UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Emotional and Sexual Education

2526-3-I0102D128

Aims

Knowledge and understanding
To acquire an in-depth understanding of key concepts related to affective and sexual education, with particular attention to the psychological and social development of adolescents and preadolescents. To understand the ethical and cultural implications of sexual choices, taking into account individual and group differences.

Applying knowledge and understanding
To design and implement effective educational interventions aimed at promoting awareness and responsibility in adolescents' sexual choices. To develop educational paths that foster autonomous reflection and an active role in the decision-making process regarding affectivity and sexuality.

Making judgements
To assess and adapt educational interventions based on the specific needs of adolescent groups, considering cultural, social, and individual contexts. To identify and address ethical and moral challenges related to the management of affective and sexual education programs.

Communication skills
To acquire communication skills for facilitating sensitive and delicate discussions on affectivity and sexuality, using appropriate language and approaches for different adolescent groups. To foster active listening and participation, promoting an environment of openness and respect.

Learning skills
To develop the ability to continuously update and expand knowledge and skills related to adolescent sexual development, through reflection, self-directed learning, and research. To acquire new teaching methodologies, tools, and resources to improve the quality of educational programs.

Contents

The course will focus on factors influencing emotional development and sexual behaviour, the importance of gender health.
In addition, the most effective communication methods and other personal skills for dealing with sex education topics will be addressed.

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 phisiological factors affecting fertility
5.The communication skills in the the sexual education

Prerequisites

none

Teaching form

Lectures, discussion and exercises

Textbook and teaching resource

Dario Ianes, Educare all’affettività, Erickson 2007

Semester

1-2 semester

Assessment method

attendance

Office hours

On appointment

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY