

# Postgraduate Certificate Sex Education





## Postgraduate Certificate Sex Education

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/pk/education/postgraduate-certificate/sex-education](http://www.techtitute.com/pk/education/postgraduate-certificate/sex-education)

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# 01

# Introduction

Sex education is a crucial topic in today's society, since a proper approach in this area can prevent sexually transmitted diseases, foster healthy relationships and prevent situations of sexual abuse and violence. For this reason, TECH has created a high quality program that trains students to address these issues effectively. This 100% online course offers flexibility to adapt to the needs of each student and has an expert teaching team in the area of sex education, with the main objective of preparing students to be able to promote healthy sex education and prevent risk situations in their environment.



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*Become a highly trained expert in sex education and differentiate yourself in the school environment, thanks to the quality and rigor of this Postgraduate Certificate”*

Sex education is an essential tool to promote sexual and reproductive health and prevent risk situations in our society. Through an adequate teaching in this area, it is possible to acquire knowledge about sexual anatomy and physiology, the prevention of sexually transmitted diseases, affective-sexual education and the promotion of healthy relationships. The optimal development of sex education has reduced the number of unintended pregnancies and sexual violence in environments such as schools, foster homes and communities at social risk.

The importance of sex education has been recognized by numerous organizations and entities. The World Health Organization (WHO) has emphasized the need for comprehensive, evidence-based sexuality education to prevent sexually transmitted diseases, unintended pregnancies and sexual violence. Furthermore, the European Union has promoted sex education as a means to promote gender equality, sexual and reproductive health and HIV prevention.

TECH's Postgraduate Certificate in Sex Education is structured in such a way that it covers the most relevant topics in this important area. Students will learn about sexual and reproductive rights, the prevention of sexually transmitted diseases, as well as the design and implementation of educational programs in this area. In addition, it includes didactic materials, activities and multimedia resources that allow students to learn in an interactive and enriching way.

The syllabus is designed to be 100% online, which allows students to study from anywhere and at any time. In addition, the expert teaching team in the area of sex education is committed to the promotion of healthy relationships and respect for sexual and gender diversity.

This **Postgraduate Certificate in Sex Education** contains the most complete and up-to-date educational program on the market. The most important features include:

- ♦ Practical cases presented by experts in Sex Education
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Promote sexual and reproductive health in the different stages of life, through the Relearning methodology of this Postgraduate Certificate*

“

*Take advantage of the flexibility of the 100% online modality, which will allow you to study from anywhere and adapt the pace of study to your personal and professional needs”*

*Become skilled in the approach to sex education in the field of mental health, from the PLISSIT model to sexual assistance.*

*Explore the different currents of thought around relational and functional diversity.*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

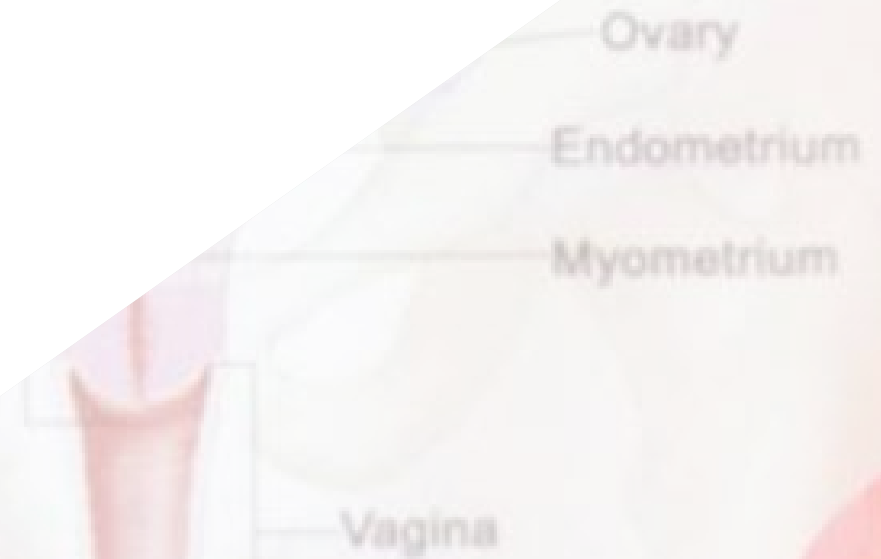
This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.



