



**College of Health & Human Performance**  
*Department of Health Education and Behavior*

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**Spring 2012**  
**Human Sexuality Education**  
**Sadie B. Sanders, Ph.D., CHES**

<b>Course &amp; Section</b>	HSC 3133 Section 2391 HSC 5138 Section 0393
<b>Class Meeting</b>	MWF, Period 5 (11:45 a.m. – 12:35 p.m.), FLG 265
<b>Office</b>	FLG, Room 18
<b>Office Hours</b>	Monday, Wednesday & Friday: 9:30 a.m. – 11:00 a.m.; Friday: 10:30 a.m. – 11:00 a.m.; and By Appointment
<b>Telephone Number</b>	(352) 392-0583, ext. 1257
<b>E-mail</b>	<a href="mailto:ssanders@hhp.ufl.edu">ssanders@hhp.ufl.edu</a>
<b>Fax</b>	(352) 392-1909
<b>Department Chair</b>	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.



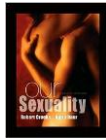
### **COURSE OBJECTIVES**

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 education.



## REQUIRED TEXT



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



## COURSE POLICIES

### 1. **Class Attendance**

- a. Regular class attendance is required and expected.
- b. 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.
- c. Attendance will be taken for all guest speakers and graduate presentations, and will be counted as in-class activity points.
- d. According to the UF Policy regarding absences, acceptable reasons for absence from class include illness, serious family emergencies, special curricular requirements, military obligation, severe weather conditions, religious holidays and participation in official university activities such as music performances, athletic competition or debate, and absences from class for court-imposed legal obligations must be excused. Appropriate documentation must be provided within one week of the day you return to class.

### 2. **Assignments**

- a. Assignments submitted electronically via the E-Learning Assignment Tool will be due by 11:55 p.m. on the assigned due date. Only one submission per assignment will be allowed; therefore, make sure the assignment you submit is in its the final form/format.
- b. All electronic submissions via E-Learning in Sakai Assignment tool must be in the form a Microsoft Word file document that is uploaded and submitted as an attachment.
- c. If you experience a problem with letter “b” above, you may submit the assignment via email (E-Learning) along with a detail explanation of the

problem you incurred. Please note that the due date and time for the assignment will not change.

- d. Hard-copy/In-class submissions are due during the official class time (11:45 a.m. – 12:35 p.m.). If the assignment consists of more than one page, **all pages must be STAPLED together**. If you do not attend class on the day an assignment is due, you may have someone submit it for you or you may submit it via email; however, please note that the time the assignment is due remains the same.
  - e. Out-of-Class/In-Class Activities: There will be several out-of-class & in-class activities. Out-of-Class assignment will be submitted electronically via E-Learning unless otherwise noted. You will receive full credit for an In-Class activity only if you are present and actively participate. Missed in-class activities cannot be made up. However, one extra activity will be assigned which will allow you to miss one In- or Out-of Class activity and remain eligible for or close to the maximum number of In/Out-of Class activity points. Please note that your total number of activity points cannot exceed the maximum number of points assigned to the In/Out-of Class Assignment.
3. **Late assignments:** All late assignments will be subject to a deduction of points. The number of points deducted will be determined by the total number assignment to the particular assignment.
- a. Late assignments submitted via E-Learning will be accepted when submitted within the 24 hours after the designated. Any late assignment will be automatically be flagged “Late” by the E-Learning system.
  - b. Hard-copy/in-class submissions will be accepted (with a deduction of points) when submitted within 48 hours after the due date, the number of points deducted will be determined by the total number of points assigned to the specific assignment and the exact time that the assignment was submitted.
4. **Accommodations for Students with Disabilities**
- a. "Students requesting classroom accommodation must first register with the Dean of Students Office. The Dean of Students Office will provide documentation to the student who must then provide this documentation to the Instructor when requesting accommodation."  
[http://www.aa.ufl.edu/Data/Sites/18/media/policies/syllabi\\_policy.pdf](http://www.aa.ufl.edu/Data/Sites/18/media/policies/syllabi_policy.pdf) )

