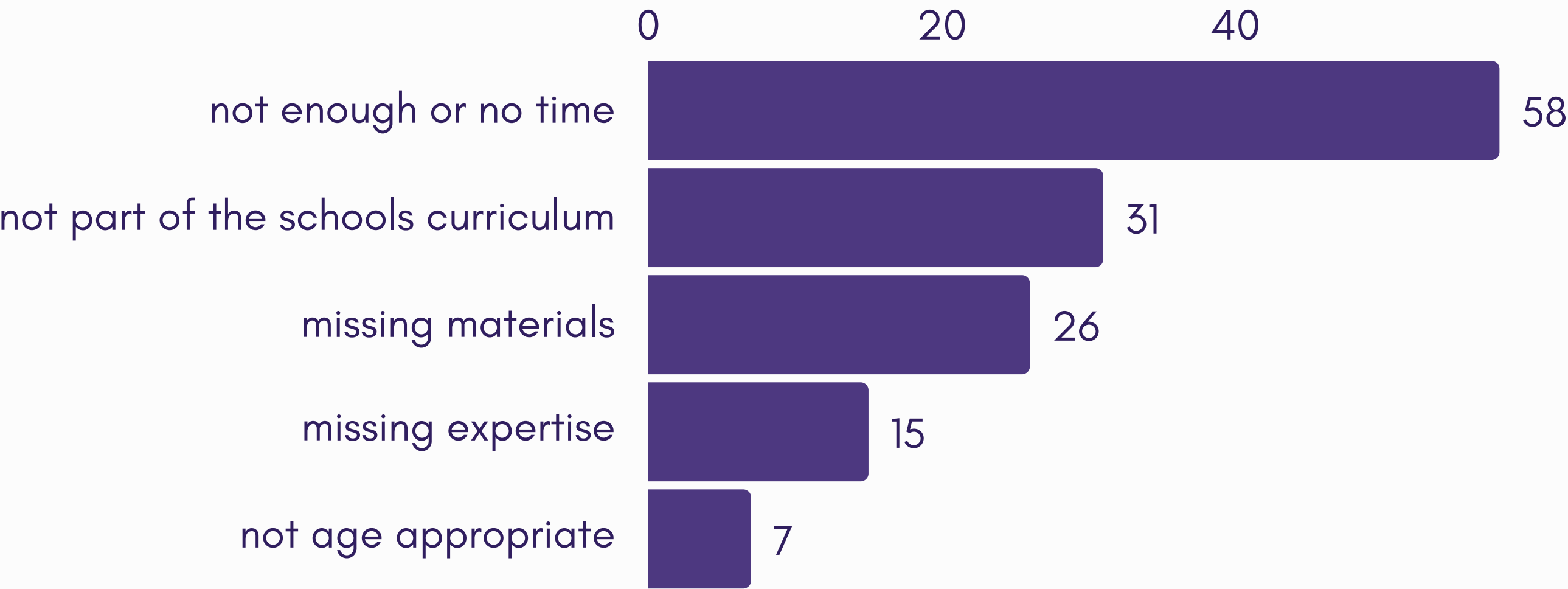
15

% of respondents stated that they
teach sexuality education across all
subjects

490 teachers surveyed in Germany, 2022

For what reasons did you not discuss certain topics at all or only briefly?

