



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

Fall 2011

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

<b>Course &amp; Section</b>	HSC 3133 Section 2428 (Undergraduate) HSC 5138 Section 9670 (Graduate)
<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>	<ul style="list-style-type: none"><li>• M: Periods 6 – 8 (12:50 p.m. – 3:50 p.m.)</li><li>• W &amp; F: Period 4 (10:40 a.m. – 11:30 a.m.)</li><li>• By Appointment</li></ul>
<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.



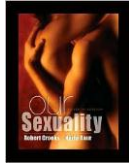
### COURSE OBJECTIVES

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



1. 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 shall be submitted electronically via E-Learning (unless otherwise noted) and are 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 the final version. If you experience a problem with the submission, you may submit it via email along with a detail explanation of the problem you incurred. Please note that the time the assignment is due remains the same
- b. 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.
- c. Late assignments: **Late assignments submitted via E-Learning** will accepted when submitted within the 24 hours immediately the designated due date and will flagged "Late" by the E-Learning system. Assignment links will automatically be removed exactly 24 hours after the due date and the

assignment will no longer be eligible for submission. **Late hard-copy/in-class submissions** will be accepted when submitted by the next class immediately following the due date. All late assignments will be subject to 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 exact time that the assignment was submitted.

### 3. **In and Out of Class Activities/Assignments**

- a. There will be a variety of in and out of class activities and assignments. You will only receive full credit for in class activities if you are present and actively participate.
- b. **MISSED ACTIVITIES/ ASSIGNMENTS CANNOT BE MADE UP OR EXCUSED** (UAA Students are excluded). However, if you miss only one in-class activity you will still eligible to receive the maximum number of points (or close to) because one additional activity will be assigned.
- c. Please note that you cannot receive more than the maximum number of total points assigned (60).

### 4. **Accommodations for Students with Disabilities**

- a. The UF Disability Resource Center states, "We strive to provide quality services to students with physical, learning, sensory or psychological disabilities, to educate them about their legal rights and responsibilities so that they can make informed decisions, and to foster a sense of empowerment so that they can engage in critical thinking and self-determination." Therefore, Students with disabilities who need reasonable modifications to complete assignments and/or exams successfully and otherwise satisfy course criteria are encouraged to meet with me as early in the course as possible to identify and plan specific accommodations.
- b. Students must provide a letter from the UF Disability Resource Center to assist in planning modifications.

### 5. **Honesty Policy**

- a. 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):** 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.

2. **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.



## COURSE REQUIREMENTS

1. **Out-of-Class Assignments** (see Course Policies for additional information)
2. **In-Class Activities** (see Course Policies for additional information)
3. **Exams:** There will be two exams including the Final Exam (non-cumulative).
4. **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 & Submission 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.

5. **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's' topic)

b. In order to ensure that you have selected a viable culture, the 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 of the paper any parts of the paper.

- 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, Writing & Submission 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.
- 10) Hard copy submission on or before Monday, November 14, 2011

- e. 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
- f. Sample papers are available for review during office hours and scheduled appointments.

## 6. Graduate Section

- a. #1-5 above and b c below
- b. Sexual Health Website Evaluation and Presentation
- c. Small Group Discussion Facilitation



## 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. All out-of-class assignments shall be submitted electronically (**Microsoft Word only**) via E-Learning in Sakai unless otherwise noted.
3. Check your **E-mail and E-Learning in Sakai** frequently for announcements, important changes to class schedule, etc.



## GRADING/POINT DISTRIBUTION

Assignment		Points	Undergraduate %	Graduate %
Exams		200	50	40
In/Out-of-Class Activities		60	15	12
Sexuality in Other Cultures Paper		100	25	20
Reaction Paper		40	10	8
Graduate Project		100		20
Total	U	400	100	
	G	500		100

