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WORKSHOPS ON SEXUALITY WITH ADOLESCENTS: AN EXPERIENCE REPORT

OFICINAS SOBRE SEXUALIDADE COM ADOLESCENTES: UM RELATO DE EXPERIÊNCIA

TALLERES ACERCA DE SEXUALIDAD CON ADOLESCENTES: UN RELATO DE EXPERIENCIA

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ABSTRACT

Objective: to indicate the importance of working on the theme sexuality with adolescents. Method: this is an experience report based on workshops on sexuality with 3 moments: 1) dynamics of values; 2) explanation of the theme using audiovisual resources; and 3) review of the knowledge acquired using the playful as a strategy. Results: the workshops on sexuality were held in 10 municipal and state schools in a city in the northern region of the state of Rio Grande do Sul, Brazil. Conclusion: one highlighted the importance of developing workshops with playful activity as a strategy for enabling and facilitating to address sexuality in adolescents' care, as they involve teaching and learning in a dynamic process which aggregates and takes into account knowledge kinds, facilitating the involvement, interaction, and learning of this nature. Descriptors: Sexuality; Adolescence; Nursing.

RESUMO

Objetivo: indicar a importância de trabalhar o tema sexualidade com os adolescentes. Método: trata-se de um relato de experiência baseado em oficinas sobre sexualidade com 3 momentos: 1) dinâmica dos valores; 2) explicação da temática com recurso audiovisual; e 3) revisão do conhecimento adquirido utilizando o lúdico como estratégia. Resultados: as oficinas sobre sexualidade foram realizadas em 10 escolas municipais e estaduais de um município na região norte do estado do Rio Grande do Sul. Conclusão: evidenciou-se a importância de desenvolver oficinas com atividade lúdica como uma das estratégias para viabilizar e facilitar a abordagem da sexualidade no cuidado ao adolescente, pois envolvem o ensinar e o aprender em um processo dinâmico que agrega e considera saberes, facilitando o envolvimento, a interação e o aprendizado dessa natureza. Descritores: Sexualidade; Adolescência; Enfermagem.

RESUMEN

Objetivo: indicar la importancia de trabajar el tema sexualidad con los adolescentes. Método: esto es un relato de experiencia basado en talleres acerca de sexualidad con 3 momentos: 1) dinámica de los valores; 2) explicación del tema utilizando recurso audiovisual; y 3) revisión del conocimiento adquirido utilizando el lúdico como estrategia. Resultados: los talleres acerca de sexualidad se llevaron a cabo en 10 escuelas municipales y estatales de un municipio en la región norte del estado de Rio Grande do Sul, Brasil. Conclusión: se evidenció la importancia de desarrollar talleres con actividad lúdica como una de las estrategias para posibilitar y facilitar el abordaje de la sexualidad en la atención al adolescente, ya que implican la enseñanza y el aprendizaje en un proceso dinámico que agrega y considera saberes, facilitando el involucramiento, la interacción y el aprendizaje de esa naturaleza. Descriptores: Sexualidad; Adolescencia; Enfermería.

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Adolescence is constituted by changes which become evolutionary, making it a period marked by bodily, biological, and psychosocial changes, that are felt and witnessed by all individuals living with the adolescent. Therefore, health care professionals, relatives, and friends need to understand adolescence as a dynamic process in which life histories and individual projects interact in complex plural and non-excluding relationships. This process is essential for growth, development, and construction of the adolescent's identity.

The adolescent being is always a social and historical being, a particular and collective being. The particularity is characterized by the fact that each one is unique, the collectivity establishes the relationship between the human being and society, this is the development of “consciousness of us”, the commitment of each one to her/his social group. Thus, in the relationship between the adolescent and the health care professional some values which one just can’t forget discussing stand out, such as respect for oneself and for the other; self-care; access to information, in to, this way, help them to develop criticism, aptitude to reasoning, and reflection to make conscious and healthy choices.

In this sense, it’s worth noticing the changes related to the field of sexuality. Learning on sexuality isn’t limited to that regarding the genital organs, nor the first sexual intercourse. This experience comprises affective, erotic, and love aspects related to the construction of identity, life history, as well as cultural, moral, social, and religious values of each one. It’s worth noticing that sexuality only started being a study focus, in various areas of knowledge, since the 19th century, being discussed in various institutions, such as school and the family network, becoming part of the social relations.

To work on the theme sexuality with adolescents, it’s regarded as important establishing a trust relationship between adolescent and health professional, in order to provide a holistic view of sexuality, showing that it’s an intrinsic part of being which is observed in all stages of the life cycle under different manifestations, besides connecting actions in order to allow identifying the adolescents’ needs, fears, doubts, and anxieties.

