



**Fizzing**

WARMTH, LOVE, AND LONGING

Susanna Ruuhilahti  
Juha Kilpiä  
Nektaria ry, Finland

## FIZZING – A Method of Sexuality Education

### VISION

Making people reflect, question, experience, and share their thoughts about sexuality, living as human beings, in the world through participation.

### Human concept

A human is unique. A human has physical, psychic, and spiritual dimensions, which are realized in relations with other humans.

### Meaningful encounters

Meaningful moments and gaining experience of the fact that I become me through you.

### Presence

Open dialogue. Not teaching but being, and allowing a lingering flow of thoughts and feelings without predetermined aims in the atmosphere of pedagogic love.

### METHOD

A face-to-face or virtual process-type method aiming at empowering, supporting, enabling one's own understanding reciprocally.

### Stories

Create reality, maintain or dismantle structures. Values and virtues coexist in their natural environments, and are created out of meaningful encounters that affect the human concept.

### Arts

Build, create, provide understanding beyond words, give opportunities to create reality instead of only adapting it.

### Humour

Attitude to life, wisdom, and phenomena. Enables distancing oneself so that understanding can increase. A spontaneous, interactive, and empowering field of meaningful activity.

COUNSELLING – EDUCATION – EVENTS – MATERIALS

nektaria



Kihinä - Nektaria ry, 2011

[www.nektaria.fi](http://www.nektaria.fi)