



SEXUALITY MATTERS (SM)

Students come to college with varying degrees of knowledge and skills to make healthy sexual decisions. Sexuality Matters takes a sex-positive and inclusive approach to comprehensive sexuality education. It also meets many of the educational requirements outlined by Title IX and the Campus Sexual Violence Elimination (SaVE) Act.

COURSE OBJECTIVES

- Develop a personal definition of sexuality.
- Examine societal values and beliefs around sexuality and clarify their own personal values and beliefs around sexuality.
- Describe the differences between sex, gender identity, gender expression, and sexual orientation.
- Identify the different methods of contraception, barrier methods, and vaccines.
- Identify the difference between bacterial, viral, and parasitic sexually transmitted infections (STI) and the testing and treatment process for each.
- Discuss the components of a healthy vs. unhealthy relationship.
- Convey an understanding of the range of sexual expression.
- Discuss methods of healthy communication with partners, peers, and providers.
- Identify and discuss the complex interactions that influence sexuality.
- Critically analyze their own decision making process.
- Identify and access appropriate campus resources that can help students with concerns related to course topics.
- Demonstrate an awareness of societal pressures surrounding sexuality and sex.
- Identify the potentially harmful outcomes of unhealthy/unsafe sexual interactions (e.g. social, psychological, emotional).

COURSE THEMES

Sexual health

Knowing how the body works is the first step in sexual health. An unintended pregnancy or STI could contribute to added stress or academic struggles. Students reflect on their values and future goals and discuss what strategies fit with their lives.

- The body, pleasure, and reproduction
- STIs and safer sex
- Contraception and pregnancy options

Relationships

From first dates to breaking up, students learn about the different considerations over the course of a relationship, including how to help themselves or a friend if they recognize an abusive relationship.

- Differences between healthy, unhealthy, and abusive relationships
- Various types of partnerships
- Meeting partners and establishing boundaries

Communication & advocacy

How to talk about sex and relationships is a skill rarely taught in sex ed. Students practice how to discuss values, boundaries, and desires, as well as how to advocate for themselves and others.

- Strategies and techniques
- Locating and evaluating resources and information
- National perspectives on sexuality education

Values, beliefs, and identities

What values were students raised with, and what do they believe now? How do they describe their sexual identity?

Clarifying sexuality-related values and identities can help students act in alignment with who they are.

- How people form their perspectives on sexuality
- Types of sexual expression
- Sexual orientation, gender identity, and expression

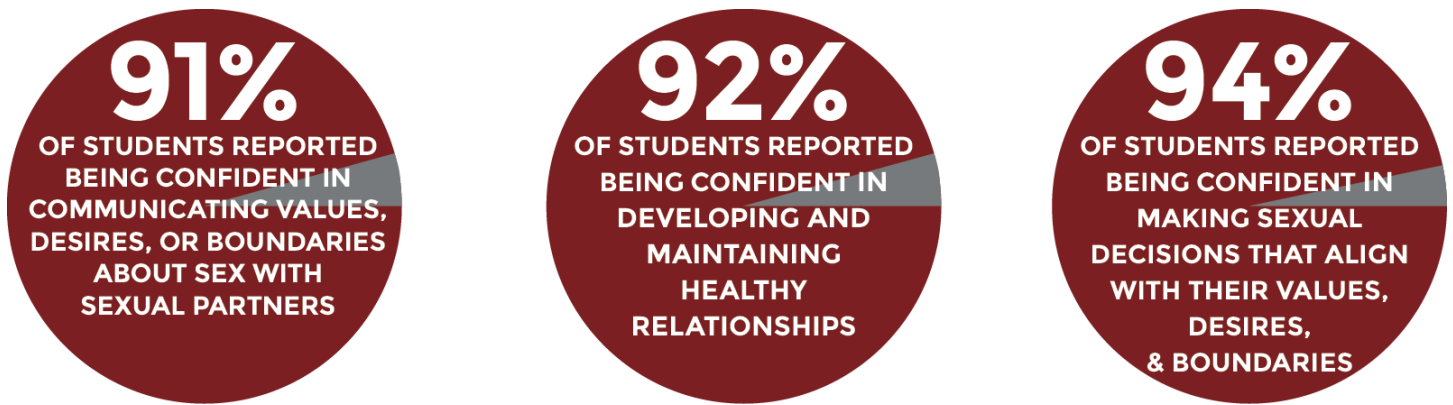
Sexual assault

Colleges have a moral and legal duty to provide students with safe learning environments, and sexual assault education contributes to this outcome.

- Definitions, affirmative consent, and dispelling myths
- Role of alcohol and other substances
- Reporting and resources
- Bystander intervention

COURSE DATA¹

After taking the course,



¹ 2014 course evaluation data from the U of MN's Office of Measurement Services

STUDENT QUOTES

"Comprehensive education that applies to all bodies and sexualities."

"Good information in a judgment and influence-free atmosphere."

"...This course helped me learn that emotional abuse does exist, and that it's not okay."

"I have gained a stronger desire to stand up for my own and others' gender, sexual orientation, sexual expression, and sexual identity."

"I have a deeper appreciation for STI testing and pregnancy prevention methods."

"I have gained a deeper insight into my own sexual well-being and expression."

"[I'm] much more respectful of others' identity."

"I have a better idea of how all methods of contraception work."

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