

Postgraduate Diploma Sex Education





Postgraduate Diploma Sex Education

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

Website: www.techtitute.com/us/education/postgraduate-diploma/postgraduate-diploma-sex-education

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01

Introduction

Young people are the most affected by sexually transmitted diseases such as chlamydia, gonorrhea and syphilis. The data provided by health institutions are striking, especially because of the large amount of information available on prevention. However, articulating this subject, debunking myths and approaching it in an appropriate manner is a task that schools can perform effectively. In this sense, TECH provides a 100% online program that provides a complete syllabus ranging from the beginnings of Sexology and beliefs about Sexuality to the development of skills to handle any doubts about it. All this, in addition, with an innovative didactic content, available 24 hours a day from a device with an Internet connection.





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Enhance your skills to deal with the most taboo issues surrounding sex with adolescent students with this Postgraduate Diploma”

Sex Education is part of the teaching programs of many schools due to its relevance in the psycho-affective development of the human being. In this space, where the biological processes of every person are transmitted naturally, the teaching professional must be aware of the latest developments in the approach to sexuality in the different educational stages.

In an increasingly digital society, access to pornography, erotic content or contradictory information is very frequent. For this reason, having access to the latest information on sexology, risk behaviors, contraceptive methods or relational diversity is essential for teachers as key profiles in the development not only academic but also personal development of students. That is why this Postgraduate Diploma in Sex Education is developed in online modality for a period of 6 months.

This is an academic course where the graduate will obtain advanced learning on the historical evolution of Sexology, the methods of prevention of sexually transmitted diseases, the development, design and implementation of educational programs aimed at different ages and the therapeutic approach existing today. All this with an innovative teaching material based on video summaries, detailed videos and specialized readings that you can access comfortably, at any time of the day, from an electronic device with an Internet connection.

TECH, therefore, offers an excellent opportunity to progress professionally in the education sector through a flexible Postgraduate Diploma. And the fact is that students who enroll in this program will not have the obligation to attend an on-site center, nor will they have classes with fixed schedules. An ideal academic option for those who wish to combine daily responsibilities with an education that is at the educational forefront.

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

- ♦ The development of case studies presented by experts in Psychology and Sexology
- ♦ 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



Take a step further in your career as a teaching professional and work effectively on sexual and reproductive rights with young students"

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This program gives you the option to self-manage your study time and access the most advanced syllabus on adult sex education at any time”

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.

Its 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 an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

An academic option that provides teachers with the latest information on the influence of culture and the environment on gender expression and roles.

Access at any time of the day to the multimedia pills that will lead you to delve into the development of Sexology in the educational field.



02

Objectives

The objective of this Postgraduate Diploma is to provide the teaching professional with the most advanced and up-to-date learning on Sex Education. To achieve this goal, TECH provides students with the most innovative teaching resources and an excellent teaching team with extensive experience in sex therapy and dissemination of educational content to adolescents. In this way the graduate will achieve, after 450 teaching hours, the opportunity to boost their career as a teacher specialized in sexuality.



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The teaching team of this program has developed case studies that will help you to introduce these techniques and methodologies in your educational projects on sexuality”



General Objectives

- ♦ Acquire knowledge about sexuality, expanding the vision of sexuality from a biopsychosocial perspective
- ♦ Obtain tools to be able to accompany cases related to difficulties related to sexuality
- ♦ Identify the variables involved in the origin and maintenance of different sexual dysfunctions (organic, psychological, relational and cultural components)
- ♦ 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 (life cycle of the couple: establishment and evolution)
- ♦ Describe the dynamics of couple relationships and the factors that generate alterations in them
- ♦ Investigate complex issues such as gender violence and child sexual abuse
- ♦ Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession
- ♦ Gain in-depth knowledge of 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 the profession and that would undermine the therapeutic work
- ♦ Carry out research programs in sexuality





Specific Objectives

Module 1. Sexology. Human Sexual Fact

- ♦ Lay the foundations of Sexology as a science
- ♦ Gain in-depth knowledge of the components that are part of the human sexual fact
- ♦ Demystify beliefs or prejudices about sexuality