# 02

# Objectives

The design of TECH's Postgraduate Certificate in Sex Education is aimed at preparing qualified professionals capable of successfully addressing issues related to sexuality and affective-sexual education. Students will acquire the necessary knowledge to promote the prevention of sexually transmitted diseases, address the different educational models in sexology at different stages of life and delve in the methods of prevention and care in sexual health. All this, in addition to the use of an extensive library of multimedia content developed with the latest technology applied to teaching.







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*You will gain a broad understanding of sexual and reproductive rights”*



## General Objectives

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- ♦ Acquire knowledge about sexuality by expanding the vision of sexuality from a biopsychosocial perspective
- ♦ Acquire skills to be able to share information about sexuality in a clear way
- ♦ Understand the aspects involved in the beginning and development of couple relationships (couple's life cycle: establishment and evolution)
- ♦ Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession
- ♦ Gain a deep knowledge of the deontology in sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would produce an impairment of the therapeutic work





## Specific Objectives

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- Understand the different stages of sexual development
- Obtain the necessary skills to approach sex education at different stages
- Develop competencies to talk about sexuality in a natural way
- Acquire the knowledge to respond to doubts that arise when providing sex education



*Discover how to address sexual and relational diversity, from monogamy to the different types of open relationships”*

03

# Course Management

This Postgraduate Certificate provides advanced learning in Sex Education from a broad and up-to-date perspective. For this, TECH has carefully selected an excellent team of professionals with extensive experience in areas such as Psychology and Sexology. Thanks to this, students will have access to a quality program that will allow them to take a step forward in a field with wide labor demand.





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*Succeed with the help of a highly qualified teaching staff, made up of renowned experts in sexology”*

## Management



### Ms. Ramos Escamilla, María

- ♦ Psychologist, Sexologist, Couple Therapist and director of Destino Kink
- ♦ Sexologist, Couples Therapist and director of Destino Kink
- ♦ Degree in Psychology from the Complutense University of Madrid
- ♦ Master's Degree in Sexology, Sex Education and Sexological Counseling from Camilo José Cela University

## Professors

### D. Coronilla Delgado, Eduardo

- ♦ Professional in Health, Youth, Education and Training programs in the LGTBIQAP+ Association JereLesGay of Jerez de la Frontera and in the FELGTBI+
- ♦ Degree in Psychology from the University of Sevilla
- ♦ Specialist in Sexology by the University Camilo José Cela in IUNIVES
- ♦ Member of: Fast Track Committee of Jerez (Committee that fights against the HIV+ pandemic and stigma)



# 04

## Structure and Content

Sex education is a discipline that focuses on promoting sexual and reproductive health, encouraging the development of skills and competencies to make informed decisions regarding sexuality from an iterative model, such as Relearning. The Postgraduate Certificate in Sex Education provides an approach to the fundamental principles of sex education, covering topics such as the importance of sex education, the role of the sex educator, sexual and reproductive rights, and the general objectives of sex education. All this, through an intensive and 100% online program, with access 24 hours a day, 7 days a week.





“

*Enroll now and discover how to design, implement and evaluate educational programs in sex education, based on the diagnosis of interests and specific needs of each group or population”*

## Module 1. Sex Education

- 1.1. Principles
  - 1.1.1. Understanding its Importance
  - 1.1.2. Role of the Sex Educator
  - 1.1.3. Sexual and Reproductive Rights
  - 1.1.4. General Objectives
- 1.2. Childhood Sex Education
  - 1.2.1. Specific Objectives of this Stage
  - 1.2.2. Role of Parents and Other Educational Agents
  - 1.2.3. Sex Education in the Childhood Stage
  - 1.2.4. Sex Education in Primary School
  - 1.2.5. Proposed Activities and Resources
- 1.3. Adolescent Sex Education
  - 1.3.1. Specific Objectives of this Stage
  - 1.3.2. Role of Peer
  - 1.3.3. Sex Education (11-17 years old)
  - 1.3.4. Sex Education (17-19 years old)
  - 1.3.5. Proposed Activities and Resources
- 1.4. Sex Education for Adulthood
  - 1.4.1. Objectives According to More Particular Interests
  - 1.4.2. Sex Education in Early Adulthood (19-40 years old)
  - 1.4.3. Sex Education in Middle Adulthood (40-60 years old)
  - 1.4.4. Proposed Activities and Resources
- 1.5. Sex Education in Late Adulthood (over 60 years old)
  - 1.5.1. Specific Objectives of this Stage
  - 1.5.2. Main Difficulties
  - 1.5.3. Proposed Activities and Resources
- 1.6. Program Design and Implementation
  - 1.6.1. Diagnosis of Interests
  - 1.6.2. Program Development
  - 1.6.3. Program Implementation
  - 1.6.4. Program Assessment



