

# Postgraduate Certificate Sex Education for Nursing





## Postgraduate Certificate Sex Education for Nursing

- » Modality: **online**
- » Duration: **6 weeks**
- » Certificate: **TECH Technological University**
- » Dedication: **16h/week**
- » Schedule: **at your own pace**
- » Exams: **online**

Website: [www.techtitute.com/in/nursing/postgraduate-certificate/sex-education-nursing](http://www.techtitute.com/in/nursing/postgraduate-certificate/sex-education-nursing)

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# 01

# Introduction

Sex education is a crucial topic for nurses, who have direct contact with patients and must provide up-to-date and relevant information on sexual health. Due to the increasing incidence of sexually transmitted diseases and unintended pregnancies, TECH has developed a 6-week online educational program to update nurses on the latest techniques and trends in sex education. This program addresses important topics such as sexual anatomy, sexual dysfunctions, contraceptive methods, sexually transmitted diseases, and sexual diversity. By completing this program, nurses will be better prepared to help patients make informed and healthy decisions about their sexual and reproductive lives, which can prevent disease and reduce the rate of unintended pregnancies.





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*Expand your knowledge in Sex Education and give your patients a much more effective and adapted care, preventing unintended pregnancies and sexually transmitted diseases”*

Sex education training is of great importance for nurses today, due to the increasing incidence of sexually transmitted diseases and unintended pregnancies. As healthcare professionals, nurses have a critical role in sex education, as they have direct contact with patients and are in the best position to provide relevant and up-to-date sexual health information.

This is why TECH has designed a 6-week online program specifically designed to keep nurses up-to-date on the latest techniques and trends in sex education. This program covers important topics such as sexual anatomy, sexual dysfunctions, contraceptive methods, and sexually transmitted diseases, in addition to exploring issues related to sexual diversity and sexual culture.

By completing this program, nurses will be better prepared to help their patients make informed and healthy decisions about their sexual and reproductive lives, which can help prevent disease and reduce the rate of unintended pregnancies.

This **Postgraduate Certificate in Sex Education for Nursing** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical cases presented by experts in Psychology and Sexology
- ♦ The graphic, schematic, and practical contents with which they are created, provide practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*You will be able to be part of the sex education teams in educational institutions, hospitals and clinics thanks to your experience and extensive knowledge in this field"*

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*Nurses play a key role in the prevention of sexually transmitted diseases and unintended pregnancies, and sexuality education is an important tool to achieve this”*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive education programmed to learn in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise during the academic year. For this purpose, the student will be assisted by an innovative interactive video system created by renowned and experienced experts.

*A program with which you will be able to specialize in the most effective sex education techniques according to the patient's age.*

*Do not miss this great opportunity, enroll today and place yourself at the forefront of nursing with your extensive knowledge in Sex Education.*



# 02 Objectives

The Postgraduate Certificate in Sex Education is designed to enhance nurses' education in this area. The program addresses topics such as sex education at different stages of life, STD prevention, sexual dysfunctions, contraceptive methods and sexual diversity, with the aim of enabling nurses to provide adequate and up-to-date sexual counseling to their patients. In addition, this can be fundamental to prevent sexually transmitted diseases and unintended pregnancies, while promoting a culture of healthy and responsible sexuality.





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*Elevate your knowledge to the top with  
TECH and position yourself at the peak  
of sex education in nursing”*



## General Objectives

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- ♦ Acquire knowledge about sexuality by expanding the vision of sexuality from a biopsychosocial perspective
- ♦ Obtain tools to be able to accompany cases related to difficulties related to sexuality
- ♦ Identify the variables involved in the origin and maintenance of different sexual dysfunctions (organic, psychological, relational and cultural components)
- ♦ Acquire skills to be able to share information about sexuality in a clear way
- ♦ Understand the aspects involved in the beginning and development of couple relationships (couple's life cycle: establishment and evolution)
- ♦ Describe the dynamics of couple relationships and factors that generate alterations in them
- ♦ Investigate complex issues such as gender violence and child sexual abuse
- ♦ Achieve skills to face the multiple incidences and decisions that may arise in the exercise of their profession
- ♦ Gain a deep knowledge of the deontology in sexuality and couple matters, as well as learn to carry out an exercise of introspection on those personal and professional aspects that could collide with their profession and that would produce an impairment of the therapeutic work
- ♦ Carry out research programs in sexuality





## Specific Objectives

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- Understand the different stages of sexual development
- Obtain the necessary skills to approach sex education at different stages
- Develop competencies to talk about sexuality in a natural way
- Acquire the knowledge to respond to doubts that arise when providing sex education



*Achieving your professional goals has never been so easy. All you need is a computer with an Internet connection and a strong desire to learn and reach the top”*

03

# Course Management

This program is designed to provide nurses with in-depth knowledge in the field of sexual health and education. The syllabus covers sex education at different stages of life, from early childhood to late adulthood, and discusses issues related to sexual and relational diversity, including sexuality in the LGBTI+ community and non-normative forms of relationships and desire. Specialists will also receive training in prevention of sexually transmitted diseases, unintended pregnancies, contraceptive methods and sexual dysfunctions, allowing them to provide comprehensive and up-to-date medical care in the field of sexual and reproductive health.