Module 2. Sex Education

- ♦ 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 answer the doubts that arise when offering Sex Education

Module 3. Sexologist Consultation

- ♦ Develop the educational skills necessary to address issues of sexuality and couples
- ♦ Gain an in-depth knowledge of the legal and ethical aspects of the sexology professional



Design from start to finish Sex Education projects and integrate them successfully in your school center"

03

Course Management

In this university qualification, TECH has carried out a rigorous selection process of the entire teaching team that integrates this program. In this way, students are guaranteed access to a quality program, taught by real experts with extensive experience in the field of Sexology and Psychology. In addition, thanks to their proximity, students will be able to resolve any questions they may have about the content of this program and make the most of this unparalleled learning experience.



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TECH rigorously selects all the teachers who teach its programs in order to offer you a quality education according to your needs as a teacher”

Management



Ms. Ramos Escamilla, María

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

Professors

Mr. Coronilla Delgado, Eduardo

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

Ms. Gutiérrez Ramos, Pamela

- ♦ Midwife and Sexologist
- ♦ Sexologist volunteer in NGO
- ♦ Sexologist in the youth center of attention to sexuality
- ♦ Postgraduate Certificate in Conscious and Integral Accompaniment of the Perinatal Maternal Period with a Gender Perspective and Biopsychosocial Approach



04

Structure and Content

The syllabus of this Postgraduate Diploma has been designed to provide the teaching professional with the most relevant information on sexuality. For this purpose, the syllabus of this program has been structured to offer a global vision of Sexology and then go into the concepts and resources necessary to work in the classroom on sexual diversity, monogamy, open relationships, risk behaviors and STIs. All of this is complemented by a library of multimedia resources with access 24 hours a day, 7 days a week.





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A syllabus that provides you with numerous activities with methodologies that you can integrate into your Sex Education sessions in your classroom”

Module 1. Sexology. Human Sexual Fact

- 1.1. Evolution of Sexology as a Science
 - 1.1.1. First References to Sexuality
 - 1.1.2. Development of Sexology as a Science
 - 1.1.3. Human Sexual Fact
- 1.2. Biological Fundamentals
 - 1.2.1. Neuroendocrine System
 - 1.2.2. Genetics
 - 1.2.3. Genital Anatomy
- 1.3. Social Foundations
 - 1.3.1. Influence of Culture
 - 1.3.2. Influence of the Environment
- 1.4. Psychological Foundations
 - 1.4.1. Somatosexual Constitution
 - 1.4.2. Sexual and Gender Identity
 - 1.4.3. Gender Expression and Roles
 - 1.4.4. Social Foundations
 - 1.4.5. Influence of Culture
 - 1.4.6. Influence of the Environment
- 1.5. Evolutionary Sexology
 - 1.5.1. Definition
 - 1.5.2. Normal Events that Occur in a Person's Life
- 1.6. Development of Sexuality
 - 1.6.1. Nervous system
 - 1.6.2. Primary Sexual Characteristics
 - 1.6.3. Secondary Sexual Characteristics
 - 1.6.4. Tertiary Sexual Characteristics
- 1.7. Child Development
 - 1.7.1. Conceptualization
 - 1.7.2. The Importance of Emotional Development from Childhood
 - 1.7.3. Bowlby's Attachment Theory



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- 1.8. Human Biological Processes
 - 1.8.1. Physical, Psychological and Sexual Changes during Adolescence
 - 1.8.1.1. Menstrual Cycle
 - 1.8.2. Pregnancy, Childbirth and Postpartum
 - 1.8.3. Climacteric and Menopause
 - 1.8.4. Andropause
 - 1.9. Anthropological Review of Human Sexuality
 - 1.9.1. The Change From Quadrupedality to Bipedality
 - 1.9.2. Most Important Historical Findings
 - 1.9.3. The Palaeolithic Period and the Revolution of the Affects
 - 1.9.4. Origin of Monogamy
 - 1.10. Areas of Sexology Development
 - 1.10.1. Clinical Symptoms
 - 1.10.2. Physical
 - 1.10.3. Educational
 - 1.10.4. Disclosure

