

LIVING SEXUALITY “GIVING MORE LIFE TO YEARS” AND “GIVING MORE HEALTH TO LIFE”: STRATEGIES OF ACTION

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Abstract

The “European Strategy for Implementation of Health for All”, defined, in 1980, by State Members of OMS European Region (Doc. EUR/RC30/8 Rev.2), still remains pertinent, as it is shown through alarming data concerning, for instance, sexually transmissible diseases, in which AIDS reaches a proeminent place.

This situation requires a special attention, mainly in adopting positive actions leading to the promotion of individual and collective health. Such a process involves a suitable cooperation between health services and other partners (individuals, families, communities, school, media, ...), not always recognized with a similar status.

The aim of this study, based on the ideas of “giving more life to years” and “giving more health to life”, is to contribute for a new way of young people living their sexuality.

Empirical data for this purpose were collected using questionnaires and interviews in public health services and institutions, in order to increase our awareness concerning portuguese situation.

These results were taken into account for conceiving broad guidelines and action strategies to be used in formal and non-formal education, with a special attention to compulsory school.

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