



CALL TO ACTION

Empowering young people with Comprehensive Sexuality Education (CSE).

Empowering young people with comprehensive sexuality education (as defined by the World Health Organisation¹) is essential for safeguarding their reproductive autonomy and enabling informed family planning decisions. Despite advancements in sexual and reproductive health education, there remains a significant gap in fertility awareness among Europe's youth. The results of the FActs! game highlight significant knowledge gaps across Europe, with an overall score of 70.9%, showing strong awareness in lifestyle factors (89.3%), but lower understanding of fertility (54.7%) and sexually transmitted infections (64.3%), emphasizing the need for more education on how daily habits impact reproductive health. Addressing this gap is crucial to overcoming involuntary childlessness and promoting inclusive policies across the continent. Moreover, diverse national attitudes and economic conditions across Europe have led to unequal access to fertility education, further exacerbating this knowledge gap.

The Importance of Fertility Awareness

Fertility is a fundamental aspect of reproductive health, yet many young people in the EU lack essential knowledge about it. Recent data confirms that too many are unaware of key factors affecting their fertility, including the reproductive lifespan, the impact of age, lifestyle choices, and environmental exposures. This knowledge gap limits their ability to make informed decisions about their future. Young people participating in the FActs! project make it clear: they want fertility and infertility education included in their curricula to equip them with accurate information and empower them to manage their life decisions/choices.

Closing the Knowledge Gap: Key Measures for Action

The upcoming Post-2025 Gender Equality Strategy and the recently introduced Roadmap for Women's Rights signal a positive step at the EU level, but to truly close the fertility awareness gap, coordinated action is needed at both EU and national levels, ensuring CSE and policies that empower young people with essential reproductive health knowledge.

EU-Level Action

- The EU should take the lead in supporting Member States by strengthening fertility education within CSE. This can be achieved through policy recommendations, dedicated funding, and research initiatives. By prioritising fertility literacy, the EU can empower young people to make informed reproductive choices, promote gender equality, and improve access to reproductive healthcare.

National-Level Action

- **Integrate fertility education into CSE:** Incorporate evidence-based fertility education into existing CSE curricula, ensuring that all students receive accurate and age-appropriate information about reproductive health.
- **Develop and disseminate educational resources:** Utilise tools like the FActs! educational platform, which offers interactive games and lesson plans designed to enhance fertility awareness among teenagers.
- **Train educators and health professionals:** Provide specialised training to equip teachers and healthcare providers with the knowledge to effectively deliver fertility education and address students' questions and concerns.
- **Launch public awareness campaigns:** Implement campaigns to raise awareness about fertility and reproductive health, targeting not only young people but also parents, policymakers, and the broader community.

Call to Action

We call on the European Parliament, the European Commission, and national governments to strengthen CSE and integrate fertility awareness as a key component. Young people deserve access to accurate, science-based information on reproductive health, fertility, and informed family planning. While education remains a national competence, the EU can support this goal through policy recommendations, funding, research, and cross-country collaboration. Prioritising fertility education within gender equality, public health, and demographic resilience strategies will empower future generations and ensure equal access to fertility knowledge for all.

¹ WHO, Definition of Comprehensive Sexuality Education, 18 May 2023