In percent

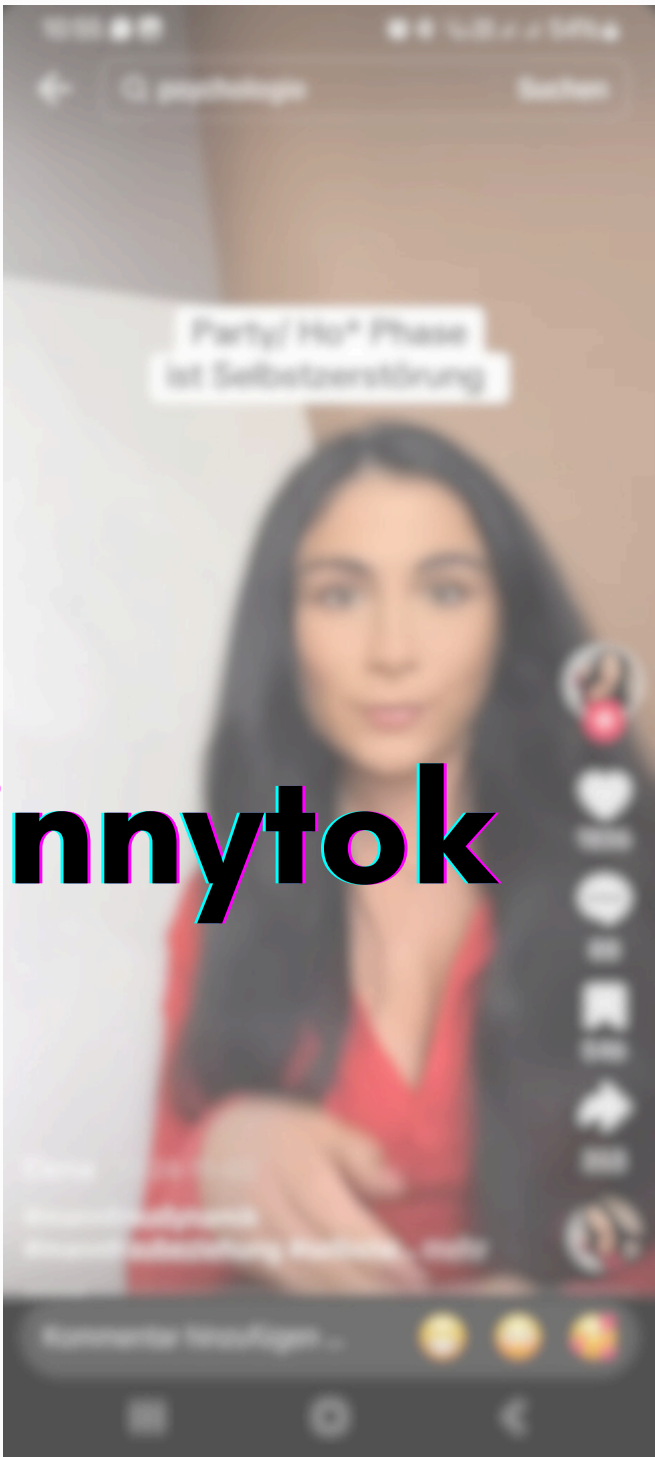