Module 2. Sex Education

- 2.1. Principles
 - 2.1.1. Understanding its Importance
 - 2.1.2. Role of the Sex Educator
 - 2.1.3. Sexual and Reproductive Rights
 - 2.1.4. General Objectives
- 2.2. Childhood Sex Education
 - 2.2.1. Specific Objectives of this Stage
 - 2.2.2. Role of Parents and Other Educational Agents
 - 2.2.3. Sex Education in the Childhood Stage
 - 2.2.4. Sex Education in Primary School
 - 2.2.5. Proposed Activities and Resources

- 2.3. Adolescent Sex Education
 - 2.3.1. Specific Objectives of this Stage
 - 2.3.2. Role of Peer
 - 2.3.3. Sex Education (11-17 years old)
 - 2.3.4. Sex Education (17-19 years old)
 - 2.3.5. Proposed Activities and Resources
- 2.4. Sex Education for Adulthood
 - 2.4.1. Objectives According to More Particular Interests
 - 2.4.2. Sex Education in Early Adulthood (19-40 years old)
 - 2.4.3. Sex Education in Middle Adulthood (40-60 years old)
 - 2.4.4. Proposed Activities and Resources
- 2.5. Sex Education in Late Adulthood (over 60 years old)
 - 2.5.1. Specific Objectives of this Stage
 - 2.5.2. Main Difficulties
 - 2.5.3. Proposed Activities and Resources
- 2.6. Program Design and Implementation
 - 2.6.1. Diagnosis of Interests
 - 2.6.2. Program Development
 - 2.6.3. Program Implementation
 - 2.6.4. Program Assessment
- 2.7. Prevention and Health
 - 2.7.1. Contraceptive and Conceptive Methods
 - 2.7.2. Emergency Contraception
 - 2.7.3. Sexually Transmitted Infections
 - 2.7.4. Risky Behaviors
- 2.8. Relational Diversity
 - 2.8.1. Origin of Monogamy
 - 2.8.2. Important Concepts
 - 2.8.3. Types of Open Relationships



- 2.9. Functional Diversity and Severe Mental Disorder
 - 2.9.1. Stigmas of This Population
 - 2.9.2. PLISSIT Model
 - 2.9.3. Sexual Assistance
- 2.10. Formal and Non-Formal Education
 - 2.10.1. Types of Programs

Module 3. Sexologist Consultation

- 3.1. Basic Assumptions
 - 3.1.1. Objectives of Sex Therapy
 - 3.1.2. Therapeutic Framework
 - 3.1.3. General Intervention Phases
- 3.2. Deontological Aspects
 - 3.2.1. Basic Principles
 - 3.2.2. Deontology in Sexology
 - 3.2.3. Deontology of Each Profession
- 3.3. Sexological Counseling
 - 3.3.1. Special Characteristics
 - 3.3.2. Frequently Asked Questions
- 3.4. Therapist Skills
 - 3.4.1. Skills
 - 3.4.2. Active Listening
 - 3.4.3. Self-Knowledge
 - 3.4.4. Good Practices
- 3.5. Therapist Self-Care
 - 3.5.1. Burn Out Risk
 - 3.5.2. Importance of the Therapist's Psychological Adjustment
 - 3.5.3. Taking Care of the Energy
- 3.6. Therapeutic Alliance
 - 3.6.1. Importance
 - 3.6.2. Characteristics of the Therapeutic Relationship
 - 3.6.3. Different Approaches to the Therapeutic Alliance

- 3.7. Specific Characteristics of Couples Therapy and Sex Therapy
 - 3.7.1. Experiential Environment
 - 3.7.2. Habitual Resistance to Therapy
- 3.8. Characteristics for a Good Prognosis
 - 3.8.1. Safety Within the Therapeutic System
 - 3.8.2. Engagement in the Therapeutic Process
 - 3.8.3. Emotional Connection with the Therapist
- 3.9. Issues to be Addressed
 - 3.9.1. Perception of the Own Body
 - 3.9.2. Self-concept
 - 3.9.3. Self-esteem
- 3.10. Online Consultation
 - 3.10.1. Advantages and Disadvantages
 - 3.10.2. Demonstrated Efficacy
 - 3.10.3. Optimal Conditions for Online Consultation



With this program you will get the teaching resources you need to promote sexual equality among young people in your educational center”

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.





