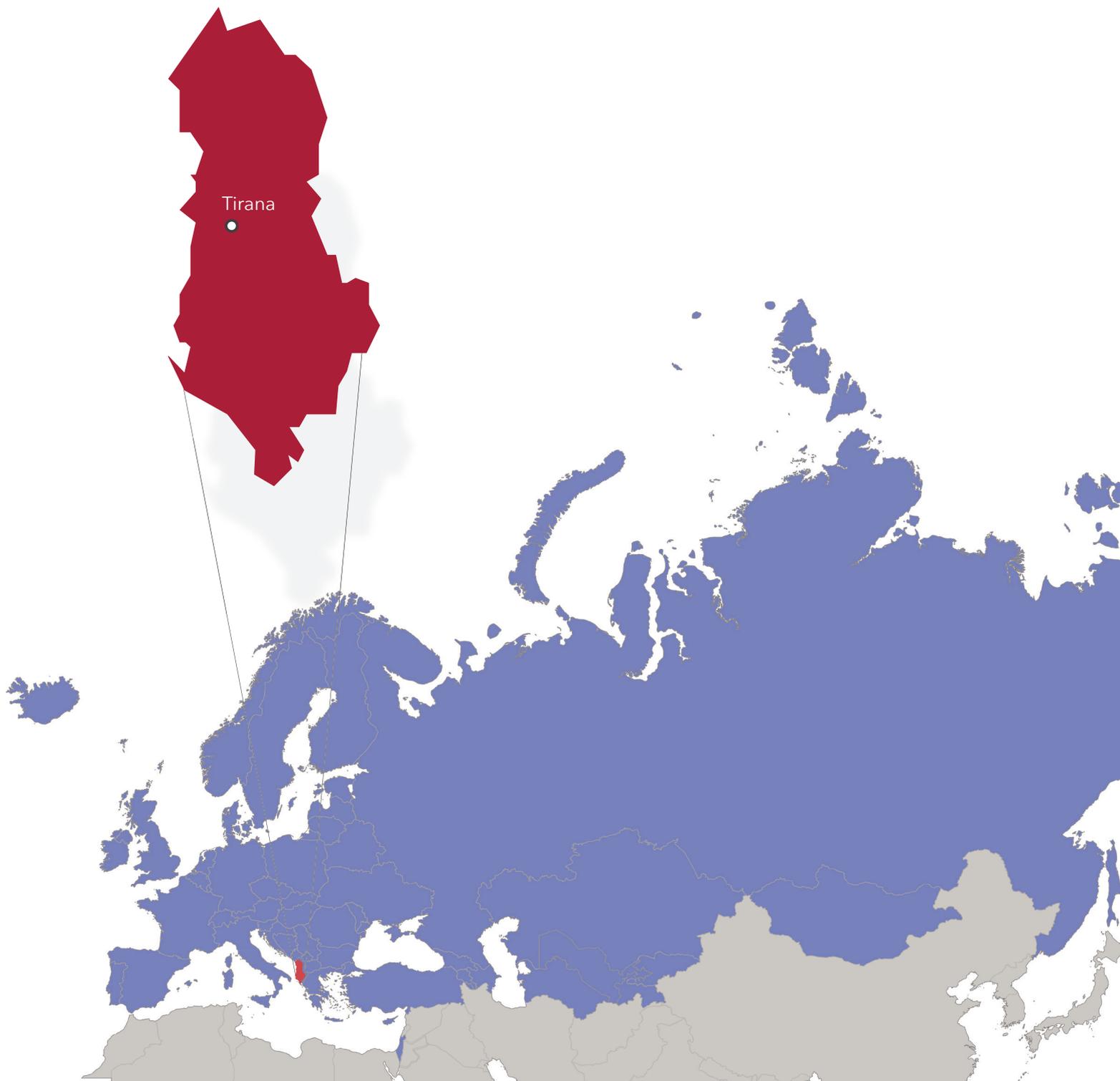


# Sexuality Education in the WHO European Region

## ALBANIA

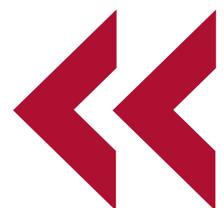


# ALBANIA



## Status of sexuality education

Albania has made remarkable progress in developing and implementing comprehensive sexuality education, thanks mainly to the efforts of the Ministry of Education, the (related) Institute of Educational Development, and the financial and technical support of UNFPA Albania. The IPPF member association 'Albanian Center for Population and Development' (ACPD) and other non-governmental organisations (NGOs) played an important role in advocating sexuality education. Since 2015, about 3 000 teachers have been trained to deliver sexuality education. Currently, the programme is implemented only in public schools.





## Laws and policies

In 2012, the Ministry of Health adopted a sublegal act entitled 'Approval of the Positioning Paper on Comprehensive Sexuality Education for Young People in Albania'.<sup>1</sup> This document states that the principles of sexuality education are comprehensive and based on human rights. It also identifies the multisectoral efforts and scope of preventive education.

## Implementation of sexuality education

The sexuality-education programme entitled 'Life Skills and Sexuality Education' consists of a number of modules included in the content of three subjects: biology, health education and physical education. The successive programmes, covering the age groups 10–12, 12–16 and 16–18 years, respectively, are mandatory. The total number of teaching hours for all groups is 140. NGOs, including 'Stop AIDS', 'Aksion+' and lesbian, gay, bisexual and transgender organisations, also deliver specific lessons on the sexual rights of young people, gender equity, youth-friendly services, etc. Primarily the Ministry of Education is responsible for curriculum development, but other stakeholders such as NGOs, teachers, educational professionals, health professionals and young people themselves have also been involved in consultations and curriculum review. Three international guidelines including the *Standards for Sexuality Education in Europe* (2010)<sup>2</sup> were used extensively for curriculum development and advocacy purposes. The curriculum encompasses a wide range of topics, including pregnancy, contraception, HIV, gender roles, online media and sexuality, love and marriage, access to safe abortion, biological aspects etc.