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

Undergraduate Points	Graduate Points	Grade
372 - 400	465 - 500	A
360 - 371	450 - 464	A-
352 - 359	435 - 449	B+
332 - 351	415 - 434	B
320 - 331	400 - 414	B-
312 - 319	385 - 399	C+
292 - 311	365 - 384	C
280 - 291	350 - 364	C-
272 - 279	335 - 349	D+
252 - 271	320 - 334	D
240 - 251	300 - 319	D-
Below 240	Below 300	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: [www.aasect.org](http://www.aasect.org)
4. American College Health Association: [www.acha.org](http://www.acha.org)
5. Dr. Ruth Westheimer: <http://webcenter.drruth.aol.com>
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



## Class Schedule



DATE	ACTIVITY	READING
Week 1: 8/22 – 8/26	<ul style="list-style-type: none"> <li>Course Overview</li> <li>Human Sexuality: Introduction &amp; Perspectives</li> </ul>	Chapter 1
Week 2: 8/29 – 9/2	<ul style="list-style-type: none"> <li>Human Sexuality: Introduction &amp; Perspectives</li> <li>Sex Research</li> </ul>	Chapter 1 Chapter 2
Week 3: 9/5 – 9/9	<ul style="list-style-type: none"> <li><b>Monday – No Class, Labor Day</b></li> <li>Female Sexual Anatomy &amp; Physiology</li> <li>Male Sexual Anatomy &amp; Physiology</li> </ul>	Chapter 3 Chapter 4
Week 4: 9/12 – 9/16	<ul style="list-style-type: none"> <li>Male Sexual Anatomy &amp; Physiology</li> <li>Gender Issues</li> </ul>	Chapter 4 Chapter 5
Week 5: 9/19 – 9/23	<ul style="list-style-type: none"> <li>Gender Issues</li> <li><b>Wednesday – Video #1 – <i>Is It a Boy or Girl?</i></b></li> <li><b>Friday – Small Group Discussion (Video - <i>Is It a Boy or Girl?</i>)</b></li> </ul>	Chapter 5
Week 6: 9/26 – 9/30	<ul style="list-style-type: none"> <li>Sexual Arousal &amp; Response</li> <li>Love and Sexual Intimacy</li> <li><b>Wednesday - Reaction Paper Due</b></li> </ul>	Chapter 6 Chapter 7
Week 7: 10/3 – 10/7	<ul style="list-style-type: none"> <li>Sexual Orientation</li> <li>Friday – <b>Wednesday – Outspoken Panel</b></li> </ul>	Chapter 9
Week 8: 10/10 – 10/14	<ul style="list-style-type: none"> <li><b>Monday – Exam #1</b></li> <li>Wednesday – Graduate Website Evaluation Presentation</li> <li>Friday – Graduate Website Evaluation Presentation</li> </ul>	
Week 9: 10/17 – 10/21	<ul style="list-style-type: none"> <li>Contraception</li> <li>Pregnancy &amp; Childbirth</li> <li><b>Wednesday – Out-of – Class Assignment</b></li> </ul>	Chapter 10 Chapter 11
Week 10: 10/24 – 10/28	<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: 10/31 – 11/4	<ul style="list-style-type: none"> <li>Sexuality During Adulthood</li> <li><b>Friday – No Class - Homecoming</b></li> </ul>	Chapter 13
Week 12: 11/7 – 11/11	<ul style="list-style-type: none"> <li>Sexual Difficulties &amp; Solutions</li> <li><b>Friday – No Class – Veterans Day</b></li> </ul>	Chapter 14
Week 13: 11/14 – 11/18	<ul style="list-style-type: none"> <li><b>Monday – Sexuality in Other Cultures Paper Due</b></li> <li>Sexually Transmitted Infections and HIV</li> </ul>	Chapter 15
Week 14: 11/21 – 11/25	<ul style="list-style-type: none"> <li>Atypical Sexual Behavior</li> <li><b>Wednesday – Out-of -Class Assignment</b></li> <li><b>Friday – No Class, Thanksgiving Holiday</b></li> </ul>	Chapter 16
Week 15: 11/29 – 12/2	<ul style="list-style-type: none"> <li>Sexual Coercion</li> <li>Sex for Sale</li> </ul>	Chapter 17 Chapter 18

<b>Week 16:</b> 12/5 – 12/7	<ul style="list-style-type: none"><li>• Monday – Exam #2</li><li>• Wednesday – Last Day of Class – TBA</li></ul>	
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