

PBHE 210 - Sexual Health Winter Session 2025 - Syllabus

Instructor: Mrs. Caumiant, MEd

Email: jcaumia@siue.edu

Course Description: This class will survey the dynamics of human sexuality. We will identify and examine basic issues in human sexuality as relating to the larger society. The course situates sexual health in a broader conceptualization of overall health. The format for the course includes videos, podcasts, and additional readings.

What is sexual health? *Sexual health* is a state of physical, emotional, mental, and social wellbeing in relation to sexuality; it is not merely the absence of disease, dysfunction, or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence (WAS, 2014).

Required Textbook (see textbook services):

Yarber, W. L., & Sayad, B. W. (2016). *Human Sexuality: Diversity in Contemporary America*. McGraw Hill: New York. 9th Edition

Course Objectives: At the conclusion of the course students will be able to:

1. Identify and describe feelings about their own sexuality.
2. Apply a new understanding of human sexuality to their own personal life.
3. Demonstrate the competency to explore the contribution of a variety of disciplines to our understanding of human sexuality and critique points of view in the literature.
4. Apply new understandings of human sexuality that help dispel current myths and misunderstandings.
5. Describe the range of sexual beliefs, attitudes and behaviors that exist in a diverse society.
6. Identify sexual organs, their functions, potential dysfunctions, and associated treatments.
7. Recognize their own value system and show objectivity and self-confidence when making decisions concerning personal and social aspects of sexuality throughout the lifespan.
8. Illustrate how people function sexually at different stages of life.
9. Explain how to prevent unwanted pregnancy and sexually transmissible infections using various techniques.

Public Health Domains: 1A1, 1A3, 1A5, 1A13, 3A1, 3A2, 3A3, 3A7, 4A1, 4A2, 5A2, 5A6, 8A1, 8A13

Course Culture:

Students should be aware that the content of this course may be considered by some to be sensitive and controversial. Course content will include a diverse range of sexual attitudes, beliefs, and behaviors. Explicit content is an important part of this course. As such, you must be at least 18 years of age to enroll in this class.

Continued enrollment in this course indicates that you have been informed of the nature of the content and you have made an active decision to participate.

The class is intended to be a **safe space**. All people are welcome regardless of age, ethnicity, race, national origin, gender, sexual orientation, religion, and ability. Hatred or disparaging remarks **will not be tolerated**. You will be asked to meet with the instructor to discuss your remarks and any disciplinary action that may be taken.

Course Policies:

Communication: The best way to contact the instructor is **via e-mail**. I will respond to e-mail within 48 hours, not including weekends and holidays.

Communication Expectations: Emails to me and other professionals should be formally addressed and proofread for errors. Do not make a request and close your email with “Thank you in advance”—it is presumptuous. A better option is “I will be grateful for any help you can provide” or “Thank you for considering my request” or simply, “Sincerely”. Emailing is NOT texting—it requires a level of thought and consideration that takes time. Do not send emails when you are angry, upset or in a state where you cannot be professional. Allow at least 48 hours for a response before resending an email for weekdays and holidays, 72 hours.

Course Engagement:

Students are expected to remain always engaged in the course throughout the winter session. This means reading assigned readings and **checking SIUE e-mail and blackboard everyday**.

Technology Requirements:

Students are expected to have reliable Internet access on a regular basis. It is your responsibility to address any computer problems that might occur. Such problems are not an excuse for delays in meeting expectations or for missing course deadlines. Blackboard support is available by calling ITS at 618-650-5500, emailing help@siue.edu, or by visiting: <http://www.siue.edu/its/bb/help.shtml>.

Assigned Readings: Students are expected to read the assigned textbook and other readings. Students should expect to be tested or quizzed on assigned readings. The required textbook is available at Textbook Services on campus.

Blackboard: All course materials are posted on blackboard in folders under coursework. It is the student's responsibility to regularly check blackboard for announcements. **This is a self-paced class. All course materials are due by January 5th at 11:59pm.** Late work will not be accepted. It is the responsibility of the student to complete and submit assignments on time and in the correct format. Follow directions provided.

