

Course Description

The first in a series of courses developed by sex educators at the Responsible Sex Education Institute, the Virtual Sexual Health Educator Program 1.0 takes our most popular live lessons and transforms them into a 5-week virtual course.

Course Outline

Week 1: Fundies

We'll spend lots of time on the soft skills it takes to teach sex ed, but to ensure we're all starting from the same place, we've got to get our facts straight. The *optional* pre-work for this module includes: Anatomy, Birth Control, and Sexually Transmitted Infections (STIs). During our required live session this week we will set the stage for the rest of the course. Even if you don't complete the pre-work, come to the live session!

Week 2: Climate-Setting: Stigma, Values + Boundaries

During this module, we will explore personal and organizational values, as well as outline the core values of comprehensive sex education. We will also examine how stigma and boundaries impact the sex education we provide.

Week 3: Building a Culture of Consent: A Trauma-Informed Approach

This module will explore why trauma-informed sex education practices are an important part of building a culture of consent in the classroom, and how educators can implement these practices. We will examine: what trauma is and how it affects student learning, modeling behaviors in the classroom, and measures to implement before, during, and after a lesson in an effort to reduce re-traumatization. This module will then push the conversation further to consider how building a culture of consent in the classroom can support student understanding of consent, and contribute to a trauma informed space for student learning and success.

Course Outline (continued)

Week 4: Sexual Orientation, Gender Identity, & Gender Expression (SOGIE)

In this module, participants will learn more about why sex education often leaves out LGBTQ+ identities, get an introduction into the different spectrums of gender and sexuality, learn how homophobia and transphobia negatively impact all youth, and practice responding to homophobic and transphobic statements to create safe spaces. This module will also dive deeper into different types of biases and how to actively support all youth identities.

Week 5: Answering Tough Questions: They Asked What?

Answering questions from young people about sexual health can be an exciting and intimidating part of teaching sex ed! This module is designed to give you the tools to answer the tricky questions.

Assessments

Pre-Survey - Click the link in your welcome email to take the pre-survey.

Post-Survey - You will receive a link to complete the post-survey via email after you complete the course.

Weekly Feedback - We have set aside 10 minutes at the end of each of our Friday meetings for you to complete a brief, anonymous survey.

Confidentiality Policy

Participants may not copy, record, edit, reproduce or distribute any materials from this training for your own purposes including, but not limited to, providing trainings for your colleagues or community, without express, written permission from RSEI.

SAMPLE V-SHEP 1.0 Syllabus



Schedule of Activities

- You will receive access to course materials for the following week each Thursday morning.
- Please complete all lessons in the “Pre-Work column” prior to the live session in that same row.

Live Session Date	Live Session Title	Pre-Work
Fri, Jan 15th	Fundies: Live 1	*Fundies-Mod: Pre-Work 1-3
Weds, Jan 20th	Climate-Mod: Live 1	Climate-Mod: Pre-Work 1
Fri, Jan 22nd	Climate-Mod: Live 2	Climate-Mod: Pre-Work 2
Weds, Jan 27th	BCC-Mod: Live 1	BCC-Mod: Pre-Work 1
Fri, Jan 29th	BCC-Mod: Live 2	BCC-Mod: Pre-Work 2
Weds, Feb 3rd	SOGIE-Mod: Live 1	SOGIE-Mod: Pre-Work 1
Fri, Feb 5th	SOGIE-Mod: Live 2	SOGIE-Mod: Pre-Work 2
Weds, Feb 10th	ATQ-Mod: Live 1	ATQ: Pre-Work 1
Fri, Feb 12th	ATQ-Mod: Live 2	ATQ: Pre-Work 2

Week 1: Pre-Work is optional, but the Live session is required