

<b>COURSE TITLE</b>	<b>SEXUALITY AND HEALTH</b>
<b>COURSE CODE</b>	<b>20BN0808</b>
<b>COURSE CREDITS</b>	<b>1</b>

**Objective:**

- 1 Identify the basic components of the human reproductive system and describe the basic functions of the various reproductive organs, Describe the changes that occur during puberty and secondary sexual characteristics.
- 2 Examine and evaluate the risk factors associated with exposure to blood-borne diseases, Determine 'safer' sex practices.
- 3 Determine 'safer' sex practices, Explain the role of trust and ways to establish trust in a relationship.
- 4 Evaluate implications and consequences of sexual assault on a victim, Explain the legislations related to sexual assaults in India.
- 5 Provide health education on safer sex practices and prevent the sexually transmitted diseases/blood borne diseases.
- 6 Assess a victim of sexual abuse/assault/harassment/child abuse.

**Course Outcomes:** After completion of this course, student will be able to:

- 1 Identify the basic components of the human reproductive system, and describe the basic functions of the various reproductive organs and Describe the changes that occur during puberty; secondary sexual characteristics.
- 2 Examine and evaluate the risk factors associated with exposure to blood-borne diseases, Determine 'safer' sex practices
- 3 Develop strategies to reduce sexual risk, Explain the role of trust and ways to establish trust in a relationship.
- 4 Analyze the implications and consequences of sexual assault on a victim, Explain the legislations related to sexual assaults in India.
- 5 Develop understanding and skills on sexual health education.
- 6 Develop skills in assessment of sexually abused victim and provide sexual health education.

**Pre-requisite of course:** Sexuality and Health is an elective module for nursing students who wish to make a future in sexual Health clinics/counseling. This module intends to train the nurses to help people to maintain sexual health.

**Teaching and Examination Scheme**

<b>Theory Hours</b>	<b>Tutorial Hours</b>	<b>Practical Hours</b>	<b>ESE</b>	<b>IA</b>	<b>CSE</b>	<b>Viva</b>	<b>Term Work</b>
1	0	0	50	50	0	0	0

<b>Contents : Unit</b>	<b>Topics</b>	<b>Contact Hours</b>
1	<b>Introduction to Sexuality -</b> Anatomy of the human reproductive system and the basic functions; fertilization, conception., Changes during puberty (physical, emotional and social), Secondary sexual characteristics	3
2	<b>Risk factors associated with exposure to blood-borne diseases</b> HIV, AIDS, Hepatitis, Sharing needles, Body piercing, Tattooing, Helping someone who is bleeding etc.	3
3	<b>‘Safer’ sex practices:</b> Communicate with partner, Maintain abstinence, Limit partners, Access/use condoms/ contraceptives properly, Strategies to reduce sexual risk: 1. Abstain from drugs and alcohol, date in groups, use assertive behavior 2. Expectations & commitments in a relationship 3. Role of trust and ways to establish trust in a relationship	3
4	<b>Sexual assault/abuse</b> Implications and consequences of sexual assault on a victim, Child sexual abuse, Sexual assault of boys, Incest, Intimate partner sexual abuse, Rapes, Legislation related to sexual assault in India, Criminal Law amendment Act -2013, Sexual Harassment at workplace, Protection of children against sexual offences	5
5	<b>Sexual Health Education</b> Health education - principles and application, Health education on safer sex practices, Counselling the sexually assaulted/abused child/ adolescent/adults	2
6	<b>Lab Demonstration</b> Sexual health education -adolescents and young adults, Assessment of sexually abused victim - child/adolescent/adult	4
<b>Total Hours</b>		<b>20</b>

#### **Textbook :**

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

#### **References:**

- 1 ELECTIVE MODULES BSc Nursing Program (Modular content outline), ELECTIVE MODULES BSc Nursing Program (Modular content outline), INDIAN NURSING COUNCIL, INDIAN NURSING COUNCIL, 2022

#### **Suggested Theory Distribution:**

The suggested theory distribution as per Bloom’s taxonomy is as follows. This distribution serves as guidelines for teachers and students to achieve effective teaching-learning process

Distribution of Theory for course delivery and evaluation
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<b>Remember / Knowledge</b>	<b>Understand</b>	<b>Apply</b>	<b>Analyze</b>	<b>Evaluate</b>	<b>Higher order Thinking / Creative</b>
0.00	0.00	35.00	35.00	30.00	0.00

**Instructional Method:**

- 1 LECTURE CUM DISCUSSION AND LAB DEMONSTRATION

**Supplementary Resources:**

- 1 NA