

# H ED 216 : Lifelong Sexual Health

**Credits** 5

**Quarter Offered** Spring

Examines sexual issues from scientific and humanistic perspectives. Surveys sexuality through the lifespan, sexual problems, sexual satisfaction, contraception, pregnancy and birth, sexuality and disability, sex and chronic illness, sexually transmitted infections, the commercialization of sex, sexual victimization, nonconsensual sexual behavior, and therapeutic techniques. The course provides a basis for more advanced study in the Health Professions. This class may include students from multiple sections. (Elective)

**Course Outcomes**

Upon successful completion students should be able to:

Analyze historical, psychosocial, legal, and cultural factors impacting contraception use, abortion, pregnancy and the birthing process and discuss best practices to promote equity within healthcare systems.

Compare and contrast diagnosis and treatment options for sexually transmitted infections and ways to outreach to diverse community members about STI prevention and intervention utilizing health psychology and community-based educational techniques, as well as considering ways to discuss sexual health with partners and healthcare providers.

Examine, from an intersectional lens, a variety of clinical and professional topics including: the impact of sexual victimization on individuals, how chronic illnesses and disabilities may interact with sexuality, how sexual problems might occur, distinguishing between sexual disorders in the DSM-V (coercive, paraphilic) and functional sexual behaviors (consensual, less common), and trauma-informed clinical practice, community support, and clinical treatment options.

Differentiate between human trafficking and the many variations of sex work within the United States and globally and analyze the impact of media (sexually explicit, as well as broad forms of media) on sexual knowledge and behavior.