## Training of teachers on sexuality education

The Institute for Educational Development has implemented an extensive sexuality-education programme to train teachers since 2011. The training programme comprises a total of 110 training hours spread over 1 year. This includes 3–4 days of formal training, after which the trainers receive homework, conduct model teaching and start to train teachers (usually 10–30 teachers per trainer). By the end of 2016, 150 trainers of teachers had been trained in this manner, covering 13 regional education directorates. The number of teachers reached in this way stands at about 3 000, covering approximately 20 % of all public schools.

An expert group set up by the Ministry of Education is responsible for developing teaching materials and guidelines that generally reflect participatory learning approaches.



### Sexuality education outside the formal school setting

Sexuality education is provided in ACPD youth centres and in a few other places as well. The sessions cover issues such as HIV/AIDS, sexual pleasure, gender, rights, and violence. The ACPD also provides information through social networks such as Facebook as well as carrying out conferences and awareness campaigns and participating in TV programmes.

### Challenges

There is some opposition to school sexuality education in the country. Some parents and caregivers, community members and teachers see sexuality education as a factor leading young people into early sexual activity. They also argue that sexuality education may be good for adolescents, but not for children at a young age. The school curricula are directed toward addressing the needs of underserved young people, but there is no real strategy for reaching out to them.

### Results of an Evaluation of the 'Life Skills and Sexual Education Programme'



The 'Life Skills and Sexual Education Programme' was piloted as follows:

- for 4 days in two schools in Tirana and two in Vlora
- with learners<sup>3</sup> in grades 4–6 (aged approx. 10–12 years)
- with the authorisation of the regional directorates of education

Positive values and attitudes were strengthened. The findings also showed that teachers trained for this pilot were prepared to teach the sexuality education modules in line with the *Standards*. An evaluation of the training of teachers showed a high level of satisfaction among participating teachers.

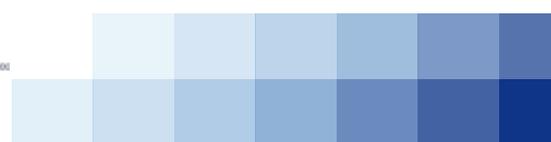
# Country facts



Albania

Total population <sup>4</sup>	2 896 000
Population aged 15–19 years (% of 15–19-year-olds in total population) <sup>4</sup>	257 000 (8.9 %)
Government expenditure on education (% of GDP) <sup>5</sup>	3.5
Youth unemployment rate (% of labour force aged 15–24 years) <sup>6</sup>	32.7
Gender Inequality Index rating <sup>7</sup>	0.267
Births per 1 000 women aged 15–19 years <sup>8</sup>	22
% of 15-year-olds who have had sexual intercourse <sup>9</sup>	boys: 39 % girls: 2 %
Average age of mother at birth of first child <sup>10</sup>	25

For references go to last page



## References / Definitions

- 1 Adoleshenti [magazine] (<http://acpd.org.al/wp-content/uploads/2015/08/Gazeta-Adoleshenti-6.pdf>, accessed 25 March 2017).
- 2 Standards for Sexuality Education in Europe. Cologne: WHO Regional Office for Europe/BZgA; 2010.
- 3 **Learner:** a child or young person who is enrolled or attends classes in school, including primary (basic/elementary), secondary (middle) and high school.
- 4 Population by age, sex and urban/rural residence, 2016 [online database]. New York: United Nations Statistics Division; 2017 (<http://data.un.org/Data.aspx?d=POP&f=tableCode%3A22>, accessed 25 March 2017).
- 5 Human development report 2016: human development for everyone. New York: United Nations Development Programme; 2016 (<http://hdr.undp.org/en/2016-report>, accessed 25 March 2017).
- Government expenditure on education:** current, capital and transfer spending on education, expressed as a percentage of GDP. Range in the region is approx. 2.0–8.5.
- 6 Human development data, 2015 [online database]. New York: United Nations Development Programme; 2017 (<http://hdr.undp.org/en/data#>, accessed 25 March 2017).
- Youth unemployment rate:** percentage of the labour force population aged 15–24 years that is not in paid employment or self-employed, but is available for work and has taken steps to seek paid employment or self-employment.
- 7 Human development report 2016: human development for everyone. New York: United Nations Development Programme; 2016 (<http://hdr.undp.org/en/2016-report>, accessed 25 March 2017).
- Gender Inequality Index:** a composite measure reflecting inequality in achievement between women and men in three dimensions: reproductive health, empowerment and the labour market. It varies between zero (when women and men fare equally) and one (when men or women fare poorly compared with the other in all dimensions).
- 8 Adolescent fertility rate (births per 1 000 women ages 15–19). Washington (DC): World Bank; 2016 (<https://data.worldbank.org/indicator/SP.ADO.TFRT>, accessed 25 March 2017).
- 9 Growing up unequal: gender and socioeconomic differences in young people's health and well-being. HBSC 2016 study report (2013/2014 survey). Copenhagen: WHO Regional Office for Europe; 2016 (<http://www.euro.who.int/en/publications/abstracts/growing-up-unequal.-hbsc-2016-study-20132014-survey>, accessed 25 March 2017).
- 10 Mother's mean age at first birth. Index Mundi [data from CIA world factbook, various years] (<https://www.indexmundi.com/factbook/fields/mother's-mean-age-at-first-birth>, accessed 25 March 2017).