



College of Health & Human Performance
Department of Health Education and Behavior
Fall 2010

Human Sexuality Education
Sadie B. Sanders, Ph.D., CHES



Course/Section	HSC 3133/2428 Human Sexuality Education HSC 5138/9670 Human Sexuality Education
Class Meeting	MWF, Period 5 (11:45 a.m. – 12:35 p.m.), FLG 265
Office Hours	<ul style="list-style-type: none">• M: Period 8 (3:00 p.m. – 3:50 p.m.);• W: Periods 3-4 (9:35 a.m. – 11:30 a.m.);• F: Periods 3 & 7 (9:35 a.m. – 10:25 & 1:55 p.m. – 2:45 p.m.); and• By Appointment
Office Location	FLG 18
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E-mail	ssanders@hhp.ufl.edu
Fax	(352) 392-1909
Department Chair	Dr. Jay M. Bernhardt, FLG 5

COURSE PURPOSE

The course is designed to increase students' knowledge of human sexuality issues, to increase students' level of comfort with sexuality topics, and to provide an opportunity for students to explore and clarify their personal sexual attitudes and beliefs. Course requirements, including class activities have been designed, which emphasize the importance of both content and process in human sexuality education.

COURSE OBJECTIVES

Upon successful completion of this course, students will be able to:

1. Discuss the major content areas within human sexuality, including psychosexual development, sexual values and customs, sexual anatomy and physiology, human sexual response cycle, sexual behaviors and attitudes, contraception, conception, pregnancy, childbirth, sexually transmitted infections and HIV, sexual communication, and the impact of the media and the internet on sexuality.
2. Demonstrate increased comfort for teaching and/or communication sexuality topics.
3. Identify personal attitudes and values related to specific sexuality topics such as gender roles and sexual orientation.
4. Apply critical-thinking methods to human sexuality.

REQUIRED TEXT

Crooks, R. & Baur, C. Our Sexuality, 11th edition, 2011. Thomson-Wadsworth: Belmont Grove, CA

COURSE POLICIES

1. **Class Attendance:** Regular class attendance is required and expected. If you miss a class, you are encouraged to ask a classmate for a description of what you missed. Any handouts distributed on the day you were absent from class may be picked up from my office during office hours. Please note that, due to the number of courses I teach and the number of students in each class, individual email or phone requests for a description of what you missed during your absence cannot be granted. Attendance will be taken for all guest speakers and will be counted as in-class activity points. **PLEASE NOTE THAT, AN ABSENCE IS SIMPLY AN ABSENCE AND IS NEITHER EXCUSED NOR UNEXCUSED.**
2. **Out-of-Class Assignments:** Unless otherwise noted, assignments shall be submitted electronically (**Microsoft Word only**) via E-Learning and are due by 11:59 p.m. on the assigned due date. Assignments submitted within 24 hours of the due date will be accepted, however, will be flagged “Late” by the E-Learning system and will result in a deduction of points. The number of points deducted will be determined by the total number of points assigned to that particular assignment and the specific time that it was submitted. The assignment link will automatically be removed exactly 24 hours after the due date and the assignment will no longer be eligible for submission.
3. **In-Class Activities:** There will be a variety of in-class activities. You will only receive credit for an activity if you are present and you actively participate. **MISSED IN-CLASS ACTIVITIES CANNOT BE MADE UP OR EXCUSED.** However, if you are not present on the day a video is shown, you may schedule a time to view it in the FLG.
4. **Accommodations for Students with Disabilities:** Students with disabilities who need reasonable modifications to complete assignments successfully and otherwise satisfy course criteria are encouraged to meet with the instructor as early in the course as possible to identify and plan specific accommodations. Students must provide a letter from the UF Office for Students with Disabilities to assist in planning modifications.
5. **Honesty Policy:** As a result of completing the registration form at the University of Florida, every student has signed the following statement: "I understand that the University of Florida expects its students to be honest in all their academic work. I agree to adhere to this commitment to academic honesty and understand that my failure to comply with this commitment may result in disciplinary action up to and including expulsion from the University." (See Student Handbook for additional information)

Other:

1. **Department faculty and staff (Secretary, Office Manager, etc.):** Please do not ask faculty or staff members to place any of your assignments or other items in my mailbox. You must make arrangements with me in advance which may include permission to slide the item under my door, if possible.
2. **Extras Credit:** Simply put, there is no extra credit and there are no extra credit assignments. Additionally, no points will be “given” at the end of the semester for any reason. If you are having difficulty with the course or experiencing unusual problems that potentially may interfere with your academic performance, you are encouraged to meet with me as soon as possible – do not wait until the last minute.

