



Association for Violence Prevention & Sexual Health Promotion
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Mission Statement

1. Mission

Lilli is committed to the prevention of violence and the promotion of sexual health.

2. Values

◆ Empowerment

Lilli supports the self-efficacy of adolescents and young adults and promotes autonomous, self-determined and responsible behavior.

◆ Participation

Lilli's services are essentially shaped by the users, in that they provide questions for publication and thereby determine the topics Lilli works on. Furthermore, their criticisms and suggestions are incorporated into the structure and further development of the service.

◆ Resource Focus

Lilli draws on the principle of salutogenesis and is committed to promoting resilience. It emphasizes strengths and resources and sees dysfunctions and behavioral problems as limits within learning processes and as opportunities to expand and overcome these limits through new learning steps.

◆ Low-Threshold Approach

Lilli designs its services in such a way that adolescents and young adults can receive advice and information anonymously and free of charge with little effort. Lilli sees itself as a first point of contact and, if necessary, refers to services that offer direct help.

◆ Innovation

Lilli responds to the ever-changing trends and needs of teenagers and young adults. It responds to new trends by continuously updating and developing its services,.

◆ Equal Opportunity

Lilli strives to do justice to the diversity of young people, their different lifestyles and information needs, and takes to heart the principles of simplicity, clarity and comprehensibility in order to ensure the greatest possible equality of opportunity.

◆ Destigmatization

Lilli actively promotes protection against discrimination. It is committed to equal treatment of all people - regardless of gender, ethnicity, sexual orientation, age, faith, or special needs, e.g. due to illness or disability.

◆ Appreciation and Respect

Lilli treats all people, their concerns and needs with respect and actively encourages respectful and appreciative behavior.

◆ Legality

Lilli advocates lawful behavior, consistently takes a stand on violations of criminal law and clearly names them. Lilli promotes social behavior and states a clear position when someone violates the basic rights of others through their behavior.

◆ Acceptance

Lilli addresses prejudices and taboos that have a negative impact on the development of personality, sexuality and relationship skills. Lilli accepts all sexual acts that are legal and based on informed consent, and that do not harm people or animals.

3. Approach to Prevention

3.1. Prevention Aim

The core objective of Lilli's prevention work is to promote sexual and personal self-confidence in adolescents and young adults. This has a preventative effect on multiple levels:

◆ Prevention of Experiences of Violence

Self-confident young people can voice their issues and better protect themselves from sexual assault and other forms of violence.

◆ Prevention of the Effects of Violence and Their Chronification

If they have experienced violence, self-confident young people are more resilient and have more resources for processing and healing.

◆ Prevention of Violent Behavior

Self-confident young people respect the concerns and boundaries of their partners, friends and colleagues, and do not resort to violence when dealing with others.

◆ Promoting Identity Development

Self-confident young people cope better with emotional problems that may accompany puberty and personality development.

◆ Fostering Relationship Skills

Self-confident young people have a sufficient sense of self-worth and autonomy to enter into and maintain respectful, loving, and intimate relationships.

◆ Prevention of Unwanted Pregnancies and Sexually Transmitted Infections

Self-confident young people protect themselves responsibly and purposefully from unwanted pregnancies and sexually transmitted infections.

◆ Prevention of Serious Consequences of Sexually Transmitted Infections

Self-confident young people take care of their own health/recovery and prevention of infection of others when sexually transmitted infections are present.

◆ Prevention of Serious Consequences Arising from Unintended Pregnancies

Self-confident young people have more resources to manage unintended pregnancies and find constructive solutions.

◆ Promoting a Pleasurable and Satisfying Sexuality

Self-confident young people invest in satisfying their sexual needs and stand up for their sexual rights.

◆ Prevention of the Chronification of Sexual Problems

Self-confident young people are motivated to invest in overcoming the limits of their sexual learning when sexual problems are present.

◆ **Promoting Respectful Sexual Relationships**

Self-confident young people appreciate the sexual needs of others and invest in sexual relationships based on mutual respect.

◆ **Prevention of Problems and Dysfunctions in the Case of Vulnerability**

Self-confident young people who belong to an at-risk group protect themselves from discrimination and stigmatization and invest in their own well-being.

3.2 Prevention Content

Lilli's prevention goal is implemented with a thematic focus covering two subject areas:

◆ **Subject Area: Violence Prevention**

- Sexual violence: initial counseling and assessment, crisis counseling, support for protective measures and behavior suggestions; promotion of responsible behavior; information on criminal law, victim support

- Multiple victimization: providing knowledge about forms of violence and their dynamics; psychological counseling

- Domestic violence/date rape: promotion of social behavior in relationships; information on protection against violence, criminal law, and victim support.

- Psychological traumatization after experiencing violence: provide initial counseling; information on counseling and therapy services; information on effects and processing

- Cyberbullying: promotion of respectful behavior and non-discriminatory language on the internet and in social networks.

