



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Educazione all'Affettività e Sessualità

2526-2-I0102D128

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#### 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 physiological 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

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