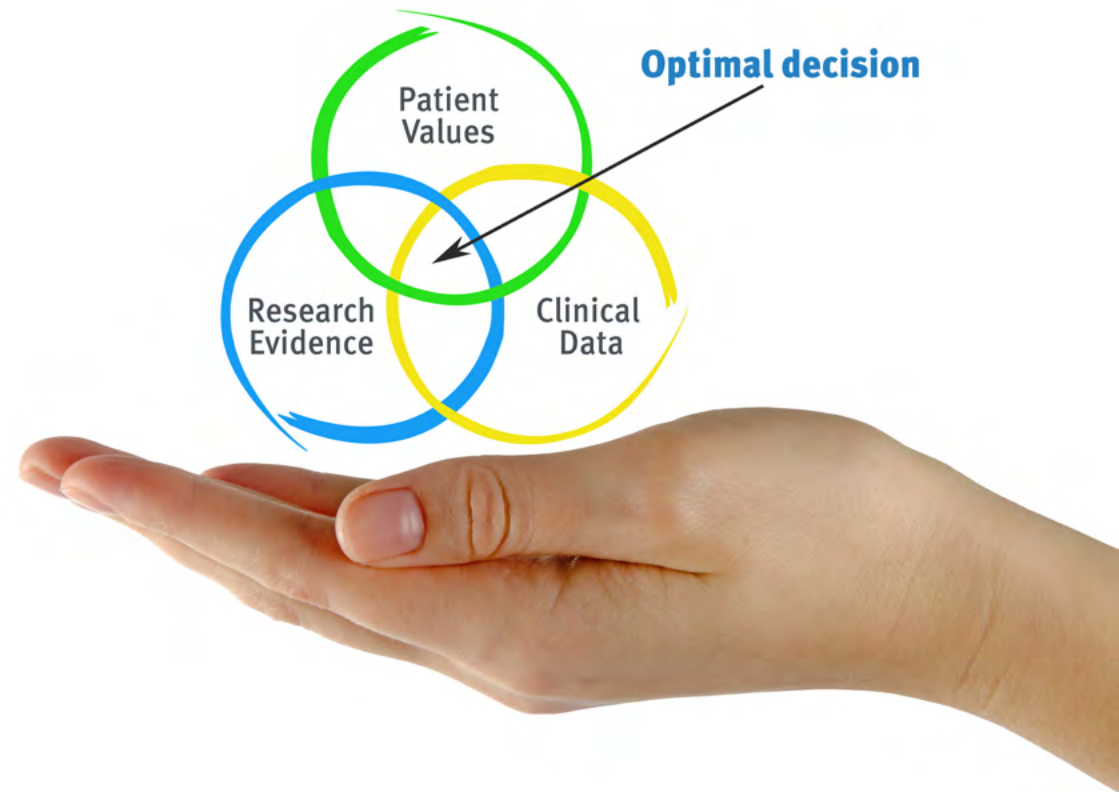
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

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.

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



The image features two black graduation caps (mortarboards) against a bright blue sky with light, wispy clouds. One cap is in the foreground on the left, and another is slightly behind it to the right. The background is split diagonally by a white and red geometric shape. The quote is positioned on the white section.

“

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

This **Postgraduate Diploma 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 Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Program: **Postgraduate Diploma in Sex Education**

Official No. of Hours: **450 h.**



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



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Sex Education

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Postgraduate Diploma Sex Education

