

203 - THE UNIVERSITY EXTENSION AND A GROUP OF ADOLESCENTS: ARGUING THE ADOLESCENCE AND THE SEXUALITY.

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INTRODUCTION

The university extension is an interaction form that must exist between the university and the community in which she is inserted. The University offers to knowledge and/or assistance to the community and receives from it positive influxes, such as feedback of its real necessities, its yearnings, aspirations and also learning with the knowledge of these communities, that is, movements that make possible an exchange of values between the university and the way. The actions of extension must be auto-sustainable, needing the participation of an ample public in order to make possible the action, with the partnerships and the interdisciplinarity (MEDEIROS et al, 2005).

The extension project "Chatting on the adolescence" is in accordance with the lines of direction of the Pro-Health Program, making possible the integration of Teach-Service, approaching the academics of the educational activities of the community. The promotion of the health and the prevention of the loss works, stimulating the academics in the integral attention to health, in the taking of decisions, the communication, the leadership, beyond contributing in the training of the abilities and required abilities to the exercise of the profession, inserted in the context current of the Public Politics of Health.

In this transforming relation between university and society, we elect the promotion to health as main dimension of orientation in this project of university extension. The promotion to health search's to modify the conditions of life of the involved ones so that worthy and they are adjusted, beyond pointing in the direction of reconstruction of the individual processes of taking of decisions, glimpsing one better quality of life, health and the proper sexuality (MUNICIPAL CITY HALL OF CURITIBA, 2002).

In accordance with the Guide of Sexual Orientation (2002), the sexual orientation, "when used in the education area, it is defined as the process of systematic intervention in the sexuality area, accomplished mainly in schools" and focuses physiological, sociological, psychological and spiritual the dimensions of the sexuality through the development of the area most cognitive, affective and behavioral, including the abilities for the effective communication and the taking responsible of decisions (MARTINS; IT WOULD MAKE, 2006).

The adolescence is synonymous of growth, changes and new chances, but also it can bring risks to reproductive and sexual health. The increase of the sexual activity of the adolescent and its weight in the fertility of the country has led to a bigger concern on the part of the scholars with the reproductive health of the young. This also elapses of the fact of that the sexually active adolescents more are displayed to the risk, not only of the precocious or undesired pregnancy, but of the abortion and the sexually transmissible diseases (LONG; PEREIRA, 1999).

Ahead of this perspective, it is had as objective to guide the adolescent participants how much to the biopsychosocial transformations of this period, to extend the agreement of the sexuality and to make possible reflections on it, in order to favor a calmer and healthy ticket for the adolescence.

This study it intends to contribute in the development of attitudes responsible of the involved adolescents, by means of discussion of important subjects to the exercise of the citizenship, to agreement of the transformations that the human beings pass until arriving at the adult age and for one better quality of life, beyond still standing out the actions come back to the auto-support.

METHODOLOGY

This research has a qualitative boarding e, in intention to lead the study and the development of the activities, aiming at the discussion and reflection of the group on the generating subjects, follows the "Itinerary of Research" of Paulo Freire, proposed in 1987 (GADOTTI, 1991).

This project was developed next to the adolescents of the Nucleus of Support of Against-Turn (NEC), in the Imaruí quarter, the city of Itajaí/SC, institution without lucrative ends, on to the City hall of this city, that takes care of to children and adolescents in risk of social exclusion and that they live in the line of the poverty, that is, is on to a unit of integral promotion to the same.

The institution disposes of some directed programs these adolescents: extended, organized journey in creative workshops; dance lessons; lessons of educational support; sportive lessons.

To materialize this study, it was used as method the itinerary of research of Paulo Freire and as technique that makes possible the new skill of being, used it strategy of the "Workshops".

The experience of the workshops consists in intervention psychosocial with being able to promote significant changes in the individual and the community. It is the place of dialog and qualification learning (RENA, 2001).

These workshops were inspired by the method of the Circle of Culture and consist at moments that are interrelated:

Stage of the investigation: search of generating subject, that is extracted of the daily universe of the ones of subject the involved ones. Many times can appear a situation where the individuals of the group do not express the generating subjects concretely, appearing the inexistence of the same (subject of silence). Paulo Freire guides that this situation does not have to be controlled, but analyzed, studied in its different aspects and faced, therefore, in case that contrary, the same resurge more to front (GADOTTI, 1991).

Stage of the thematization: moment of taking of conscience of the world, through the analysis of the social meanings of the generating subjects. Coded and the subjects in the phase of conscience taking are decoded. The codification is represented through a situation lived in the daily one and it becomes related with the generating subject. In the codification, the participants of the culture circle formulate its agreements of the subject in question, questioning and questioning the same (GADOTTI, 1991).

