



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Emotional and Sexual Education

2021-2-I0102D128

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#### Aims

The goal of emotional and sexual education is to increase the student knowledge about the emotional development and sexual behavior. The primary aim of the course is to increase the attitude about sexual matters and to stimulate an active role on the decision making process on sexual choice. Also will be improved the communication and other personal skills aimed to increase the level of comfort to discuss of sexual education

#### Contents

At the end of the course the students will know the factors affected the emotional and sexual development. The course will be focused on the importance of female gender health.

#### Detailed program

1. The concept of affectivity and sexuality
2. What is the emotional and social intelligence?
3. The emotional factors affecting the sexual behavior
4. Emotional and physiological factors affecting fertility
5. The communication skills in the sexual education

**Prerequisites**

none

**Teaching form**

attendance

Due to Covid 19 emergency, lessons will be held via recorded online classes.

**Textbook and teaching resource**

Dario Ianes, Educare all'affettività, Erickson 2007

**Semester**

1-2 semester

**Assessment method**

attendance

**Office hours**

On appointment

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