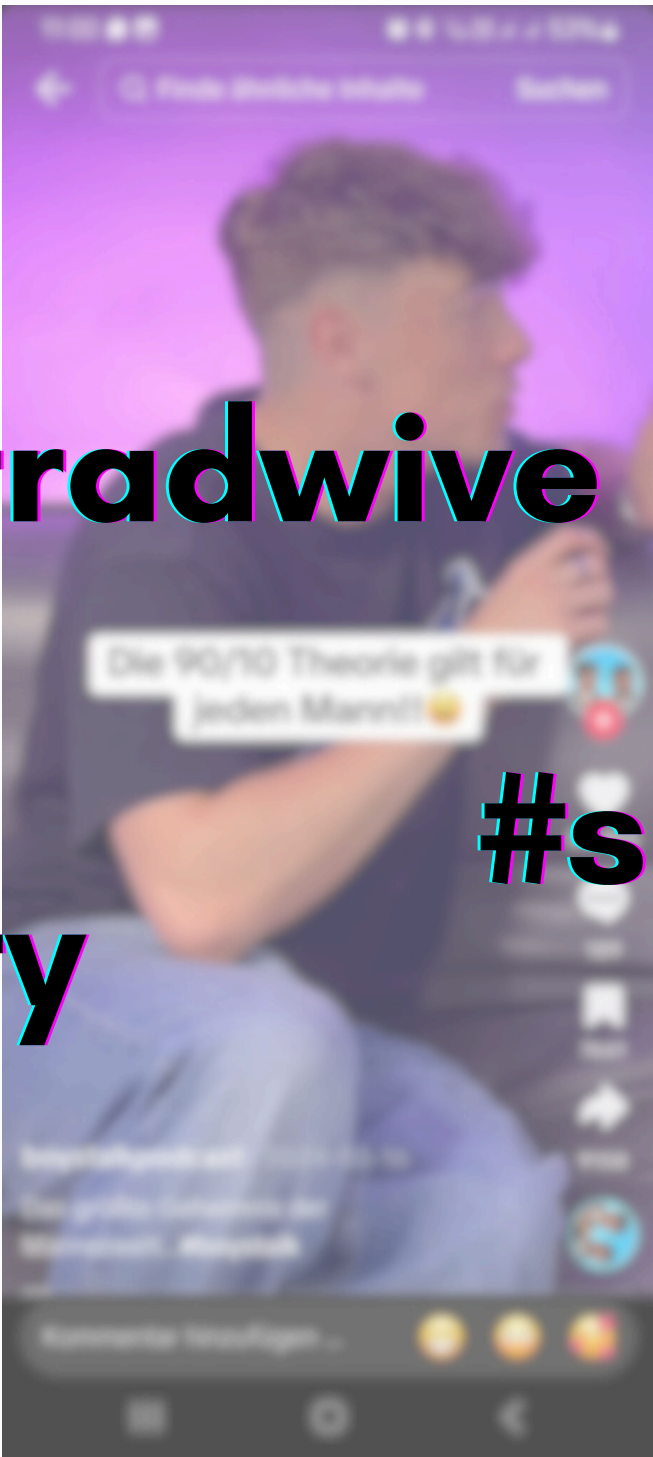
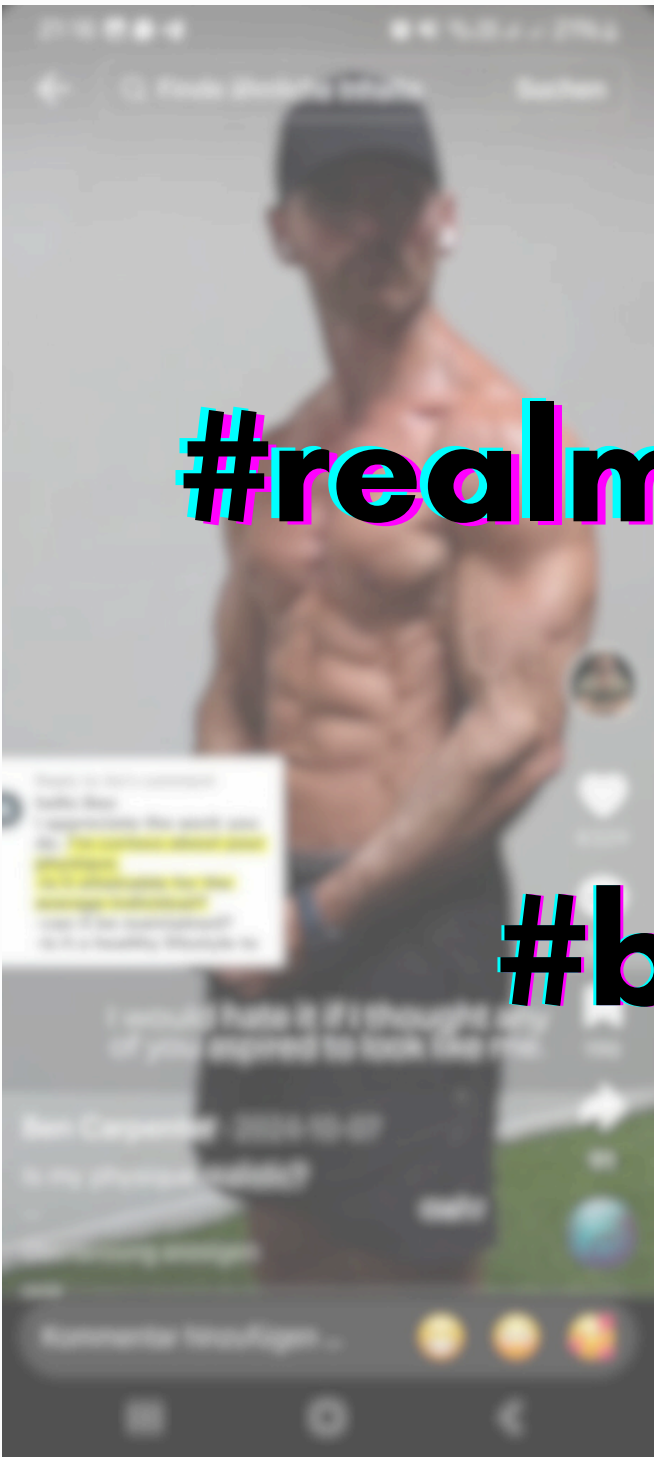