Stage of the problematization: stage where the educator considers to surpass the magical vision and the critic of the world, for an acquired knowledge position, is the moment where the critical development happens. It is characterized for a necessary action, come back to the intention from that the involved ones can see and analyze phenomena, processes and things, with the final aim of awareness (GADOTTI, 1991).

It was used with method of collection of data the meeting of the culture circle. The meetings were registered through photographs and the notations of the accomplished workshops.

The generating subject is the "marrow", the essence of the work in question, therefore from it the dialogic process is initiated. The generating subjects were elect in a workshop, with some suggestions elaborated in a list of subjects, where the adolescents had chosen item that interested to them, beyond the questioning of other subjects that would like to argue. We work in the phase of codification in the direction of that the participants of the culture circle displayed its agreement on the generating subjects.

The technique of analysis of the collected data was the Analysis of the Content, described for Trivinos (1987). This method was consecrated by Bardin, in Paris, in the year of 1977, with publication of the book *L'analyse de Contenu* (TRIVINÓS, 1987). In accordance with the mentioned authors, different ways of approaching the contents exist. The analysis of the counting of the words or expressions will be accomplished then (LÜDKE and ANDRES, 1986).

After the survey and organization of the generating subjects, we plan weekly meeting with the group of adolescents. The meeting had happened in Tuesdays and the Wednesdays, in the period of June to the August of 2009.

For each generating subject it had a meeting, being the first destined moment for the conscience taking on the generating subjects, where the adolescent verbalize its knowledge regarding the subject from its experiences, doubts and expectations. In the one according to moment, the facilitators unveiled to the group the subject, through dynamic didactic materials and of group, presented and planned for professors and brokers of the extension project, who can base they lived situations participant them or endorse the decision of change and attitude longed for and told for the same.

RESULTS AND DISCUSSION

The results and discussions were organized in accordance with the profile of the participants, generating subjects, codification and critical developments of each generating subject.

The study it was developed during four meeting, with a presence of 11 adolescents in each meeting, totaling 44 participants. With prevalence of the masculine sex (90%), with average of age between 11 and 14 years.

The facilitator's, in this study, constitute a group of professors and academics of the Course of Physiotherapy of the local University, altogether with the educators of the NEC.

In this context, as being the possibility altogether, it search's solution for common problems, respecting themselves, however, the disciplinary bases. It is developed in the reality, day-by-day, the concrete situations, making possible the construction of a new knowledge from the confrontations of the reality (CUTOLO, 2007).

Generating subjects: the first stage of the method was the survey of the subjects, that took the definition of the necessities and priorities established for the adolescents, and that they had included: puberty; anatomy of the feminine and masculine sexual agencies, menstrual cycle and referring terminology to the sexuality. In the sequence of the meeting, each generating subject coded and was decoded thematization and questioning.

A study accomplished for Torres et al (2007), demonstrated that low income families have economic characteristics, educational and social differentiated. Generally, it has absence or low level of education and financial resources. For these social factors, the health of these families becomes precarious, needing knowledge that they make possible to avoid diseases to them of easy prevention and, mainly, to live with quality.

Vasconcelos et al (2001), affirms that schools have been considered a place adjusted for the development of programs of promotion in health, to get together children in propitious eateries bands to the adoption of educational and preventive measures, also those that do not have accesses to the professional cares.

In the strategies of education directed to sexual and reproductive health from the adolescents, as much the health professionals, how much the professors, would need to be enabled to go, in its interventions, beyond the biological model, initiating discussions and encouraging reflections concerning the sexuality. These action must be part of a dimension socially constructed, contemplating physical, psychological, emotional, cultural and social the perspectives, avoiding, however, the biological reductionism, in intention to be next to the adolescent and to reach with more relevancy the promotion of its integral health (BORGES; NICHIAITA; SCHOR, 2006).

In our social environment, the arrival of the adolescence is more and more premature. The anticipation of the beginning of this event can be associated to the arrival of a new century, to the curiosity for new sensations, the virtual courtships, the access to the most diverse and fast forms of communication, to new and more and more the precocious forms of sexual expression. These social transformations interfere of significant form with the sexual behavior of the adolescents, anticipating it, in a period of the life where the construction of values and the maturity not yet is consolidated (ALMEIDA et al, 2007).

Codification and critical developments of the generating subject: puberty. The World-wide Organization of Health (OMS) delimits the adolescence as the second decade of life (10 to the 19 years) and youth as the period that goes of the 15 to the 24 years (BRASIL, 2006).