- Youth and children's rights: information and support regarding the exercising of rights and personal autonomy

◆ **Subject Area: Promotion of Sexual Health**

- Sense of gender identity: supporting gender-specific sexual, personal, and physical development and identity formation

- Sexual learning: counseling and self-help resources for sexual problems

- Sexual self-confidence: promoting a self-confident, pleasurable sexuality

- Body Perception: promoting a healthy body image and body awareness

- Sexual Relationships: promotion of independence, assertiveness, respect, and a sense of responsibility

- Development in puberty: education about anatomy and physiology; counseling for developmental and medical problems; counseling for psychological and social problems

- Unwanted pregnancies: education, empowerment regarding contraception, counseling for unwanted and unintended pregnancies as well as pregnancy issues in general, education regarding counseling and medical services

- Sexually transmitted infections: education, empowerment regarding safer sex, counseling when an infection is suspected or present, education about counseling and medical services

- Sexual and personal rights: information in regard to the healthcare system

3.3 Prevention Levels

◆ Primary/Universal Prevention

Education and counseling of the general population of adolescents and young adults.

◆ Secondary Prevention

Education and counseling of at-risk groups, e.g., members of ethnic minorities, people with disabilities or chronic illnesses, and chat users

◆ Tertiary Prevention

Education and counseling for young people who have suffered violence, have a sexual dysfunction, a mental disorder, a physical illness, or are unintentionally pregnant.

3.4 Key Pillars of Prevention Work

◆ Sensitization and Raising Awareness

Lilli promotes knowledge about sexuality and sexual learning, sexual and personal rights, mechanisms of violence, relationship building, physical development and functions, contraception and infections. In doing so, it supports autonomous, low-risk behavior among young people and sensitizes them to confront taboos, stigmas, myths, and prejudices.

◆ Clarification and De-Dramatization

Lilli clarifies the legal and social framework of sexual and interpersonal behavior. In this, it uses clear, factual language that neither dramatizes nor condemns or instills fear on a personal level. It conveys an unambiguous attitude towards criminal acts and shows adolescents and young adults ways to behave constructively and respectfully.

◆ Promotion of a sexual language

Lilli helps young people develop a sexual language. In addition to the explicit naming of genitals and sexual acts, Lilli makes suggestions for an emotional, appreciative and needs-oriented sexual language. In this way, it works against taboos and supports young people in asserting themselves, communicating needs and boundaries to each other, and in communicating with professionals and caregivers in problem and emergency situations. In addition, Lilli promotes sexual communication in relationships.

◆ Focus on Resources and Abilities

Lilli normalizes rather than pathologizes. It views adverse experiences and limits in sexual, personal and social development as a basis for new experiences and learning steps. Lilli focuses on and names strengths and abilities. In so doing, it supports a sense of self-worth and self-efficacy and promotes responsible behavior.

◆ Supporting Agency

Lilli provides concrete suggestions for dealing with sexuality, relationships and difficult situations. In this way, it supports the action competence and agency of adolescents and young adults on a personal, sexual and interpersonal level.

◆ Referral to Appropriate Support Services

Lilli refers people with harmful experiences, physical and medical problems, emergencies, serious psychological, sexual and social problems, and concerns that fall outside its area of expertise to specific services that provide appropriate treatment or counseling.

◆ **Supporting Sexual Learning**

With exercise tips, Lilli supports learning steps that promote awareness and the ability to shape and enjoy sexuality. This serves to prevent sexual dysfunctions. The sense of belonging to the female or male gender is increased, and sexual and personal self-confidence is strengthened.

◆ **Supporting Social Behavior and Relationship Skills**

Lilli supports learning steps for building and shaping friendships, intimate relationships, and long-term partnerships. Self-awareness and a language for expressing one's own needs are supported, as well as the development of skills to attract partners. In addition, Lilli promotes the non-violent handling of offenses and discrimination.

4. Services

◆ **Running a Website**

Lilli maintains a constantly updated, interactive website for adolescents and young adults.

◆ **Online Counseling**

Lilli offers adolescents and young adults low-threshold, free, anonymous, competent online counseling.

◆ **Information and Indirect Counseling**

Visitors can read Lilli's information texts, which are also available for download, at any time. Additionally, all contents of the online counseling are accessible to all site visitors.

◆ **Triage**

Lilli encourages those seeking advice to consult medical, psychotherapeutic, legal and other specialized providers and supplies them with specific links and addresses. In addition, Lilli maintains a thematically organized list of useful links and addresses.

◆ **Outreach**

Lilli's staff speak to adolescents and young adults, parents and professionals at lectures, workshops, in schools and in interviews.

◆ **Cooperation**

As experts in sexual health and violence, Lilli staff members make their expertise available to service providers in related fields. Lilli's areas of expertise can be integrated into other services and vice versa.

5. Quality Control

The quality criteria of 24.09.2012 are binding for quality control.

6. Organization

Lilli — Verein für Prävention und Online-Beratung junger Frauen und Männer zu Sexualität und sexueller Gewalt (Lilli — Association for Prevention and Online Counseling on Sexuality and Sexual Violence for Young Women and Men), Minervastrasse 99, 8032 Zurich, has been in existence since May 10, 2004. The association is organized according to Art. 60 ff. ZGB (Swiss Civil Code) with its registered office in Zürich. The association pursues public and charitable purposes and is exempt from taxation according to the decree of the cantonal tax office from 12.10.2004.

Purpose, means and structure of the association are defined in the statutes. The statutes are reviewed regarding their legal compliance every 4 years and are in accordance with the current association law.

Zürich, 24.09.2012

President of the Board, Association Lilli

A handwritten signature in black ink, appearing to read 'P. Gehrig', written in a cursive style.

Dr. Peter Gehrig