## 5. UF Honesty Policy

- a. "In adopting this Honor Code, the students of the University of Florida recognize that academic honesty and integrity are fundamental values of the University community. Students who enroll at the University commit to holding themselves and their peers to the high standard of honor required by the Honor Code. Any individual who becomes aware of a violation of the Honor Code is bound by honor to take corrective action. Student and faculty support are crucial to the success of the Honor Code. The quality of a University of Florida education is dependent upon the community acceptance and enforcement of the Honor Code."

<http://regulations.ufl.edu/chapter4/4040.pdf>

- b. "Plagiarism. A student shall not represent as the student's own work all or any portion of the work of another. Plagiarism includes but is not limited to:

1. Quoting oral or written materials including but not limited to those found on the internet, whether published or unpublished, without proper attribution.

2. Submitting a document or assignment which in whole or in part is identical or substantially identical to a document or assignment not authored by the student."

<http://www.dso.ufl.edu/sccr/honorcodes/honorcode.php>

## 6. Miscellaneous

- a. Emails sent to me via E-Learning must be sent to "Sadie Sanders" -- not "Instructor Role"
- b. **Department faculty and staff (Secretary, Office Manager):** Please do not ask faculty or staff members 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.
- c. **Extra 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 to boost a grade. If you are having difficulty with the course or experiencing unusual problem – do not wait until the last minute to consult with me.



1. **Exams:** There will be two exams including the Final Exam.
2. **In and Out- of-Class Assignments:** There will be several in and out-of-class activities and assignments that have been designed to enhance, compliment and supplement the course content areas.
3. **Reaction Paper:** 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 that is 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 the issues and viewpoints presented.
  - a. The video will be shown in class and will be followed by a small group discussion during the next class meeting. If you do not attend class on the day the video is shown, you may schedule a time to view it in my office or an alternate location in the Florida Gym prior to the small group discussion.
  - b. You will not be eligible to receive the maximum number of points if you are not present for and/or do participate in the small group discussion.
  - c. The Reaction Paper will consist of three parts (each part must be labeled within the paper):
    - 1) A carefully prepared Summary of the video to include but not be limited to its purpose and main points of view or themes.
    - 2) Your Personal Opinion about the video to include whether you agree or disagree with the main points of view in the video and insights gained or facts you have learned; implications (suggestions) for education and/or research based on the information that is presented in the video and the information that is lacking from the video.
    - 3) A *Synopsis* of your small group discussion.
  - d. The paper will be graded according to content, adherence to writing guidelines and the mechanics of formal writing (spelling, grammar, etc.). See grading rubric on E-Learning in Sakai
  - e. Writing Guidelines
    - 1) Title Page with Student Name, Course & Section, Title of Video, and Due Date.
    - 2) Name, Course, Title of Video, Date of Small Group Discussion and Due Date.

- 3) No less than two pages in length (excluding title page).
- 4) Double-spaced, one-inch margins, 12 font.
- 5) Do not write on the backs of pages.
- 6) Within the paper, label and underline each of the three sections (Summary, Personal Opinion, Small Group Discussion Synopsis).
- 7) All pages of the paper must be stapled together.
- 8) Hard copy due on or before **Wednesday, September 28, 2011** during official class time.

f. Submission Guidelines

- 1) Hard copy due: date to be determined.

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

- a. 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 topics listed below and one topic of your choice that is unique and/or of great significance in your selected culture/society. Six topics must be compared/contrasted with the U.S. and topics cannot be combined.