Thus, changes are needed in the health care approach, directing the look at the adolescent, accepting her/him, visualizing her/him, and recognizing her/his possibilities and limitations to, this way, promote an integral and humanized care with openness and flexibility attitudes, making it an affectionate, efficient, and effective care.

It’s based on change in the care approach that health actions must be focused on pursuing the development of the adolescent’s sensitivity and creativity, educating her/him to perform self-care, especially with regard to her/his sexuality. Thus, the health professional, especially the nurse, should identify the adolescents’ needs and promote along with them a humanized care, with health education actions aimed at sensitizing and informing them to understand adolescence and their sexuality. Therefore, it’s extremely important that the nurse is always daring, innovating, transforming, and expanding the way of caring for and educating, as many characteristics and specificities of adolescence may be discovered through dialogue, understanding, and interpretation of non-verbal expressions. Thinking of the adolescent’s health implies a movement to rethink the health practices specific to the adolescent.

Taking into account the importance of this theme, one chose to report this experience understanding it as a strategy for raising awareness and discussing the theme. Thus, the aim was enabling the importance of working with the adolescents’ sexuality.

### METHODOLOGY

As nurses and supervisors of practical and theoretical classes at the undergraduate Nursing course, the author got into various scenarios of professional practice and this report focuses on approaches with adolescents to the theme sexuality, using workshops as a strategy to raise awareness and discuss the topic.

The workshops took place with adolescents from 10 municipal and state schools in a town in the northern of the state of Rio Grande do Sul. The approach occurred in a playful manner, something which facilitated the approach to adolescents on a global basis, promoting creativity and learning through the exchange of information, increasing self-care. The playful actions are regarded as an unconventional intervention, which emerge as an alternative practice for developing the relationships between the nurse and adolescents.

The planning and development of workshops were organized as follows: after an
invitation by local municipal schools to work on the theme “adolescent sexuality”, the aim of this intervention was defined along with adolescents. One decided to use workshops as a strategy to achieve the proposal initially set: update knowledge and clarify doubts and beliefs on sexuality. The workshops were planned to meet the purposes set in a dynamic manner, being performed in a similar way in all schools.

Seeking to interact and discuss the adolescents’ sexuality, the workshops covered the following themes: values, personality, maturity, puberty, freedom, responsibility, bodily appreciation, physiological and psychological changes of adolescence, contraceptive methods, sexually transmitted diseases, and pregnancy in adolescence.

The workshops on sexuality were worked on at three moments: dynamics of values, which aimed to investigate what adolescents understood as values (character, temper, respect, family, and others), and, then, present them on a creative way through verbal and body expressions (theater and illustrations) and their relation to sexuality. At the second moment there was an explanation using an audiovisual resource containing information on the themes previously mentioned, when the adolescents had the opportunity to visualize in its actual shape each theme addressed. At the third moment, one proposed a space to review the knowledge apprehended using the playful as a strategy, as well as to answer to questions.

**RESULTS**

By organizing the educational workshops, one may create a teaching/learning link with the adolescents, promoting a unique opportunity which differs from traditional lectures, in which authoritarianism and verticality in the education act are observed, something which enabled a space for dialogue and criticism on sexuality. Through these interventions, it was possible to visualize, in a clearer way, the extent to which this issue needs to be worked on within the family universe, aiming at a holistic view of the human being, showing that sexuality is an intrinsic part of being and that it’s present at all stages of the life cycle, under various manifestations.

Throughout these workshops, it became apparent to what extent a society which is fully conscious and well informed with regard to sexuality generates more confident, healthier, and happier human beings, both towards themselves and everyone who is by their side. Thus, as a health professional, one should be accessible and open to dialogue and playfulness for addressing the issues related to sexuality, because it involves the responsibility of caring for the other, broadening the look beyond technical issues, instigating creativity and interacting in a playful manner with the real world, thus establishing a harmony and synergy between both worlds, where, then, learning takes place.7

It becomes apparent, at the end of each workshop, how important it is for adolescents to address such a mystified issue, prompting them to understand that this is a natural process in their lives, helping them to adapt to this new phase.

**FINAL REMARKS**

It was possible to show what a great challenge, for nurses, it is to provide a sensitive care for adolescents, respecting their living in the world, their culture, their needs, their possibilities, their potentialities, and their knowledge to experience their sexuality and take care of their health.

In this proposal, we were encouraged to give up our passive condition, horizontal learning, and the mere transmission of information. These possibilities highlighted the importance of health professionals to develop actions along with the adolescents, enabling the teaching/learning flexibility.

With this experience we could envision new teaching and practice possibilities, refocus and reframe the theme sexuality, getting closer and adapting nursing care in accordance with the reality observed.

**REFERENCES**


