

# 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/us/psychology/postgraduate-certificate/sex-education](http://www.techtitute.com/us/psychology/postgraduate-certificate/sex-education)

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# 01

# Introduction

Sexuality is a fundamental aspect of human life, however, according to studies, 70% of people do not receive adequate sex education, generating psychological and relationship problems. TECH has designed a complete program that addresses this gap from an up-to-date perspective, training professionals in psychology to provide support and guidance with cutting-edge techniques in this field. The course offers a solid educational foundation in topics such as sexual diversity, prevention of sexually transmitted diseases and promotion of healthy relationships. With a 100% online approach, this program employs the Relearning pedagogical methodology and offers students the flexibility to organize their academic resources according to their needs.





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*Thanks to this program you will be able to face the challenges of sex education in the 21st century, contributing to the emotional, physical and social well-being of your patients”*

Currently, the lack of comprehensive and adequate sexuality education has become a widespread problem in society. Despite the growing acceptance of sexual and gender diversity, many people still face difficulties in accessing accurate and quality information about sexuality and its implications in daily life. This situation has led to the persistence of myths and stigmas, as well as the spread of sexually transmitted diseases and the proliferation of problematic interpersonal relationships.

In response to this problem and the wide need for specialized professionals in this field, TECH has designed the Postgraduate Certificate in Sex Education, with the objective of offering psychologists the most up-to-date tools to effectively and responsibly address issues related to human sexuality, from a scientific and multidisciplinary perspective.

The program offers a broad and up-to-date academic content, including topics such as sexual and reproductive rights, sexual and gender diversity, prevention of sexually transmitted diseases, sex education at different stages of life, as well as program implementation. All this, from a 100% online format, which allows students to access the content and activities from anywhere and at any time.

The Relearning pedagogical methodology is used in this program, promoting the acquisition of knowledge and skills through active learning, reflection and collaborative construction of knowledge. This methodology is based on the idea that learning is a continuous and constantly evolving process, and that students should be the protagonists of their own learning. In addition, the flexibility of the course to organize academic resources is another aspect to highlight, as it allows students to adapt the pace of study to their personal and professional needs and commitments.

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

- ♦ Practical cases presented by experts in Psychology and 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



*Expand your horizons in sex education with this program and address topics such as relational diversity, prevention and health promotion”*

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*Get up-to-date on the latest advances in the comprehensive and empathetic approach to functional diversity and severe mental disorders in the context of sexuality education”*

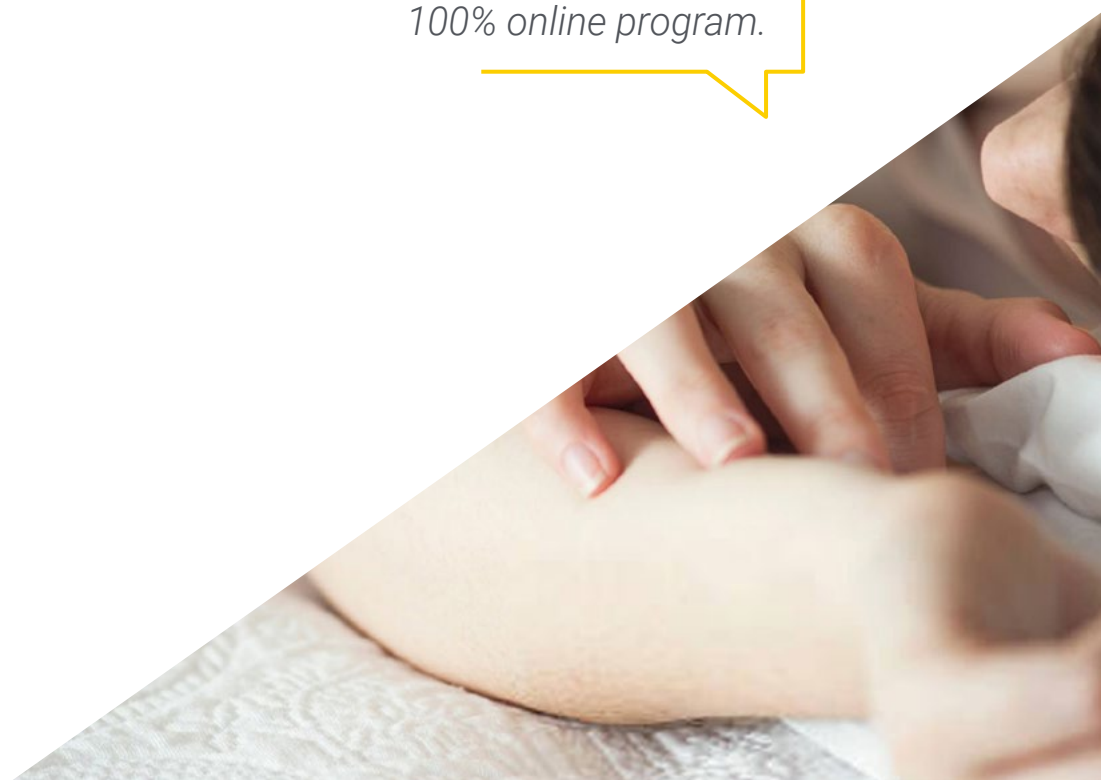
The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