- 1) Sexuality Education
- 2) Non-marital Sex/Pre-marital Sex
- 3) Marriage and Family
- 4) Sexuality in the Media
- 5) Gender Roles/Sexual Double Standard
- 6) The Role of Religion on Sexual Attitudes and Practices
- 7) Other: 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)

- b. In order to ensure that you have selected a viable culture, the **Sexuality in Other Culture Proposal form** (E-Learning Sakai) shall be completed & submitted once you have conducted a preliminary research review of your proposed culture and prior to writing any parts of the paper. Only one form per group. **The completed form is due by the end of the third week of class.**

- c. Information for the various topics **MUST** include but not be limited to the following:

TOPIC	CONTENT
1. Sex Education	<ul style="list-style-type: none"> <li>Where it primarily occurs (i.e., school, home, community). For school-based Sex Education, identify who teaches it (i.e., health education teacher), the names and description of the types of curriculum or program taught (i.e., in the U.S. Comprehensive Sex Education, Abstinence until Marriage) &amp; the specific subject/content areas covered and the grade levels; percent of students who receive school-based sex education.</li> </ul>
2. Non-Marital Sex (Pre-marital Sex)	<ul style="list-style-type: none"> <li>Age of initiation of sexual activity</li> <li>Percent of population who engage in non-marital sex (can including cohabitation rates, non-married teen pregnancy rates which imply non-marital sex)</li> <li>Factors involved &amp; social demographics</li> </ul>
3. Marriage & Family	<ul style="list-style-type: none"> <li>Roles/purposes of marriage, marriage rates, age at first marriage, marriage ceremonies/rituals, family size, family/household income, roles of individual family members, divorce,</li> </ul>
4. Sexuality in the Media	<ul style="list-style-type: none"> <li>Various types of media (TV shows, movies, music, videos, magazines, Internet, etc.) and percent of content sexuality related</li> <li>Hours spent viewing/listening to various types of media</li> </ul>
5. Gender Roles & Sexual Double Standard	<ul style="list-style-type: none"> <li>Roles in relationships, workforce, careers, etc.</li> <li>Double standard in relationships, work, etc.</li> </ul>
6. Role of Religion	<ul style="list-style-type: none"> <li>Major religions &amp; percent of population identifying with or participating in; views on gender issues, sexual orientation, marriage, family, sexual activity, reproduction, etc.</li> </ul>
Other (example for Nigeria): HIV/AIDS	<ul style="list-style-type: none"> <li>Cumulative # of cases, # of people living with, # of deaths</li> <li>Major routes of transmission</li> <li>Social, Legal &amp; Healthcare issues</li> </ul>

d. Research and Writing Guidelines

- 1) Use only scientific sources such as peer review journals (electronic & hard copy), and websites that are sponsored by governments, universities and professional health organizations/agencies. An exception to this is information pertaining to the *Sexuality in the Media* topic. Information shall be no more than 10 years old (with a few exceptions, i.e., the *Role of Religion* topic). A recommended source for information about various countries such as total population, ethnic

groups, sex ratios, age structure, etc. is the CIA World Factbook  
[www.cia.gov/library/publication/the-world-factbook/index.html](http://www.cia.gov/library/publication/the-world-factbook/index.html)

- 2) Do not include personal views & do not write in the first person.
- 3) Title page with your name, course, title of paper and the name of the culture/society you are exploring.
- 4) Introduction (separate page & no more than one page) to include the purpose of the paper, a definition of sexuality, a definition of culture, and general characteristics and demographics of the culture you are exploring.
- 5) Within the paper, label & bold/highlight each of the 6 areas. Within each area, you must first discuss the country/culture you are exploring, and then compare/contrast it to the U.S. Do not combine any of the sections.
- 6) Include in text citation (APA, most recent edition).
- 7) Reference Page (APA, most recent edition).
- 8) The paper must average 10-12 double- spaced (12 font) pages, not including Title Page & Reference page. You may have more than 12 pages.
- 9) Number each page except the Title Page.

e. Submission Guidelines

- 1) Due **Monday, April 7, 2012** - both a hard copy submitted in class and an electronic submitted via E-Learning Assignment Tool by the end official class time.

f. The paper will be graded according to content, writing & research requirements as well as the mechanics of formal writing (spelling, grammar, etc.). The grading rubric is available on E-Learning in Sakai. See grading rubric on E-Learning in Sakai

g. Sample papers are available for review during office hours and scheduled appointments.

h. See E-Learning for Grading Rubric.

