



# V-SHEP 1.0



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 (V-SHEP) takes our most popular live lessons and transforms them into a 5-week virtual course that covers the following topics:

## **WEEK 1: FRAMEWORK & CLIMATE-SETTING**

In this module, we will set the stage for the following weeks of the course. We will go over some of the fundamental beliefs of sex education and examine how values, stigma, and boundaries can impact the sex education we provide and how young people receive the information.

## **WEEK 2: FUNDIES: ANATOMY, BIRTH CONTROL, PUBERTY, & STIs**

In this module, we'll spend lots of time on the soft skills it takes to teach sex ed. To ensure we're all starting from the same place, we've got to get our facts straight. This module contains the following lessons: Sexual & Reproductive Anatomy, Birth Control, Puberty, and Sexually Transmitted Infections (STIs).

## **WEEK 3: BUILDING A CULTURE OF CONSENT: A TRAUMA-INFORMED APPROACH**

In this module, we 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.

## **WEEK 4: SEXUAL ORIENTATION, GENDER IDENTITY, & GENDER EXPRESSION (SOGIE)**

In this module, participants will learn about why sex education often leaves out LGBTQ+ identities, an introduction into the different spectrums of gender and sexuality, how attacks on the LGBTQ+ community negatively impact all youth, and how to practice responding to anti-LGBTQ+ statements in order to create safe spaces. This module will also dive deeper into different types of biases and how educators can actively support youth of all 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 ALL the tricky questions young folks may ask.

*V-SHEP 1.0 aligns with the Professional Learning Standards for Sex Education. V-SHEP 1.0 was developed by a diverse team of sex educators with over 50 years combined experience in the field.*