COURSE REQUIREMENTS

1. **Exams:** There will be two exams including the Final Exam (non-cumulative). Please note on the class schedule the dates for the exams and plan accordingly.
2. In- and out-of Class Activities/Assignments.
3. **Reaction Papers:** In general, a Reaction Paper is an analysis and evaluation of something you have read or seen concerning a given topic. For this class, the material for this reaction will be a video related to gender issues. The purpose of this paper is to demonstrate your comprehension of the video and to identify your feelings and thoughts about it. The video will be shown in class and will be followed by small group discussions. If you do not attend class on the day a video is shown you may schedule a time to view it in the FLG. The Reaction Paper will consist of four components: A carefully prepared Summary of the main ideas presented in the video, an Evaluation of the video's theme or main points, your Personal Opinion about the video; and a *Small Group Discussion Synopsis*.

See the **Reaction Paper Guidelines** handout for a description of each of the four components and guidelines for writing and submitting the paper.

4. **Sexuality in Other Cultures:** Individually or in groups of no more than three (3), examine the specific sexual norms and practices in another culture/society (i.e. China, Thailand, the Netherlands, Nigeria, the Middle East) and compare/contrast to U.S. culture.

Compare and Contrast your findings with the United States (not North America) in terms of the 6 areas listed below **OR** 5 of the 6 areas listed below and one other area of your choice that is unique and/or of great significance in your selected culture/society.

1. Sex Education
2. Non-marital Sex/Pre-marital Sex
3. Marriage and Family
4. Sex in the Media
5. Gender Roles/Sexual Double Standard
6. The Role of Religion on Sexual Attitudes and Practices
7. Other: This shall include a topic that is unique to that particular culture. For example, the *Sex Industry* for the Thailand culture/society or *HIV disease* for one of the Sub-Saharan Countries in Africa). You may have only one 'Other' topic)

Submission: Hard copy on Friday, November 19, 2010 in class/during official class time.

See the *Sexuality in Other Cultures Guidelines* handout for additional information.

- **Graduate Section**
 - a. #1-2 above and either b or c below
 - b. **Position Paper:** Research & write a 12-15 page Position Paper on a current and potentially controversial sexuality-related issue and make 20-25 minute presentation the class

- c. **Lesson Plan:** Research, plan and present to the class a 40-45 minute Lesson Plan on sexuality related topic that is not already being covered as part of the course content.

METHODS OF INSTRUCTION

Lecture
 Small Group
 Discussion
 Cooperative Learning
 Guest Speakers

ELECTRONIC COMPONENT

1. Check your **E-mail and E-Learning in Sakai** regularly for announcements, important changes to class schedule, etc.
2. Course information will be posted **Via e-Learning in Sakai** <https://elearning2.courses.ufl.edu/portal> (unless otherwise noted)
 All assignments (unless otherwise noted) shall be submitted electronically (**Microsoft Word only**) via **e-Learning in Sakai:** <https://elearning2.courses.ufl.edu/portal>. Please note that only one submission per assignment is permitted.
3. All emails to me shall be sent to the email listed on page one of the Course Syllabus. **PLEASE DO NOT SEND EMAILS VIA E-LEARNING.**

4. GRADING/POINT DISTRIBUTION

Assignment	Points	%
Exams	66	55%
In & Out-of-Class Activities & Assignment	30	25%
Sexuality in Other Cultures Paper/ Grad Project	18	15%
Reaction Paper	6	5%
TOTAL	120	100%

Points	Grade
108-120	A
102-107	B+
96-101	B
91-95	C+
84-90	C
79-83	D+
72-78	D
Below 72	E

Passing Grades and Grade Points Effective May 11, 2009 - Summer A

Letter Grade	A	A-	B+	B	B-	C+	C	C-	D+	D	D-	E	WF	I	NG	S-U
Grade Points	4.0	3.67	3.33	3.0	2.67	2.33	2.0	1.67	1.33	1.0	.67	0	0	0	0	0



Selected Human Sexuality-Related Journals

<ul style="list-style-type: none">• AIDS Education and Prevention• Annual Review of Sex Research• The Canadian Journal of Human Sexuality• Child Abuse and Neglect• Family Planning Perspectives• Journal of Child Sexual Abuse• Journal of the History of Sexuality• Journal of HIV/AIDS Prevention & Education for Adolescents and Children• Journal of Homosexuality• Journal of Psychology and Human Sexuality	<ul style="list-style-type: none">• Sexuality and Disability• Sex Roles: A Journal of Sex Education & Therapy• The Journal of Sex Research• Journal of Social & Personal Relationships• Morbidity and Mortality Weekly Report• Reproductive Health Matters• Sexual Addiction and Compulsivity• Sexual Abuse: A Journal of Research & Treatment• Sexually Transmitted Diseases• Sexuality and Journal of Research• SIECUS Report
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Selected Websites Related to Human Sexuality