- 1.7. Prevention and Health
  - 1.7.1. Contraceptive and Conceptive Methods
  - 1.7.2. Emergency Contraception
  - 1.7.3. Sexually Transmitted Infections
  - 1.7.3. Risky Behaviors
- 1.8. Relational Diversity
  - 1.8.1. Origin of Monogamy
  - 1.8.2. Important Concepts
  - 1.8.3. Types of Open Relationships
- 1.9. Functional Diversity and Severe Mental Disorder
  - 1.9.1. Stigmas of This Population
  - 1.9.2. PLISSIT Model
  - 1.9.3. Sexual Assistance
- 1.10. Formal and Non-Formal Education
  - 1.10.1. Types of Programs

“ A program designed in detail for you, with complete multimedia material and the possibility of accessing it anytime, anywhere”



05

# Methodology

This training program offers a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Education School we use the Case Method

In a given situation, what should a professional do? Throughout the program students will be presented with multiple simulated cases based on real situations, where they will have to investigate, establish hypotheses and, finally, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method.

*With TECH, educators can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



*It is a technique that develops critical skills and prepares educators to make decisions, defend their arguments, and contrast opinions.*

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Educators who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process is solidly focused on practical skills that allow educators to better integrate the knowledge into daily practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life teaching.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine case studies with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.



*Educators will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 85,000 educators with unprecedented success in all specialties. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by our learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialist educators who teach the course, specifically for the course, so that the teaching content is really specific and precise. These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Educational Techniques and Procedures on Video

TECH introduces students to the latest techniques, with the latest educational advances, and to the forefront of Education. All this, first-hand, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

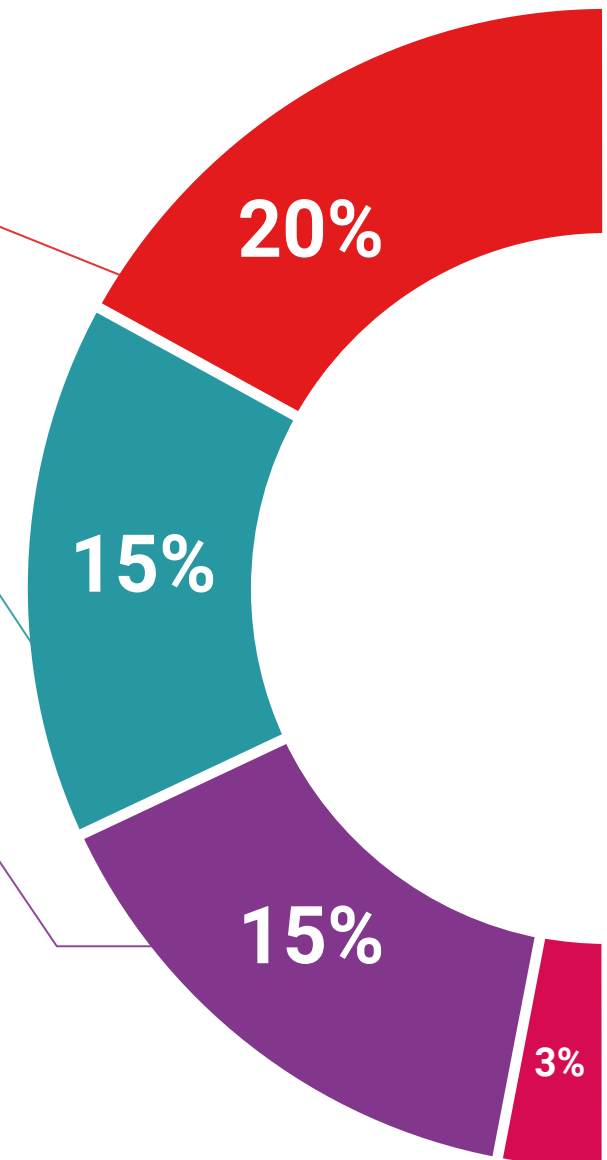
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive multimedia content presentation training Exclusive system was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





**Expert-Led Case Studies and Case Analysis**

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



**Testing & Retesting**

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises: so that they can see how they are achieving your goals.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



**Quick Action Guides**

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Sex Education guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork"*

This **Postgraduate Certificate in Sex Education** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Sex Education**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



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