



**SCHOOL OF PROFESSIONAL AND CONTINUING
EDUCATION, HKU**

**DEPARTMENT OF PSYCHIATRY, FACULTY OF
MEDICINE, HKU**

AND

HONG KONG SEX EDUCATION ASSOCIATION

Certificate in Sex Education

**(An Internet Course on Sex Education for Teachers and
Healthcare Professionals)**

性教育證書

Introduction

The Certificate in Sex Education programme is a joint venture among the School of Professional and Continuing Education (SPACE), The University of Hong Kong, Department of Psychiatry, Faculty of Medicine, The University of Hong Kong and Hong Kong Sex Education Association. This programme has the support of the World Association for Sexology and the Asian Federation for Sexology Ltd.

This programme is aimed at providing school teachers, healthcare professionals and other interested parties a comprehensive knowledge about sex, the necessary attitude and skills in carrying out sexual counselling. The design of the programme is to provide students a one-stop flexible learning time frame and convenience. Learning takes place in their own environment using the format and technology of web-based education. Such a design is ideal for people who engaged in full time employment.

Programme Objectives

On completion of the programme, students are expected to be able to:

1. deliver basic sexuality knowledge, information and values effectively and comprehensively to students / clients;
2. write, design and produce clear, accurate teaching materials for sex education for use in and outside class (e.g. for exhibition or on the web) and for health education & health promotion activities by healthcare professionals;

3. conduct discussion on basic sexuality topics in a systematic, objective and effective manner;
4. evaluate social, education and research issues of sexuality,
5. provide basic counselling to students, youths or their families in groups or individually on common sexual problems they may face currently or in future; be able to refer clients to a more qualified person for follow-up action if so required;
6. search, update, and continue self-education on knowledge, views and teaching skills on all aspects of sex pertaining to student or youth needs.

Course Design

- This is a part-time one-year programme.
- Student access to tutors for advice is through E-mail and a monthly meeting “Sex Focus”.
- Chat-room facilities on the web
- Links – access to e-journals of the Hong Kong Sex Education Association; Journals of Asian Sexology and possibly other international sex education websites.

Course Outline

Compulsory Modules:

Module 1: Sex and Health

Module 2: Sexual Psychology

Module 3: Sex and Society

Module 4: Sex and Education

Elective Modules (Select any two):

Module A: Sexual Variations

Module B: Sexual Abuse

Module C: AIDS Education and Counseling

Module D: Parental Sex Education

Module E: Sex Education Research Project

Module F: History of sexology

**Module G: A new model of sex therapy: Tantra
combining West & East techniques**

Module H: Sexuality and Being

Assessment

A. Compulsory Modules

- General Performance based on frequency and quality of students’ participation in the contact hours with the tutor. A grade will be awarded for each participation. 50% attendance in a 6-month period will be considered satisfactory.
- Written Assessment:
 - a 2-hour examination
 - submission of an Assignment for each module

B. Elective Modules

- General performance – same requirement as in compulsory module
- Submission of a research project on any topic taught in the curriculum.

If a student fails the examination/assignment, a supplementary examination may be granted or to re-submit

the assignment. Should a student fail the supplementary examination/assignment, the case will be reviewed by the External Examiners and Board of Examiners.

Award

On successful completion of the programme, students will be awarded a Certificate in Sex Education issued jointly by the three partners offering the programme. (*Accreditation of this certificate is being sought from the Education Department, HKSAR Government*)

Entry Requirements**Criteria:**

1. Aged 21 or above
2. Preferably holds a Bachelor's degree or equivalent
3. Has basic skills in computing
4. Has access to computer and internet facilities

Priority criteria:

1. In-service teachers, Registered Nurses, Registered Social Workers and allied healthcare professionals with contemporary or potential sex education duties
2. Working in Hong Kong

Medium of Instruction: English supplemented with Chinese

Date of commencement: 3 November 2003

Time: At students' convenience

Fee: \$10,000

Enrolment: 50

Closing date: October 2003

Teaching Staff: Academics and experts from related fields, locally and overseas will be invited to teach the programme.