5. **Graduate Section**

- a. Complete Assignments 1-4 above
- b. **Lesson Plan:** Research, develop and present a 40-45 minute Lesson on a sexuality-related topic of your choice (see Dr. Sanders for additional information).
- c. **Website Evaluation:** Evaluate various sexuality-related websites (see Dr. Sanders for additional information).



## METHODS OF INSTRUCTION

1. Lecture
2. Small Group
3. Discussion
4. Cooperative Learning
5. Guest Speaker



## ELECTRONIC COMPONENT

1. Course information & material will be posted **via e-Learning in Sakai** unless otherwise noted.
2. Check E-Learning and your E-mail regularly and frequently for announcements, important changes to class schedule, etc.



## GRADING/POINT DISTRIBUTION

Assignment	Points	%
Exams	200	50
In/Out-of-Class Activities	60	15
Sexuality in Other Cultures Paper	100	25
Reaction Paper	40	10
Total Points	400	100

**Final letter grades are determined by the total number of points rather than by percentage**

Points	Grade
372 - 400	A
360 - 371	A-
352 - 359	B+
332 - 351	B
320 - 331	B-
312 - 319	C+
292 - 311	C
280 - 291	C-
272 - 279	D+
252 - 271	D
240 - 251	D-
Below 240	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**



1. AIDS Education and Prevention	12. Sex Roles: A Journal of Sex Education & Therapy
2. Annual Review of Sex Research	13. The Journal of Sex Research
3. The Canadian Journal of Human Sexuality	14. Journal of Social & Personal Relationships
4. Child Abuse and Neglect	15. Morbidity and Mortality Weekly Report
5. Family Planning Perspectives	16. Reproductive Health Matters
6. Journal of Child Sexual Abuse	17. Sexual Addiction and Compulsivity
7. Journal of the History of Sexuality	18. Sexual Abuse: A Journal of Research & Treatment
8. Journal of HIV/AIDS Prevention & Education for Adolescents and Children	19. Sexually Transmitted Diseases
9. Journal of Homosexuality	20. Sexuality and Journal of Research
10. Journal of Psychology and Human Sexuality	21. SIECUS Report
11. Sexuality and Disability	



**Selected Human Sexuality Related Websites**

3. American Association of Sex Educators: Counselors & Therapists: <a href="http://www.aasect.org">www.aasect.org</a>
4. American College Health Association: <a href="http://www.acha.org">www.acha.org</a>
5. Dr. Ruth Westheimer: <a href="http://webcenter.drruth.aol.com">http://webcenter.drruth.aol.com</a>

6. Go Ask Alice: [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu)
7. Kinsey Institute: [www.indiana.edu/~kinsey](http://www.indiana.edu/~kinsey)
8. Planned Parenthood: [www.plannedparenthood.org](http://www.plannedparenthood.org)
9. Sexuality Information & Education Council of the U.S.: [www.siecus.org](http://www.siecus.org)



## HELPFUL CAMPUS & LOCAL COMMUNITY RESOURCES

1. **UF Counseling Center**  
Telephone: 392-1575  
Email: <http://www.counsel.ufl.edu/>  
Location: P301 Peabody Hall
2. **UF Mental Health**  
Telephone: 392-1171  
Email: <http://www.shcc.ufl.edu/smhs/>
3. **UF Disability Resource Center**  
Visit [www.dso.ufl.edu/drc/](http://www.dso.ufl.edu/drc/) For Fall 2011 Support Groups
4. **Alachua County Crisis Center**  
Telephone: 264-6789;  
Email: <http://www.alachuacounty.us/government/depts/css/crisis/>
5. **Meridian Behavioral Healthcare** (community mental health center)  
Telephone: 374-5600  
Email: [www.mbhci.org](http://www.mbhci.org)  
Location: 4300 SW 13<sup>th</sup> Street



