

0928

Self-knowledge: possibilities of reflection about the moralist view of sexuality.

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This work relates the experience of a project that promotes the discussion and reflection about the sexuality with adolescents, through activities that make possible self-knowledge. It was thought to develop a project in the partnership with School of Family Program in a suburb district of a countryside town of Sao Paulo State, due to the lack of leisure areas and the precariousness of health attendance for adolescents. We realize that the sexuality subject is little approached in state schools, besides the lack of health services of public facilities specific for adolescents. Thinking in the actuation of Occupational Therapy as a facilitator and articulator in this preventive health process and in the promotion of teenager's autonomy, in the sense of promoting reflections, and demystifying beliefs, I have done a work with activities that had as an objective the self-knowledge, making reflections about the desire, taking care of yourself and others. They are teenagers from 12 to 18 years old, and the meetings were done on Sundays with three hours of duration. In each meeting we make activities that work with the body, the perceptions, sensations, through music, films, theater plays, besides the discussion of themes like Venereal Diseases, contraceptive methods, basic biologic aspects, and in the end a talk about their dreams, fears, the "I", the other, the family and the society.

At the beginning there was some resistance with moralist speeches of some adolescents to do some of the suggested activities, for to consider themselves experts in the subject. But with the elapse of the process it could be observed that they are more open and discussing more, giving opinions and defying the complexity of this subject, changing conceptions, respecting themselves and the others, having the consciousness of their own decisions and conclusions. It's necessary before the complexity of this theme, capable professionals in institutions mainly in the schools to discuss this matter without moralism and without beliefs. There's a lot to be researched and discussed about sexuality to break with the traditions, myths and with the political and religious system itself, focused in the consumist capitalism.