Programme Co-ordinator:

Dr. Tina Ng, Senior Programme Director, HKU SPACE

Programme Content Development:

Professor Ng M L, Professor, Department of Psychiatry, HKU

Technical Development Co-ordinator (SOUL)

Dr Bruce Cheung, Senior Programme Director, HKU SPACE

If you are interested in obtaining the course information sheet and general application form, please send a \$1.40 stamp-addressed envelope to *Ms Esther Pun, School of Professional and Continuing Education, 9/F T.T. Tsui Building, The University of Hong Kong, Pokfulam Road, Hong Kong.* Tel: 29755687

Syllabus

Abnormal sexual psychology

Compulsory Modules:

Module 1: Sex and Health

Sexual anatomy and physiology
Concepts of sexual health and diseases
Sexual practices for health, Safe sex and sexually transmitted diseases
Contraception
Sexual function and dysfunction
Sexual complications in diseases
Sex and Depression

Module 2: Sexual Psychology

Psychosexual development
Sexual attraction, intimacy and desire
Sexual identity and orientation
Gender and Sex roles
Sex, interpersonal relationship and love
Marital sex
Sexual psychology of people with different or special needs

Module 3: Sex and Society

Principle sexual cultures in the world
Sex and law
Sex and religion
Sex, crimes and social problems
Sexual equality and sexual rights
Sociological studies on sex, findings and methodology
Sex and love in the age of terrorism
Philosophy of sex

Module 4: Sex and Education

Principle theories on sex education
Sex educational psychology
Group techniques in sex education
School sex education practice in other regions of the world
Practical skills in sex education
Group and individual counselling
Question & Answer training
Class management in sex education
Production of sex educational materials

Sex education in the family

Sexual attitude restructuring in the SAR

Evaluation of sexual health education programme

Elective Modules (Select any two):

Module A: Sexual Variations

Definition of normality and disease with respect to sexual variations

The concept of paraphilia

Classification, causes, and epidemiology

Medical and social problems and their management

Sexual politics on sexual variations

Education and counseling on paraphilic behavior

Module B: Sexual Abuse

Physical and psychological sexual abuse

Types and methods of sexual abuse

Sexual abuse among adults

Sexual abuse to children, the old-aged, the handicapped and other underprivileged

Cross-sector or cross-cultural sexual abuse

Sexual harassment

Laws, education and prevention against sexual abuse

Module C: AIDS Education and Counselling

Medical aspects of AIDS, its transmission and prevention

The social and psychological impact of the AIDS epidemic

Social and behavioral methods of AIDS prevention

Problems and skills in AIDS education

The integration of AIDS education with general sex education

Module D: Parental Sex Education

The parental role in sex education

Parental skills in sex education for their children

Parental-teacher collaboration

Parental counseling and parental groups for sex education

Sex education in the context of parent-child relationship

Parental sex education for special families (single parent family, single child family, separated/divorced parents, adopted child, handicapped child, etc.)

Module E: Sex Education Research Project

A research project on any topic taught in the curriculum. This could be in the form of an in-depth literature review, or a

descriptive or experimental study. The topic has to be pre-approved by the chief tutor at least 4 months before submission the report. Working of the project has to be supervised regularly by an appointed tutor at least monthly. The final report should be about 3000 words excluding tables and references.

Module F: History of sexology

The establishment of modern sexology

The re-establishment and development of contemporary sexology

The concise history of Chinese sexual classics and contemporary sexology in China

Module G: A new Model of sex therapy: Tantra combining West & East techniques

Learn the Spiritual Path to Sacred Love through the traditional techniques combined with a unique combination created by noted professor of this course who is expert in West and East therapy approaches. Through the course, learn unique techniques that integrate body, mind, and spirit, involving educational, transformative and playful exercises, such as breathing methods, emotional release, energy balancing, sex magic, modern love play, and the latest techniques such as

“Love Qi Gong” and “Latihan.”

Module H: Sexuality and Being

Being sexual: What does it mean?

Being sexual: Beyond any single identity

Sexuality and Being: Historical, social, political, cultural and spiritual dimension

Being sexual, being whole: Sex educators and counselors as sexual beings