



**THE SPOT
COMMUNITY
PROJECT BY SIPJ**

PROGRAMME INFORMATION

FOR PRIVATE INSTITUTIONS

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INTRODUCTION

About The SPOT Community Project

SPOT is a movement created for girls by girls focused on providing rights based Comprehensive Sexuality Education in accordance with UNESCO's International Technical Guidance on Sexuality Education (ITGSE). SPOT programmes provide safe spaces for learning in our efforts to encourage young people to develop a positive attitude towards sexual and reproductive health, as well as skills to further their personal and social development. Our ultimate goal is to educate, inform and inspire 100,000 young people by 2030.

SPOT was founded in 2015 by Siti Aishah Hassan Hasri, currently the President Elect of SIPJ, and has since impacted the lives of 14,824 children with the help of 359 volunteers.

About Soroptimist International Club of Petaling Jaya SIPJ

SIPJ (PPM-001-10-23021995) was officiated in 1994 as one of the 14 clubs in the Organisation of Soroptimist International Region of Malaysia (SIROM) and is part of the Soroptimist International South West Pacific (SISWP) Federation. The first fund raising dinner organised by SIPJ in 1994 was attended by then Datin Sri Siti Hasmah Mohamad Ali. The event raised RM50,000 which allowed the Club to start its community services with donations to the University Malaya Medical Centre and Rumah Faith. Long term projects such as the Kampung Ku and the SPOT Community Project are exemplary of SIPJ's commitment to creating long term solutions for the underserved and marginalised in Malaysia.

PRIORITY SDG

There are 17 SDGs and 169 targets in total. While they are all important and interrelated, these are the specific SDGs and targets our SPOT programmes are prioritising.



03 — Good Health and Well-Being

3.7 UNIVERSAL ACCESS TO SEXUAL AND REPRODUCTIVE CARE, FAMILY PLANNING AND EDUCATION

By 2030, ensure universal access to sexual and reproductive health-care services, including for family planning, information and education, and the integration of reproductive health into national strategies and programmes.



04 — Quality Education

4.5 ELIMINATE ALL DISCRIMINATION IN EDUCATION

By 2030, eliminate gender disparities in education and ensure equal access to all levels of education and vocational training for the vulnerable, including persons with disabilities, indigenous peoples and children in vulnerable situations.



05 — Gender Equality

5.2 END ALL VIOLENCE AGAINST AND EXPLOITATION OF WOMEN AND GIRLS

Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation.

THE ISSUE

[Watch our TEDx Talk](#)

[Listen to our BFM Interview](#)

[Read our The Edge Interview](#)

The wellbeing of Malaysian youths are increasingly being threatened. We have seen a continuous rise in physical sexual assault cases involving children (from 591 in 2018 to 993 in 2020). According to the Royal Malaysian Police, the majority of the statutory rape cases reported among underaged children were of crimes attributed to the trend of children being unaware of the risks around connecting online or through social media.

Police data also showed an increase in non-physical sexual assault cases among underage victims, a jump from 13 cases in 2019 to 51 in 2020. The Human Rights Commission of Malaysia (SUHAKAM) also revealed that children face higher risks of being exposed to online pornography especially during the MCO period, raising concerns about their vulnerability of becoming victims of online sexual exploitation and manipulation.

Additionally, children are facing multiple mental health problems and emotional disorders, caused by peer pressure, lack of prosocial behaviour skills, and stresses around social conducts.

References

[Hundreds of sexual assault among children are due to online exploitation](#)

[Suhakam Commissioner warns of online sexual grooming and exploitation attempts](#)

[Khazanah Research Institute Paper on Social Inequalities and Health in Malaysia 2020](#)



**Children are 1/3 of
our population and
ALL of our future**

THE SOLUTION

Comprehensive Sexuality Education (CSE) is a curriculum-based process of teaching and learning about the cognitive, emotional, physical and social aspects of sexuality. It aims to equip children and young people with knowledge, skills, attitudes and values that will empower them to: realise their health, well-being and dignity; develop respectful social and sexual relationships; consider how their choices affect their own well-being and that of others; and, understand and ensure the protection of their rights throughout their lives. CSE is a powerful tool to combat violence, abuse and discrimination and to promote respect for diversity. Furthermore, our programmes are designed to remove embarrassment, stigma and fear around sexuality education.

As stressed by the Lanzarote Committee, children are becoming increasingly vulnerable to online grooming, sexual extortion, cyber-bullying or other types of sexual exploitation. Further, the increase in online interactions due to Covid19 has highlighted the importance of CSE in preventing children from falling prey to sexual offenders online.

Our proposed modules aim to cover the topics below, tailored to students aged 7 to 18.

RELATIONSHIPS

VALUES, RIGHTS, CULTURE AND SEXUALITY

UNDERSTANDING GENDER

VIOLENCE AND STAYING SAFE

SKILLS FOR HEALTH AND WELL-BEING

THE HUMAN BODY AND DEVELOPMENT

SEXUALITY AND SEXUAL BEHAVIOUR

SEXUAL AND REPRODUCTIVE HEALTH

Package A is our basic sexual and reproductive health talk that comprises of four main topics under the ITGSE components of relationships, the human body and development, sexuality and sexual behaviour and sexual and reproductive health. This four hour session will be led by our expert, assisted by five facilitators within the school compound. The session can be conducted in a coed or gender specific setting.