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.

*Immerse yourself in a broad spectrum of relevant topics in sexuality education, from infancy to late adulthood, and enrich your therapeutic skills.*

*You will gain the most up-to-date and practical insight into sexual reproductive rights through this 100% online program.*



# 02

# Objectives

The purpose of the Postgraduate Certificate in Sex Education is to provide professionals with a comprehensive up-to-date knowledge of the approaches and tools necessary to address human sexuality in a comprehensive and empathetic manner in various therapeutic contexts. Through a 100% online, dynamic and innovative methodology, students will acquire up-to-date knowledge in key areas such as sexual and gender diversity, prevention of sexually transmitted diseases, promotion of healthy relationships and the approach to specific problems in sex education. All this, through a syllabus based on the most recent scientific evidence in the field and with a total duration of 150 hours.







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*Stand out in your professional career by promoting a more informed and inclusive society on sexuality issues”*



## 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

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*Take full advantage of the Relearning pedagogical methodology, which will allow you to assimilate and apply the acquired knowledge in an efficient and practical way”*

03

# Course Management

The teaching staff of this Postgraduate Certificate in Sex Education has been carefully selected by TECH with the aim of providing students with an education of the highest quality, with a group of highly recognized professionals in the field of Sex Education and Psychology who, from their vast experience in the field, know and apply the most innovative approaches and methods in addressing human sexuality.





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*A teaching staff that will allow you to keep up-to-date with the latest advances and trends in the sector, therefore guaranteeing a comprehensive and up-to-date learning experience”*

## Management



### Ms. Ramos Escamilla, María

- ♦ Sexologist and Couple Therapist
- ♦ 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