According to Brasil (2009), the puberty is the biological component of the adolescence, phase that includes a set of outstanding anatomical and physiological modifications. To the ending of the pubertie events, the body reaches its adult dimension thus and, its reproductive capacity.

In conditions of physical normality, the puberty has its defined beginning, mainly for a chronological criterion, around 11-13 years in the feminine sex and 12-16 years in the masculine sex. In general, the young enter in the puberty years one to two before the boys, however the modifications defer from individual for individual. The diversification das 26 characteristic of the puberty in each young sample that the genetic inheritance and the environmental influences interact in complex and changeable way (ALMEIDA et al, 2007).

This workshop was accomplished through demonstration of a video, with all the evolutions of the puberty and from then on the discussion with the participants, on what they had understood and which the doubt of the same.

Codification and critical development of the generating subject: anatomy of the sexual agencies. The testosterone is responsible for the development, growth and maintenance of the functionality of the masculine genital and for the secondary sexual characteristics, determining an increase of up to eight times in the size of the penis, the scrotal stock market and the testicles before the 20 years of age. Also its effect is observed on the distribution of the ones for the corporal ones of masculine form; on the voice, since it induces to a hypertrophy of the larynx and as effect a dissonant and "cracked" voice, that gradually if it returns a serious voice typical masculine, as well as the increase of the thickness of the skin in all the body and development of

acne, the development of the muscle, that more increases a average of 50% in respect to the woman (PARISOTTO et al, 2003).

In the majority of the girls, the first manifestation is the appearance of the mammary sprout, called telarche, and occurs generally between the 9-10 years. In this same phase, has beginning the pubertal tramp that will reach its maximum for return of the 11 years of age (PARISOTTO et al, 2003).

In the childhood, the girl approximately does not present significant oscillations hormonal until the 8-9 years of age, and the boy, until the age of 10 to 13 years, when she has beginning of the secondary sexual characteristics (AGUIAR et al, 2005).

In accordance with Souza, Posser and Sá (2005), the feminine secondary sexual characters are given from the nine years, with the development of the mammary sprout, that is called telarche, followed for the adrenarche that is the growth of for the pubic and finally the menarche that is the first menstruation.

In this workshop a dynamics was accomplished, through drawings and from this the discussion of the generating subject.

Codification and critical unveiling of the generating subject: menstrual cycle. According to Petroski; Velho and Bem (1999) the menarche, that is, the first menstruation is considered as a practical indicator of sexual maturation of the woman.

The menarche does not characterize the end of the puberty, but yes, the beginning of its last training, that can last up to one or two years, that is, until the ovulatory cycles are established, characterized for its regularity, evidencing the maturity of the axle hypothalamus-pituitary-ovary. From this moment, if everything to develop and the axle normally hypothalamus-pituitary-ovary will not be blocked (through contraceptive hormonal, for example), it will occur monthly in this girl-woman and during its adult life, a "preparation" for the gestation (PARISOTTO et al, 2003).

This workshop was accomplished through the explanation of the menstrual cycle, the involved agencies and each stage that happens until the menstruation occurs properly, through an illustrative poster, where it contained the drawing of a uterus, trophoblasts and in sticker figures the ovule, endometrium, bleed.

After explanation and clearings up of doubts, crossword with the words was confectioned one keys used during the explanation, and the group participated actively with the fulfilling of the pictures and verbally answering the questions, on what thus setting of the subject was said and.

Codification and critical development of the generating subject: Terminologies related to the sexuality.

According to Abramovay, Castro and Silva (2004), "one of the first forms of classification of the sexuality in the social world says respect to the sex of the people". The word sex, however, can have some directions superranks: it can designate the physical format of the body (sort), as well as the sexual activity.

The sexuality is express in thoughts, fancies, desires, beliefs, attitudes, values, activities, practical, papers and relationships. Beyond the consensus of that the sociocultural components are critical for the conceptualization of the human sexuality, a clear trend exists, in theoretical boardings, of that the sexuality not only mentions to the reproductive capacities of the human being, as well as to the pleasure. Thus, it is the proper life. It involves, beyond our body, our history, our you are in the habit of, our affective relations, our culture (MARTINS; FARIA, 2006).