Tentative Class Schedule)



DATE	ACTIVITY	READING
Week 1: 1/9 – 1/136	<ul style="list-style-type: none"> <li>Course Overview</li> <li>Human Sexuality: Introduction &amp; Perspectives</li> </ul>	Chapter 1
Week 2: 1/16 – 1/20	<ul style="list-style-type: none"> <li>Human Sexuality: Introduction &amp; Perspectives</li> <li>Sexuality Research</li> <li><b>Friday - Out-of-Class Assignment #1</b></li> </ul>	Chapter 1 Chapter 2
Week 3: 1/23 – 1/27	<ul style="list-style-type: none"> <li><b>Monday – No Class – Dr. Martin Luther King, Jr. Holiday</b></li> <li><b>Sexuality Research</b></li> </ul>	Chapter 2
Week 4: 1/30 – 2/3	<ul style="list-style-type: none"> <li>Female &amp; Male Sexual Anatomy &amp; Physiology</li> </ul>	Chapters 3 & 4
Week 5: 2/6– 2/10	<ul style="list-style-type: none"> <li>Gender Issues</li> </ul>	Chapter 5
Week 6: 2/13 – 2/17	<ul style="list-style-type: none"> <li>Gender Issues</li> <li>Sexual Arousal &amp; Response</li> </ul>	Chapter 5 Chapter 6
Week 7: 2/20 – 2/24	<ul style="list-style-type: none"> <li>Love and Sexual Intimacy</li> <li>Sexual Orientation</li> </ul>	Chapter 7 Chapter 9
Week 8: 2/27 – 3/2	<ul style="list-style-type: none"> <li>Sexual Orientation</li> <li><b>Wednesday – Exam #1</b></li> <li><b>Friday – Out of Class #2</b></li> </ul>	Chapter 9
Week 9: 3/5 – 3/9	<ul style="list-style-type: none"> <li><b>No Class – Spring Break</b></li> </ul>	
Week 10: 3/12 – 3/16	<ul style="list-style-type: none"> <li>Sexuality During Childhood &amp; Adolescence</li> <li>Sexuality During Adulthood</li> </ul>	Chapter 12 Chapter 13
Week 11: 3/19 – 3/23	<ul style="list-style-type: none"> <li>Sexuality During Adulthood</li> </ul>	Chapter 13
Week 12: 3/26 – 3/30	<ul style="list-style-type: none"> <li>Sexual Difficulties &amp; Solutions</li> <li><b>Friday - TBA</b></li> </ul>	Chapter 14
Week 13: 4/2 – 4/6	<ul style="list-style-type: none"> <li><b>Monday – Sexuality in Other Cultures Paper Due</b></li> <li>Sexually Transmitted Infections and HIV</li> <li><b>Friday –Out-of-Class #3</b></li> </ul>	Chapter 15
Week 14: 4/9 – 4/13	<ul style="list-style-type: none"> <li>Sexually Transmitted Infections and HIV</li> <li>Atypical Sexual Behavior</li> </ul>	Chapter 15 Chapter 16
Week 15:	<ul style="list-style-type: none"> <li>Sexual Coercion</li> </ul>	Chapter 17

4/16 – 4/20	<ul style="list-style-type: none"> <li>• Guest Panel</li> </ul>	
<b>Week 16:</b> 4/23 – 4/27	<ul style="list-style-type: none"> <li>• Sex for Sale</li> <li>• Wednesday – Last Day of Class – TBA</li> </ul>	Chapter 18
<b>Final Exam – Friday, May 4, 2011 10:00 p.m. – 12:30 p.m. Course Classroom</b>		