

SAMPLE V-SHEP 1.0 Syllabus



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: 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

During the course, 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

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
Tues, Sept 19th	Climate: Live 1	Climate: Pre-Work 1
Thurs, Sept 21st	Climate: Live 2	Climate: Pre-Work 2
Tues, Sept 26th	Fundies: Live 1	Fundies: Pre-Work 1
Thurs, Sept 28th	Fundies: Live 2	Fundies: Pre-Work 2
Tues, Oct 3rd	BCC/TISE: Live 1	BCC/TISE: Pre-Work 1
Thurs, Oct 5th	BCC/TISE: Live 2	BCC/TISE: Pre-Work 2
Tues, Oct 10th	SOGIE: Live 1	SOGIE: Pre-Work 1
Thurs, Oct 12th	SOGIE: Live 2	SOGIE: Pre-Work 2
Tues, Oct 17th	ATQ: Live 1	ATQ: Pre-Work 1
Thurs, Oct 19th	ATQ: Live 2	ATQ: Pre-Work 2