The content

The biology books are not up to date, the names and depictions of genitals even incorrect at times. There is hardly any work material besides the books.

The internet is happy to take over...



How to change the status quo?



BY DEVELOPING A SEX EDUCATION APP...

14:03 Mittwoch 25. Sept.

43 %



Show menu

UNITS



Value collection

What values are important to you in different relationships?



What is sex?

With the help of a mind map you can collect possible first times.



What is gender?

Get to know different aspects of gender with the help of our characters.



My body, my boundaries

Get to know your boundaries using various situations as examples.



Body images

Examines today's body images and beauty ideals in series and social media.

1

What is sex?

This is not so easy to answer. It depends on many different factors: Who do I like? What do I like? What do I feel comfortable with? Do I want to have sex at all?

To get started, collect the feelings that can be associated with sex.

[GIF gallery](#)

2

What does that tell me?

Your feelings are always a good indication of whether you are ready for something. Especially when you're trying something out **for the first time**, it's important to listen to your **gut feeling**. This applies to all first-time experiences – not just sex. You can find out what these are in the next exercise.

[First times mind map](#)

3

Then we can start now...

...almost. Before you have sex for the first time, in whatever form, there are a few important things to clarify. You can find out what this has to do with paragliding in the following exercise.

[Paragliding test flight](#)

Educational Handbook



TEACHING WITH KNOWBODY

The educational handbook
with lesson sequences

Click here for the app



After successful activation, the app works mostly offline, so it doesn't necessarily need a stable internet connection to operate. The learning units and tasks that require a stable internet connection, for example due to the integration of external content such as YouTube videos, are marked accordingly in the overview and in the guidelines. In addition, some learning units require an additional download of files (e.g. videos) on all devices, which should ideally be done before the lesson. You will also find information about this in the following overview.

OVERVIEW OF THE LEARNING UNITS

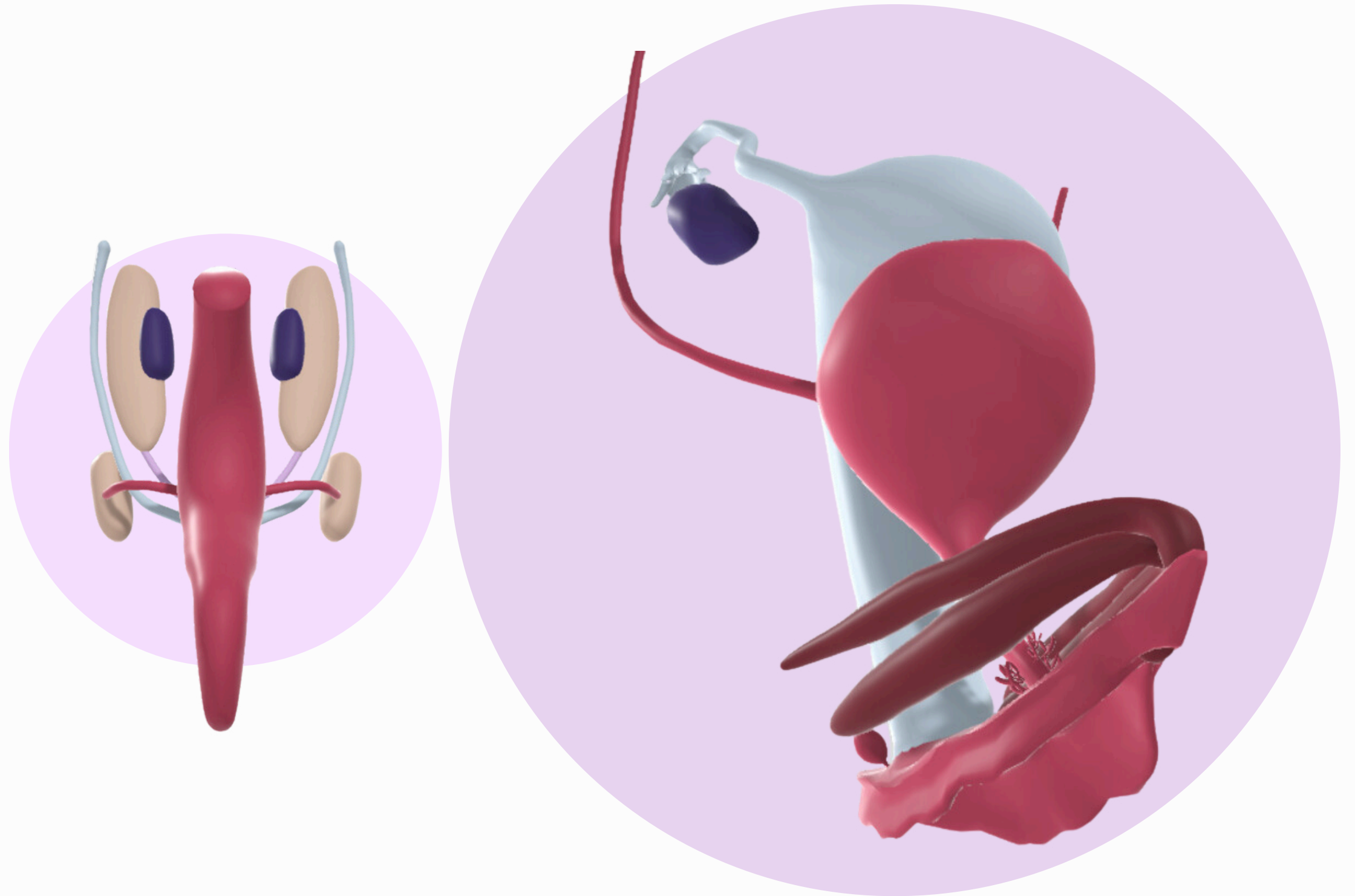
	TITLE	CONTENTS	MODULE	TIME	GRADES	SUBJECTS	CAUTION!
	Recognize feelings	Various people report on their everyday emotional lives in voice messages.	Relationships	45 min	6. - 8.	Religion, ethics, English, psychology	Headphones recommended
 	Value collection	Suitcase game to classify values into relationship categories.	Relationships	45 min	6. - 8.	Religion, ethics, social studies, politics, English, psychology	
	Relationship norms	In short videos, people talk about norms and how they influence relationships.	Relationships	90 min	8. - 10.	Religion, ethics, social studies, politics, history, English, psychology	Download files, headphones recommended
 	What is sex?	With the help of a mind map, possible first times are collected and the basic requirements for sex are determined.	Sexuality	45 - 60 min	7. - 10.	Religion, ethics, biology, social studies, politics	Stable internet for 4th task, headphones recommended, solution words in the guidelines
	Menstrual cycle	Cycle explanation with audio play and information about period products	Body	45 - 60 min	6. - 8.	Biology, social studies, politics	Stable internet for 5th task, headphones recommended
	Body scan	Introduction to sensory perception and information on all important parts of the body for sexual experiences.	Body	45 - 90 min	7. - 10.	Biology, social studies, politics, art	Download files, headphones recommended, solution words in the guidelines