In this workshop a dynamics was accomplished, where pupils were distributed material to describe them what they understood on the proposed subject, being these the terminology associated with the sexuality. The suggested words were: penis; vagina; caresses; pleasure; masturbation; excitement; sexual relation; to settle; sex; orgasm; erection; penetration; ejaculation; condom; condom. At the beginning it had many laugh between them, in the attempt really to answer correctly the suggested questions, however very curious in knowledge the meaning of each term. The pupils had written what they understood of the words. To the end we altogether clarify with the pupils the meaning scientific of each word, and thus the pupils had executed the glue of the meaning beside each term in a expositive poster.

CONCLUSION

We observe an active participation of the adolescents in the story of its experiences front to the subjects, allowing the enrichment and the taking of knowledge of the group on its knowledge and the valuation of these knowledge in its daily one. Through the experiences told for the group, the extension had contributed with its scientific knowledge, which were confronted with its experiences having extended the knowledge.

The majority of the adolescents told during the presentation lives deeply on the argued subject, assisting them to understand it better the subject, facilitating the effective of (learning) the discussion on the boarded subjects and the reflection on possible changes.

For the professionals of the NEC, the developed work it assisted in the improvement of the quality of interaction between the adolescents and educators, beyond extending the knowledge on the maturation phase where they meet, understanding and respecting one to the other.

The experiences were valid in the process of education and learning of the participant academics and in the critical training of subject the involved ones, helping in the taking of decisions, the communication and the leadership, as well as contributed in the training of the abilities and required abilities to the exercise of the inserted profession in the context current of Attention Health, searching autonomy, independence and responsibility in its action.

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THE UNIVERSITY EXTENSION AND A GROUP OF ADOLESCENTS: ARGUING THE ADOLESCENCE AND THE SEXUALITY.

SUMMARY:

The university extension allows to the exchange of experiences and the production of the knowledge practical technician and, based in the necessities presented for the proper community. In this transforming relation between university and society, we elect the promotion to health as main dimension of orientation, searching to modify the life conditions, in worthy and adjusted way, beyond pointing with respect to transformation of the individual processes of taking of decisions, favouring the quality of life, health and sexuality. The aim of this work was to guide the adolescent participants how much to the biopsychosocial transformations of this period, extending the agreement of the sexuality and making possible reflections on it, contributing in the development of attitudes responsible to the exercise of the citizenship, one better quality of life and, still, standing out actions come back to the auto-support. This research presents qualitative boarding and for the study and development of the activities we follow the "Itinerary of Research" of Paulo Freire. The results and discussion were organized in accordance with the profile of the participants, generating subjects, codification and critical unveiling of each generating subject. The generating subjects were: puberty; anatomy of the feminine and masculine sexual agencies, menstrual cycle and referring terminologies to the sexuality. Through the experiences told for the group, the extension had contributed with its scientific knowledge, which were confronted with its experiences, extending the knowledge of all the involved ones. The experiences were valid in the process of education and learning of the participant academics and in the stimulus of the critical conscience of the subject participants, assisting in the taking of decisions, the communication and the leadership.

KEYS-WORDS: University extension; Promotion to health; Sexuality.

L'EXTENSION UNIVERSITAIRE ET UN GROUPE D'ADOLESCENTS: EN DISCUTANT L'ADOLESCENCE ET LA SEXUALITÉ.

RÉSUMÉ:

L'extension universitaire permet l'échange d'expériences et la production de la connaissance technique et pratique, basé sur les nécessités présentées par la communauté elle-même. Dans cette relation transformatrice entre université et société, nous élisons la promotion à la santé mange dimension principale d'orientation, en cherchant modifier les conditions de vie, de manière digne et ajustée, outre indiquer pour transformation des procédures individuelles de prise de décisions, en favorisant la qualité de vie, il salue et de la sexualité. L'objectif de ce travail a été guider les adolescents participants combien aux transformations biopsicosociaux de cette période, en s'élargissant l'accord de la sexualité et en rendant possible des réflexions sur elle, en contribuant dans le développement d'attitudes responsables à l'exercice de la citoyenneté, à une meilleure qualité de vie et, encore, en rejaillissant des actions tournées pour l'autosuffisance. Cette recherche présente de l'abordage qualitatif et pour l'étude et du développement des activités nous suivons l' "Itinéraire de Recherche" de Paulo Freire. Les résultats et la discussion ont été organisés conformément au profil des participants, de sujets générateurs, de codification et de dévoilement critique de chaque sujet générateur. Les sujets générateurs ont été: puberté; anatomie des agences sexuelles féminines et masculines, cycle menstruel et terminologies afférentes à la sexualité. À travers les expériences dites par le groupe, les vulgarisateur ont contribué avec leur connaissance scientifique, qui ont été confrontées à leurs expériences, en élargissant les savoirs tous les impliqués. Les expériences ont été valables dans la procédure d'enseignement et d'apprentissage des académiciens participants et dans la stimulation de la conscience critique des sujets participants, en assistant dans les prises de décisions, dans la communication et dans la direction.