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*A teaching staff made up of physicians, psychologists and nurses will accompany you during your learning process to help you become a cutting-edge nurse”*

## Management



### Ms. Ramos Escamilla, María

- ♦ Psychologist, Sexologist, Couple Therapist and director of Destino Kink
- ♦ Degree in Psychology from the Complutense University of Madrid
- ♦ Master's Degree in Sexology, Sex Education and Sexological Counseling from Camilo José Cela University

## Professors

### Mr. Coronilla Delgado, Eduardo

- ♦ Professional in Health, Youth, Education and Training programs in the LGTBIQAP+ Association JereLesGay of Jerez de la Frontera and in the FELGTBI+
- ♦ Degree in Psychology from the University of Sevilla
- ♦ Specialist in Sexology by the University Camilo José Cela in IUNIVES
- ♦ Member of: Fast Track Committee of Jerez (Committee that fights against the HIV+ pandemic and stigma)



# 04

## Structure and Content

After completing the 6 weeks of this educational program, specialists will learn about sex education at different stages of life, including childhood, adolescence, adulthood and late adulthood. In addition, topics related to sexual and relational diversity will be discussed, including sexuality in the LGBTI+ community and non-normative forms of relationship and desire.





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*A rigorous, up-to-date syllabus  
designed by and for nurses”*

## Module 1. Sex Education

- 1.1. Principles
  - 1.1.1. Understanding its Importance
  - 1.1.2. Role of the Sex Educator
  - 1.1.3. Sexual and Reproductive Rights
  - 1.1.4. General Objectives
- 1.2. Childhood Sex Education
  - 1.2.1. Specific Objectives of this Stage
  - 1.2.2. Role of Parents and Other Educational Agents
  - 1.2.3. Sex Education in the Childhood Stage
  - 1.2.4. Sex Education in Primary School
  - 1.2.5. Proposed Activities and Resources
- 1.3. Adolescent Sex Education
  - 1.3.1. Specific Objectives of this Stage
  - 1.3.2. Role of Peer
  - 1.3.3. Sex Education (11-17 years old)
  - 1.3.4. Sex Education (17-19 years old)
  - 1.3.5. Proposed Activities and Resources
- 1.4. Sex Education for Adulthood
  - 1.4.1. Objectives According to More Particular Interests
  - 1.4.2. Sex Education in Early Adulthood (19-40 years old)
  - 1.4.3. Sex Education in Middle Adulthood (40-60 years old)
  - 1.4.4. Proposed Activities and Resources
- 1.5. Sex Education in Late Adulthood (over 60 years old)
  - 1.5.1. Specific Objectives of this Stage
  - 1.5.2. Main Difficulties
  - 1.5.3. Proposed Activities and Resources
- 1.6. Program Design and Implementation
  - 1.6.1. Diagnosis of Interests
  - 1.6.2. Program Development
  - 1.6.3. Program Implementation
  - 1.6.4. Program Assessment



- 1.7. Prevention and Health
  - 1.7.1. Contraceptive and Conceptive Methods
  - 1.7.2. Emergency Contraception
  - 1.7.3. Sexually Transmitted Infections
  - 1.7.4. Risky Behaviors
- 1.8. Relational Diversity
  - 1.8.1. Origin of Monogamy
  - 1.8.2. Important Concepts
  - 1.8.3. Types of Open Relationships
- 1.9. Functional Diversity and Severe Mental Disorder
  - 1.9.1. Stigmas of This Population
  - 1.9.2. PLISSIT Model
  - 1.9.3. Sexual Assistance
- 1.10. Formal and Non-Formal Education
  - 1.10.1. Types of Programs



*A rigorous academic space that discusses such relevant topics as relational diversity, mental disorders related to sexuality, and the design and implementation of sexuality support plans”*

# 05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning.**

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH Nursing School we use the Case Method

In a given situation, what should a professional do? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Nurses learn better, faster, and more sustainably over time.

*With TECH, nurses can experience a learning methodology that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, in an attempt to recreate the real conditions in professional nursing practice.

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*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Nurses who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the nursing professional to better integrate knowledge acquisition into the hospital setting or primary care.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine case studies with a 100% online learning system based on repetition combining a minimum of 8 different elements in each lesson, which is a real revolution compared to the simple study and analysis of cases.



*The nurse will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology we have trained more than 175,000 nurses with unprecedented success in all specialities regardless of practical workload. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is really specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



### Nursing Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch them as many times as you want.



### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



06

# Certificate

The Postgraduate Certificate in Sex Education for Nursing guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Sex Education for Nursing** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Postgraduate Certificate, and meets the requirements commonly demanded by labor exchanges, competitive examinations, and professional career evaluation committees.

Title: **Postgraduate Certificate in Sex Education for Nursing**

Official N° of Hours: **150 h.**



\*Apostille Convention. In the event that the student wishes to have their paper certificate issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost.



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- » Exams: **online**

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