Why an App?



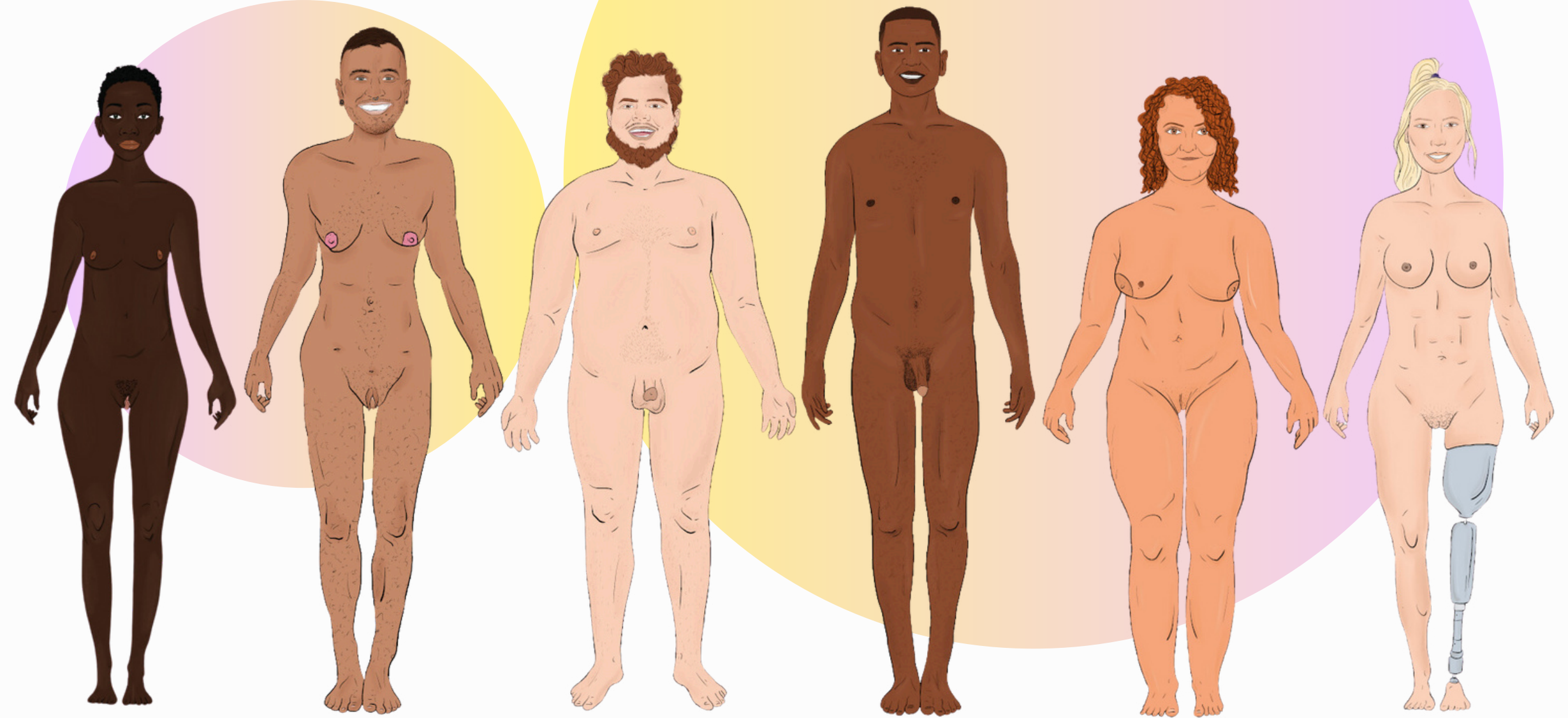
SCIENTIFICALLY UP-TO-DATE

You can't reprint books as quickly and often as new findings (e.g. about the clitoris) come to light!



