

# Sexuality Education Professional Certificate

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## SE 1: Comprehensive Introduction to Sexuality Education

Major Objective: Participants review the biological, psychological, and sociological aspects of human sexuality and apply this knowledge to the current and historical contexts of sexuality education.

Essential Questions to be answered during SE 1:

### Foundations Unit

- What are the expectations of this course and how can students facilitate their own success in PPU?

### Unit 1: Understanding Sexuality Education Today

- How can educators use their knowledge of current and historical issues about sexuality education to provide successful educational opportunities?
- What considerations are important when proposing sexuality education programs within communities?

### Unit 2: The Role of the Sexuality Educator

- How do educators values and beliefs impact teaching and training?
- What organizations exist to support and/or certify the work of sexuality educators?

### Unit 3: Biological: Human Reproductive Systems and the Menstrual Cycle

- What are the primary features of the male and female reproductive systems?
- How does the menstrual cycle work and what steps can be taken to control fertility?
- What options exist after pregnancy occurs? What resources exist to support each of these choices?

### Unit 4: Psychological and Relational: Human Development and Relationships

- What aspects of psychological development impact human sexuality?
- What aspects of conflict resolution and communication skills are important in sexuality education?

### Unit 5: Sociological: Diversity among Families and Relationships

- What aspects of conflict resolution and communication skills are important in sexuality education?
- How do different types of diversity and lifestyle choices impact an individual's sexuality?
- What legal barriers exist to accessing services and making decisions related to sexuality and sexual health?

### Text:

- Bruess, Clint E., and Elizabeth Schroeder. *Sexuality Education: Theory and Practice*. Boston, MA: Jones & Bartlett Learning, 2014. Print.

### Course Methodology:

This course is conducted online with weekly reading, discussion assignments, papers and projects. Faculty will provide regular feedback through the Learning Management System and other technological means.

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### SE2: Teaching and Learning in Sexuality Education I

Major Objectives: Participants continue to develop their skills to support sexual health decision-making and provide sexuality education. Skill development includes integrating and understanding several models and methodologies of teaching and learning into their practice.

Essential Questions to be answered during SE2:

#### Unit 1: Effectively Setting the Framework and Using Ground Rules

- How does setting the framework for a sexuality education session improve the outcomes?
- What role do ground rules lay in providing effective sexuality education?

#### Unit 2: Strategies for Teaching Sexuality Education

- How do unit and lesson plans contribute to successful outcomes?
- What teaching strategies can be effective during sexuality education classes?
- Are adolescent learners unique?

#### Unit 3: Teaching about Sexually Transmitted Infections

- What are the best practices when teaching classes about sexually transmitted infections?
- What STI prevention messages are effective with various audiences?

#### Unit 4: Age Appropriate Sexuality Education

- What are the standards for age appropriate sexuality education?
- What methods of teaching are effective for adults and special needs populations?

#### Unit 5: Understanding by Design (UbD)

- What are the basic concepts of the UbD model?
- How can this model be applied to the design of sexuality education lesson plans and units?

#### Text:

- Bruess, Clint E., and Elizabeth Schroeder. *Sexuality Education: Theory and Practice*. Boston, MA: Jones & Bartlett Learning, 2014. Print.
- Supplemental Reading Materials

#### Course Methodology:

This course is conducted online with weekly reading, discussion assignments, papers and projects. Faculty will provide regular feedback through the Learning Management System and other technological means.

### **SE3: Teaching and Learning in Sexuality Education II**

Major Objective: This course will further develop the skills introduced in SE-2 and ensure that all teachers and trainers have the requisite skills to work effectively in their communities with a variety of students.

Essential Questions to be answered during SE-3:

#### Unit 1: Implementing Sexuality Education Programs

- What does a sexuality educator need to know to effectively work with a population of which s/he is not a member?
- What are specific strategies for working with a selected population?
- What principles of group development assist the presenter in understanding groups?
- What skills are needed to successfully facilitate groups?

#### Unit 2: Assessing and Evaluating Sexuality Education

- What types of assessment are necessary for sexuality education programs?
- How can UbD be useful in determining evaluation of programs?
- What considerations must be made when providing proven programs that require fidelity measures?

#### Unit 3: Developing UbD Programs II

- What are the six facets of understanding?
- How do educators develop effective Enduring Understandings, Essential Questions, and Assessments

#### Unit 4: Developing UbD Programs II

- How does the UbD planning process lead to a complete lesson plan?
- How can the strategies for teaching from SE1, 2, and 3 be applied effectively in UbD lesson plans?

#### Text:

- Bruess, Clint E., and Elizabeth Schroeder. *Sexuality Education: Theory and Practice*. Boston, MA: Jones & Bartlett Learning, 2014. Print.
- Supplemental Reading Materials

#### Course Methodology:

This course is conducted online with weekly reading, discussion assignments, papers and projects. Faculty will provide regular feedback through the Learning Management System and other technological means.

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### SE4: Practicum in Sexuality Education

Major Objective: This course is the fourth and final in the Sexuality Education Certificate program sequence. The practicum provides students the opportunity to skillfully design and teach lessons for a variety of audiences. Students will apply the knowledge, skills, attitudes and behaviors covered throughout the preceding courses in order to increase comfort and competence as a sexuality educator.

#### Unit 1: Practicum Preparation

- What are the theories and principles of effective, high quality sexuality education and teaching?
- How does the UbD model, used within a standard lesson plan template, support effective teaching and collaboration?

#### Unit 2: Working with Lesson Plans

- What are the theories and principles of good education and teaching?
- What are the key considerations and steps to prepare a lesson for an audience that is new to me?
- What is the benefit of peer feedback when designing a lesson plan?

#### Unit 3: Facilitation Skills

- What are the best practices of facilitation?
- What are my strengths and opportunities to develop myself for excellence as a sexuality educator?
- How do observation, self reflection and feedback further hone my skills as an educator?

#### Unit 4: Reflection and analysis of the PPU experience

- How has PPU helped me become a more skilled sexuality educator?

#### Materials

- Access to videotaping equipment
- Supplemental Reading Materials

#### Course Methodology:

This course is conducted online. Assignments will include readings, writing assignments, peer review of assignments, facilitation of a lesson plan and submission of a videotaped presentation for review by the course instructor. Each student, in consultation with the instructor, will engage an experienced educator to observe their practicum presentation and provide feedback.