

IMCC-Sexinuk



Description of the project including the project's goal

Knowledge about sexual health is an essential part in a human's life. In the western world, most of this knowledge is established in the teenage-years. The young people in Greenland have expressed that they are missing a valid and proper information platform, which can improve their knowledge concerning sexual health. "Sexinuk" is a new IMCC-activity, involving medical students from Denmark and Greenland.

The goal is to improve sexual health among young people in Greenland. A known method to improve sexual health is to actually advocate sexuality, contraception, reproductive health, etc. To increase the education level regarding sexual health in Greenland, it is a great possibility to introduce peer-education. Peer-education is a more successful teaching than adult-led programs in passing on information. Mostly because the young people identify with their peers. Furthermore "Sexinuk" aims to be well established by cooperating with local authorities, schools and health institutions in Nuuk, Greenland. The long-term goal concerns a continuous and long-lasting project. We believe that the access to knowledge is crucial, when approaching sexual health issues.

Project's objectives, activities and achievements

The project's objectives involves three essentials subjects:

- 1) The purpose is to improve the sexual health amongst the youth in Greenland by introducing peer education in 7.-10thgrade. A greater openness as regards sexual taboo subjects will change the view concerning abortion, sexual transmitted diseases, incest, contraception, etc. This knowledge is essentials for the young people in Greenland, because of the following:
 - Every Greenlandic woman experience on average 2.2 voluntary abortions throughout her life. It is not uncommon to hear of abortion being used as "contraception" .
 - The average age of sexual debut in Greenland is significantly lower than in other northern countries.
 - The incidents of Chlamydia is ten times higher than in Denmark.
- 2) The opportunity to create a close cooperation between Denmark and Greenland. This involves sparring partners in treat of Greenlandic culture and society. Greenlandic medical students have already contributed to the project by participating in focused-group interviews. This has given us a leading idea on how to teach the youth in Greenland.
- 3) A project which is long-lasting. It should be possible to adjust the project according to the needs of the youth in Greenland. A continuous evaluation is important, so the demands could be reached.

How young people were involved

The idea to the project was established by two medical students from Denmark after a clinical residence at the hospital in Nuuk. Several patient cases involved abortion and unwanted pregnancies, often among young girls. These young patient cases inspired to do more research concerning sexual education in Greenland. We discovered that even though sexual education is mandatory in the elementary schools in Greenland, the classes' method is obsolete. By introducing peer-education, the youth in Greenland gets a more modern and inspiring sexual education. As regards peer-education, it has never been introduced in Greenland before - "Sexinuk" is therefore a pioneer project concerning that matter.

The project planning involves medical students from Denmark and Greenland. These students are mainly also involved in IMCC, and can draw experience from similar educational projects.

Additionally, when it concerns trainees/volunteers and mother-tongue teaching, the nursing students in Nuuk were recruited through posters at their student environment. In this way the sexual education will mainly take place in Greenlandic language.

The project involves many youth aspects, and the ongoing youth participation is fundamental for the projects activities and continuity.

Project funding

IMCC-Sexinuk is new activity and the first visit to Nuuk is planned to take place in September 2013.

Anne-Sophie Homøe and Ane-Kersti Knudsen are responsible for the project funding. The project has two funds (NunaFonden and Inuureritta – both Greenlandic funds). They required a project report and a balancing budget. The costs of the project are estimated to a total of 24.000 DKR (3220 Euros).

Project's connections to national or international environment processes

By advocating the importance of sexual health, keeping in mind the 2015 Millenium Development Goals (combating HIV/AIDS, improving maternal health and gender equality), we hope that a sexual education programme can help improve the approach to sexuality and sexual health issues in general.

Follow up, outcomes and future plans

The project is ongoing. The trainees/volunteers should provide a sexual education programme, which continuously will be improved. The outcome is mainly long-term goals concerning improved sexual health knowledge, lower rate of unwanted pregnancies and greater openness concerning sexual taboos subject.