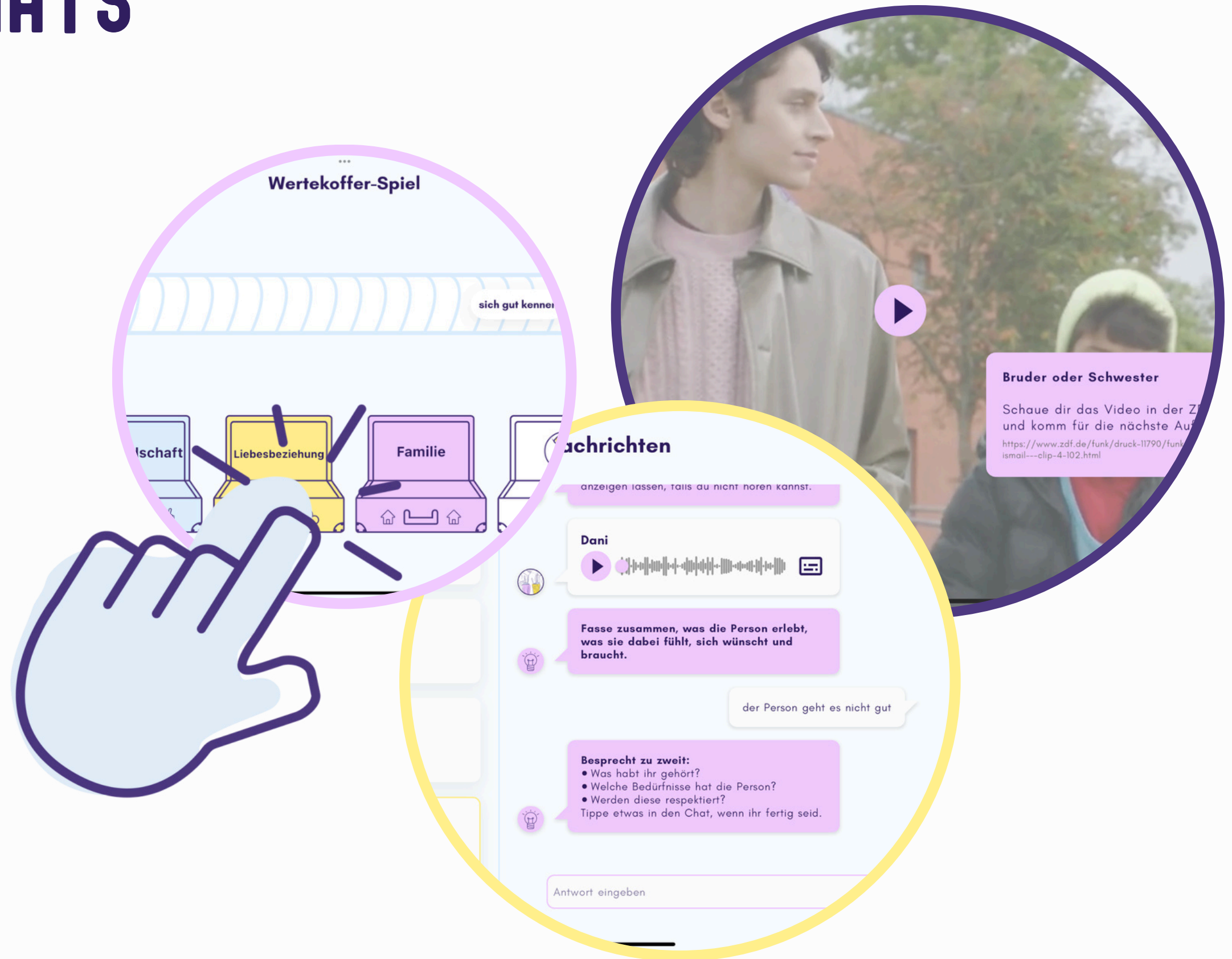
MAKING DIVERSITY VISIBLE

In the app, a large number of diverse bodies, genitals and ways of life can be displayed.