MOTS-CLÉS : Extension universitaire ; Promotion à la santé ; Sexualité.

LA EXTENSIÓN UNIVERSITARIA Y UN GRUPO DE LOS ADOLESCENTES: DISCUTINDO LA ADOLESCENCIA Y LA SEXUALIDAD.**RESUMEN:**

La extensión universitaria permite el trueque de experiencias y fabricación de conocimiento técnico y práctico, basado en las necesidades presentadas por la comunidad propia. Modificar las en esa relación transformadora entre la universidad y la sociedad condiciones de vida, elegimos la promoción a la salud como la dimensión principal de orientación, buscando, de la manera digna y adecuada, más allá de apuntar la calidad de vida, la salud y la sexualidad para la transformación de procesos individuales de la toma de decisión, favoreciendo. Objetivo de este trabajo fue orientar os/as adolescentes participantes cuánto a transformaciones biopsicosociales de este período, ampliando el entendimiento de la sexualidad y posibilitando reflexiones sobre sí, contribuyendo los responsables en el desarrollo de actitudes para el ejercicio de ciudadanía, para una calidad de vida más mejor y resaltando acciones dirigidas para la autosostenibilidad participantes adolescentes a las transformaciones biopsicosociales de este período, el entendimiento de sexualidad reflejo, todavía. Esta indagación presenta el abordaje cualitativo y seguimos para el estudio y el desarrollo de actividades "el itinerario de indagación" de Paulo Freire. Los resultados y la discusión organizaron de acuerdo con el perfil de los participantes, temas generadores, codificación y la desvelamiento crítica de cada tema generador. Los temas generadores fueron: pubertad; anatomía de órganos sexuales, el ciclo menstrual y las terminologías referibles a la sexualidad femeninos y masculinos. Por las experiencias relatadas por el grupo, las extensión a cuál confrontaron con las sus experiencias, ampliando ellos saberes envueltos de todos contribuíram con el su conocimiento científico. Las experiencias fueron en el proceso de y en el estímulo de conciencia crítica de los sujetos participantes válidas enseñanza y aprendizaje de académicos participantes, auxiliando en las tomas de decisión, en la comunicación, y a la cabeza.

PALABRAS-LLAVES: Extensión universitaria; Promoción a la salud; Sexualidad.

A EXTENSÃO UNIVERSITÁRIA E UM GRUPO DE ADOLESCENTES: DISCUTINDO A ADOLESCÊNCIA E A SEXUALIDADE.**RESUMO:**

A extensão universitária permite a troca de experiências e a produção do conhecimento técnico e prático, baseado nas necessidades apresentadas pela própria comunidade. Nessa relação transformadora entre universidade e sociedade, elegemos a promoção à saúde como dimensão principal de orientação, buscando modificar as condições de vida, de maneira digna e adequada, além de apontar para transformação dos processos individuais de tomada de decisões, favorecendo a qualidade de vida, saúde e sexualidade. O objetivo deste trabalho foi orientar os/as adolescentes participantes quanto às transformações biopsicosociais deste período, ampliando o entendimento da sexualidade e possibilitando reflexões sobre ela, contribuindo no desenvolvimento de atitudes responsáveis para o exercício da cidadania, para uma melhor qualidade de vida e, ainda, ressaltando ações voltadas para a auto-sustentabilidade. Esta pesquisa apresenta abordagem qualitativa e para o estudo e desenvolvimento das atividades seguimos o "Itinerário de Pesquisa" de Paulo Freire. Os resultados e discussão foram organizados de acordo com o perfil dos participantes, temas geradores, codificação e desvelamento crítico de cada tema gerador. Os temas geradores foram: puberdade; anatomia dos órgãos sexuais femininos e masculinos, ciclo menstrual e terminologias referentes à sexualidade. Através das experiências relatadas pelo grupo, os extensionistas contribuíram com seu conhecimento científico, os quais foram confrontados com suas experiências, ampliando os saberes de todos os envolvidos. As experiências foram válidas no processo de ensino e aprendizagem dos acadêmicos participantes e no estímulo da consciência crítica dos sujeitos participantes, auxiliando nas tomadas de decisões, na comunicação e na liderança.

PALAVRAS-CHAVES: Extensão universitária; Promoção à saúde; Sexualidade.

PUBLICAÇÃO NO FIEP BULLETIN ON-LINE: <http://www.fiepbulletin.net/80/a2/203>