



Dear parents and guardians,

We would like to invite you to join us in an important conversation about the safety, communication, and well-being of children and young people.

From February 2–6, the annual *Vika6* sexual health week will take place in Reykjavík's schools and leisure programs. During this week, special emphasis is placed on strengthening education about sexual health and creating space for open, honest, and age-appropriate discussions. Sexual education is one of the most important forms of prevention against sexual violence. It is always tailored to the age and development of children, with the aim of increasing their self-awareness, promoting healthy communication and relationships, and raising their understanding of their own rights.

The Reykjavík School of Equality oversees the planning of the week and prepares educational material that staff can use in teaching and working with children and adolescents. This year's theme is *safety and violence*, chosen by the city's teenagers through an electronic vote. Children and young people in Reykjavík have repeatedly expressed that they want more education about boundaries, consent, communication, and how to respond when something makes them feel unsafe.

Vika6 is based on UNESCO's guidelines for comprehensive sexuality education, which consider all aspects of sexual health: physical, emotional, social, and spiritual.

This year, *Vika6* will address topics such as:

- **Safety and boundaries:** consent, setting and respecting boundaries, recognizing unhealthy communication.
- **Violence and harassment:** how it appears, how to respond, and where to seek help.
- **Communication and relationships:** friendship, respect, diverse families and relationships.
- **Children's rights:** the Convention on the Rights of the Child, the impact of social media, and recognizing their own voices.

We understand that these topics can be sensitive and that some may feel uncertain when discussing sexual education, violence, or boundaries.

Many of us likely remember that these subjects were not always easy to talk about when we were younger. Our goal is to empower children and young people so they become more responsible in their communication and relationships, and feel that they can always come to us — even when they are unsure or facing difficult questions — and know that we are ready to listen, support them, and talk about what matters to them.

We encourage you to check out the educational material, talk with your children, and make use of the resources available on the School of Equality website: <https://reykjavik.is/jafnrettisskolinna/vika6>

The educational material also includes guidance for staff, which you as parents are of course welcome to use in conversations at home.

Parents and guardians play a vital role in sexual education, and we look forward to working with you to create a safer and healthier environment for our children and young people.

Best regards,

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