- American Association of Sex Educators: Counselors & Therapists: www.aasect.org
- American College Health Association: www.acha.org
- Dr. Ruth Westheimer: <http://webcenter.dr ruth.aol.com>
- Go Ask Alice: www.goaskalice.columbia.edu
- Kinsey Institute: www.indiana.edu/~kinsey
- Planned Parenthood: www.plannedparenthood.org
- Sexuality Information & Education Council of the U.S.: www.siecus.org

HELPFUL UF & LOCAL COMMUNITY RESOURCES

<p>1. <u>UF Counseling Center</u> Telephone: 392-1575 Email: http://www.counsel.ufl.edu/ Location: P301 Peabody Hall</p> <p>2. <u>UF Mental Health</u> Telephone: 392-1171 Email: http://www.shcc.ufl.edu/smhs/</p>	<p>3. Alachua County Crisis Center Telephone: 264-6789; Email: http://www.alachuacounty.us/government/depts/css/crisis/</p> <p>4. Meridian Behavioral Healthcare (community mental health center) Telephone: 374-5600 Email: www.mbhci.org Location: 4300 SW 13th Street</p>
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Tentative Class Schedule



DATE	ACTIVITY	READING
Week 1: 8/23 – 8/27	<ul style="list-style-type: none"> • Course Overview • Human Sexuality: Introduction & Perspectives 	Chapter 1
Week 2: 8/30 – 9/3	<ul style="list-style-type: none"> • Sex Research • Friday – No Class, Out-of-Class Activity 	Chapter 2
Week 3: 9/6 – 9/10	<ul style="list-style-type: none"> • Monday – No Class, Labor Day • Male & Female Sexual Anatomy & Physiology • Friday – Amy Panikowski , UFIC Peace Corps 	Chapters 3 & 4
Week 4: 9/13 – 9/17	<ul style="list-style-type: none"> • Gender Issues 	Chapter 5
Week 5: 9/20 – 9/24	<ul style="list-style-type: none"> • Monday – Video #1 – <i>Is It a Boy or Girl?</i> • Wednesday – Small Group Discussion (<i>Is It a Boy or Girl?</i> Video) • Friday – Hard copy of Reaction Paper #1 (Video #1) due in class/during official class time 	
Week 6: 9/27 – 10/1	<ul style="list-style-type: none"> • Sexual Orientations • Friday – Outspoken Panel 	Chapter 9
Week 7: 10/4 – 10/8	<ul style="list-style-type: none"> • Sexual Arousal & Response • Friday – Exam #1 	Chapter 6
Week 8: 10/11 – 10/15	<ul style="list-style-type: none"> • Love & Intimacy • Friday – No Class - Homecoming 	Chapter 7
Week 9: 10/18 – 10/22	<ul style="list-style-type: none"> • Monday – Contraception, Ms. Natalie Nunez, Planned Parenthood • Wednesday – (no class) Out-of-Class Activity 	Chapter 10
Week 10: 10/25 – 10/29	<ul style="list-style-type: none"> • Sexuality During Childhood & Adolescence • Sexuality During Adulthood 	Chapter 12 Chapter 13
Week 11: 11/1 – 11/5	<ul style="list-style-type: none"> • Sexuality During Adulthood • Friday – Work on <i>Sexuality in Other Cultures</i> paper (out of class) 	Chapter 13
Week 12: 11/8 – 11/12	<ul style="list-style-type: none"> • Sexual Difficulties & Solutions • Atypical Sexual Behavior 	Chapter 14 Chapter 16
Week 13: 11/15 – 11/19	<ul style="list-style-type: none"> • Monday & Wednesday No Class – Work on Sexuality in Other Cultures Paper & Grad Project (Dr. Sanders out of town) • Friday – Sexuality in Other Cultures Paper/Graduate Project paper due during official class time (hard copy) • Friday – Sexually Transmitted Infections 	Chapter 15

Week 14: 11/22 – 11/26	<ul style="list-style-type: none"> • HIV • Wednesday – Out-of -Class Assignment (no class) • Friday – No Class, Thanksgiving Holiday 	Chapter 15
Week 15: 11/29 – 12/3	<ul style="list-style-type: none"> • Monday – Graduate Presentations • Wednesday – Graduate Presentations • Friday – Graduate Presentations 	
Week 16: 12/6 – 12/10	<ul style="list-style-type: none"> • Monday – Graduate Presentations • Wednesday – Exam #2 (Final Exam)Last Day of Class 	