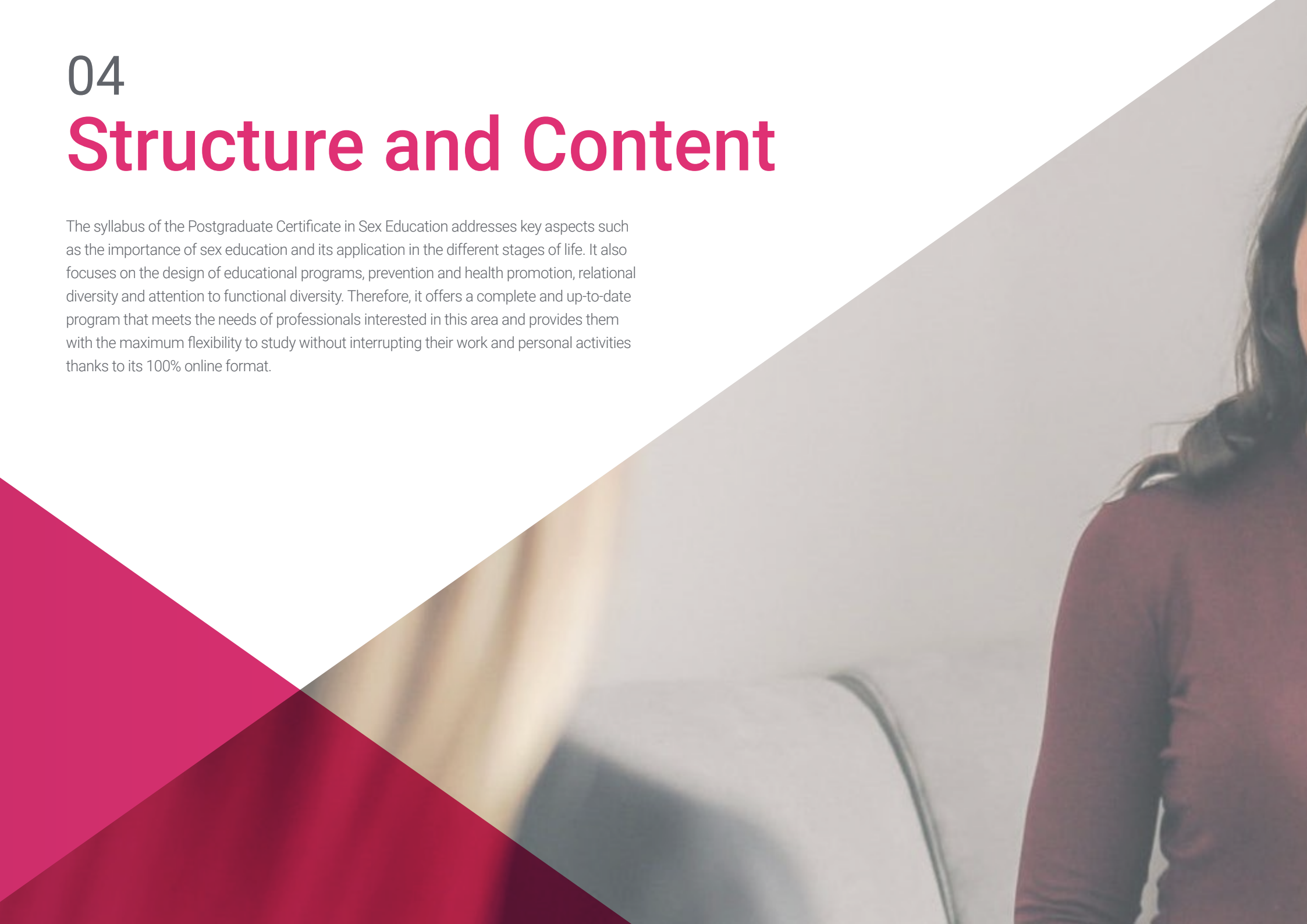
- ♦ Professional in Health, Youth, Education and Training programs in the LGTBQAP+ Association JereLesGay of Jerez de la Frontera and in the FELGTBI+
- ♦ Degree in Psychology from the University of Sevilla
- ♦ Specialist in Sexology by the University Camilo José Cela in IUNIVES
- ♦ Member of the Fast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



# 04

## Structure and Content

The syllabus of the Postgraduate Certificate in Sex Education addresses key aspects such as the importance of sex education and its application in the different stages of life. It also focuses on the design of educational programs, prevention and health promotion, relational diversity and attention to functional diversity. Therefore, it offers a complete and up-to-date program that meets the needs of professionals interested in this area and provides them with the maximum flexibility to study without interrupting their work and personal activities thanks to its 100% online format.







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*Delve into the most advanced methods of design and implementation of educational programs in sex education, and make a difference in the lives of your patients”*

## 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
  - 1.7.4. 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

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*Adapt to your needs and personal commitments thanks to the 100% onlaine methodology and the flexibility of this program”*

05

# Methodology

This academic program offers students 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 we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH the psychologist experiences a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the psychologist's professional practice.

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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. Psychologists who follow this method not only master the assimilation of concepts, but also develop their mental capacity by means of exercises to evaluate real situations and apply their knowledge.
2. Learning is solidly translated into practical skills that allow the psychologist to better integrate knowledge into clinical practice.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
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 the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.

*The psychologist 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).

This methodology has trained more than 150,000 psychologists with unprecedented success in all clinical specialties. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for 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 specialists who teach the course, specifically for the course, so that the teaching content is highly 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.



#### Latest Techniques and Procedures on Video

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current psychology. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### 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 educational system for presenting multimedia content 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 their 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 diploma 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 diploma 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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