PACKAGE A - RM3000

Duration: One 4 hour session

Maximum Capacity: 60 pupils

The main topics include

- Reproductive health
- Sexual health
- Relationships (social and self)
- Relationships (romantic)

Subtopics and activities will be surrounding

- puberty for boys
- puberty for girls
- menstruation
- sex
- healthy relationships
- boundaries and
- consent
- contraception
- pregnancy
- sexually transmitted infections
- sexual crimes and offences against children
- sexual orientation

6

facilitators

50

MYR cost per pupil

100%

All fees paid will go back into supporting the free programmes provided to underserved children including children with disabilities, refugees and undocumented children living in Malaysia

Package B is our comprehensive sexuality and reproductive health workshop that covers four main topics under the ITGSE components of relationships, the human body and development, sexuality and sexual behaviour and sexual and reproductive health. The workshop will be conducted over four two hour sessions, led by our expert and facilitated by five facilitators, within the school compound. The workshop can be conducted in a coed or gender specific setting.

PACKAGE B - RM6000

Duration: Four 2 hour sessions held weekly
Maximum Capacity: 60 pupils

The main topics include

- Reproductive health
- Sexual health
- Relationships (social and self)
- Relationships (romantic)

Subtopics and activities will be curated as a deep dive into

- puberty for boys
- puberty for girls
- menstruation
- sex
- healthy relationships
- boundaries
- consent
- contraception
- pregnancy
- sexually transmitted infections
- sexual orientation
- sexual crimes and offences against children
- intimate partner violence
- porn

6

facilitators

25

MYR cost per pupil
per session

100%

All fees paid will go back into supporting the free programmes provided to underserved children including children with disabilities, refugees and undocumented children living in Malaysia

Package C is a customised sexual and reproductive health programme co-designed with the school to meet the needs of their pupils and fill the gaps in the standard curriculum. Sessions will be conducted over eight weeks, at a recommended two hour engagement per session, within the school compound. Sessions can be conducted in a coed or gender specific setting. Pricing will be quoted accordingly.

PACKAGE C

Duration: Eight 2 hour sessions held weekly (recommended)

Max Capacity: 60 pupils

Topics include

- Relationships
- Values, rights, culture and sexuality
- Understanding gender
- Violence and staying safe
- Skills for health and well-being
- The human body and development
- Sexuality and sexual behaviour
- Sexual and reproductive health

Subtopics and activities will be based on specific needs of the school.

We also offer these add-on services

- weekend deep dive bootcamps for adolescents
- online coaching for adolescents
- online coaching for parents.

100%

All fees paid will go back into supporting the free programmes provided to underserved children including children with disabilities, refugees and undocumented children living in Malaysia

OUR PROGRAMME COMMITMENT

Our programmes are designed as a continuous educational process that starts at an early age, where new information builds upon previous learning, using a spiral-curriculum approach. We believe that CSE should go beyond the traditional focus; to help young people question social contexts and challenge unhelpful social norms, including gender norms, and to be part of the broader societal efforts towards achieving gender equality. We encourage psychosocial wellbeing by focusing on positive development, healthy lifestyle behaviours and choosing kindness by improving their emotional and social skills. This in turn will help create better leaders and compassionate members of society.

Listed are our programme commitments.



01 — Age Appropriate and Evidence Based

Our programmes are designed to be age and developmentally appropriate, and culturally sensitive for our intended participants. The knowledge shared is scientifically accurate and backed by evidence and best practices.



02 — Advancing Gender Equality

Our approach is grounded in the understanding that advancing gender equality is critical to young people's sexual health and well-being.



03 — Promote Empathy

Our programmes are designed to emphasise values that promote empathy and sensitivity towards others: inclusion, respect, equality, responsibility and reciprocity; as inextricably linked to universal human rights.

MEET OUR EXPERTS



Siti Aishah Hassan Hasri

Siti Aishah is the Founder of the SPOT Community Project by SIPJ. She spearheads a team of volunteers providing rights based comprehensive sexuality education that has impacted the lives of more than 14,000 children since 2015. She is an Obama Foundation Asia and the Pacific Leader, an Acumen Academy 2021 Fellow and she is passionate about community organising and arts. Siti Aishah represented Malaysia at UNESCO's Regional Multi-stakeholder Dialogue on Comprehensive Sexuality Education (CSE) and the launch of the International Technical Guidance on Sexuality Education (ITGSE) in 2018.



Dr Rabiathul Badariah Bazeer Ahmed

Dr Rabia is a social activist armed with a medical degree. Dr Rabia has devoted the last 10 years to the field of sexual reproductive health and rights (SRHR), impacting the lives of thousands of children and women especially in tackling gender equality. She is a training facilitator for Skwad Waja Perak, a volunteer of Talian Selamat, a gender based violence hotline under Wanita Berdaya Selangor, and she also serves as a Child Court Advisor for the Petaling Jaya Court. Dr Rabia was part of the Malaysian team in the ASEAN Intimate Partner Transmission of HIV (2016) discussions, and she took part in the UNFPA Stakeholder Consultation on ICPD25 (2020). Dr Rabia is an Acumen Academy 2021 Malaysia Fellow.

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We thank you for your support in our efforts to advance CSE in Malaysia.

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