DIVERSE MEDIA FORMATS

An alternating variety of media formats makes it possible to address different learning methods individually and keeps students motivated and engaged.



PROMOTING MEDIA LITERACY

Content-related
media education
and shared (media)
use in class
promotes media
literacy .



PEER-DISCUSSION

Think Pair Share

Interaction is regularly taken out of the app and into the classroom:

After each task there is the opportunity to exchange ideas.



PEER-DISCUSSION

Think Pair Share

The personas presented in the app make it easier to engage and take part in the discussion without having to share personal details.



THE APP AS A REFUGE

Even together with other students in the classroom, the app remains their private space.

The app maintains the necessary distance between teachers and students (also amongst themselves) while engaging with the topics.



The limitations of app-based sex education

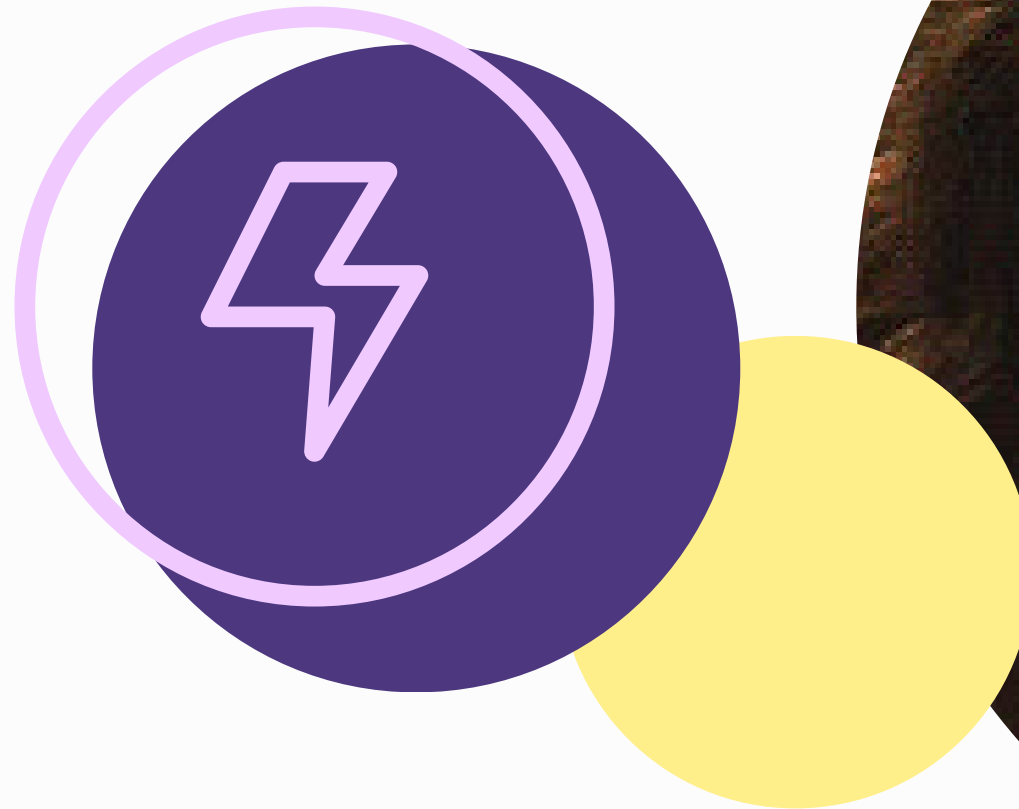


I dunno, you tell me.

DIGITAL CONTENT IS ONLY AS CURRENT AS ITS CREATORS

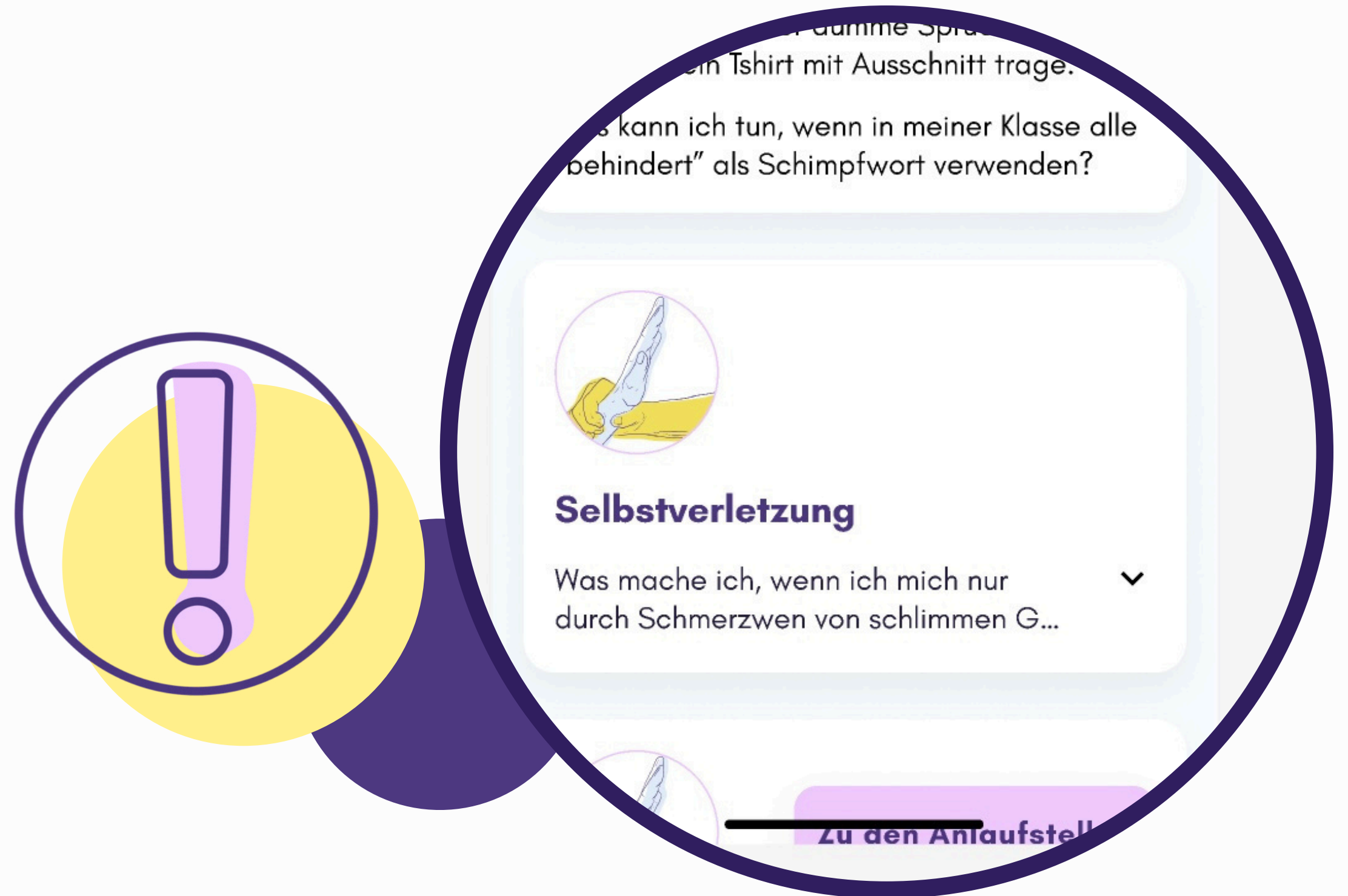
Trends and topics that we take up quickly lose their relevance.

Continuous self-reflecting and a strong feedback-culture are required to keep content up to date.



DIGITAL MEDIA DOES NOT REPLACE ADVICE

The responsibility of
the teacher ends
where the
responsibility of
counseling and help
centers begins.



EDUCATIONAL SUPPORT IS HIGHLY NEEDED FOR PEER-DISCUSSION

The learning units are deliberately designed for a shared learning experience; pedagogical moderation cannot be replaced.



DIVERSITY-SENSITIVE TRAINING

Teachers need space and opportunities in their training to reflect on their own socialization and biography in relation to bodies and sexuality.



CAN I TAKE A CLOSER LOOK AT KNOWBODY?

At a glance:

11 interactive learning units

Can be used from the 6th grade onwards

Based on the WHO curricula

Interdisciplinary lessons

Usable offline



KNOWBODY

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www.knowbody.app

[@knowbody_app](https://www.instagram.com/knowbody_app)