Required Assignments:

Students are expected to **regularly back up their electronic work** (flash drive, CD, external hard drive etc.). Computer issues are not sufficient grounds for an extension. In addition, students are expected to securely store all returned graded materials.

All documents must be submitted in MICROSOFT WORD format only. No other types of files will be accepted. NO PDFS! Incorrect formats will receive a zero.

Late Assignment Policy: No late work will be accepted. Emailed work is not accepted in this class. Handwritten work is not accepted in this class.

If you receive a grade, you feel is in error, you will have one week from the day the grade or assignment is returned/posted on Blackboard to request reconsideration. All requests must be made in writing, and you must indicate how you feel you met the objectives for the assignment. No changes are possible after one week.

The only situations for which you may make up missed work or exams include illness, deaths, religious observances, and pre-notified, excused athletic events. The instructor will make final approval regarding missed work or exams. **Students must contact the instructor *in advance* and provide required documentation. If you fail to provide documentation or do not obtain approval, you will receive zero points for that assignment or exam.**

Academic Integrity: Academic and personal misconduct by students is defined and will be addressed according to the *SIUE Student Academic Code*. Students should take credit only for the ideas and efforts that are their own. Academic misconduct includes, but is not limited to, the following:

- Improperly citing other's ideas (e.g. using information from a website, in your own words, without a citation or acknowledgement you used this website or source for information)
- Submitting other students' ideas/writing as your own
- Engaging in group work or collaboration on individual assignments
- Submitting the same or similar work to different classes without prior approval of the instructor, and
- Cheating or soliciting cheating during exams.

You are responsible for the information contained in the Code. If any violation occurs, the following actions may be taken at the discretion of the instructor:

- The student(s) will be required to re-do the assignment or receive a grade of 0 for that assignment.
- The student(s) will receive a grade of 0, with no opportunity to re-submit the assignment/exam.
- The student(s) will receive a grade F for the course.

In all cases of violations, the Provost and Vice Chancellor of Academic Affairs will be notified regarding the situation of academic misconduct, and you may be formally charged with academic misconduct. Students with questions about this policy should read the Code.

Class Conduct:

Academic integrity also includes the way you conduct yourself in class and during activities. The following list outlines the expectations for class conduct:

- Students are expected to complete all assigned readings.
- Students are expected to always follow the SIUE Code of Conduct.

Participation in the course is related to your ability to conduct yourself in a manner that supports a learning atmosphere for other students in the class. Your continued enrollment indicates you understand and accept the course content and expectations.

Accommodations: Students needing accommodations because of medical diagnosis or major life impairment will need to register with Accessible Campus Community & Equitable Student Support (ACCESS) and complete an intake process before accommodations will be given. The ACCESS office is in the Student Success Center, Room 1270. You can also reach the office by e-mail at myaccess@siue.edu or by calling 618.650.3726. For more information on policies, procedures, or necessary forms, please visit the ACCESS website at www.siue.edu/access.

Note: If you are a health education major and have taken HED 305 already, be sure to add activities, projects, and assignments from this class to your Professional Competency Portfolio (PCP) by the end of this semester. Your faculty mentor will request to view your PCP EACH semester. If you are a minor, you may opt to do so.

Required Assignments:

There are various activities, exams and assignments that will be used to evaluate your knowledge and determine your grade for this course.

Personal Reflection Assignment - 80 points

Students will write a reflection paper at the end of the course.

Writing Assignments (6X20) – 120 points

Students will complete various writing assignments.

Online Tests - 200 points

There will be five online, non-cumulative tests covering course material. The questions will be based on textbook readings and any other materials. Tests will consist mainly of multiple-choice, true/false. All exams are timed and one attempt only.

Total Possible: 400 points

***No rounding in this course.**

Grading Scale:

- A = 90-100%
- B = 89-80%
- C = 79-70%
- D = 69-60%
- F = 59% or lower

Resources:

Writing Center SIUE: If you are concerned about your ability to present your thoughts in written form, the writing center provides free services to SIUE students. To learn more, call 618-650-2045 or email wcenter@siue.edu.

Counseling: There are various resources for students who wish to talk with a professional about their feelings. Counseling Services offers services for students. Call 650-2197 or visit www.siue.edu/counseling/ for more information.

LGBTQ+: If you are gay, lesbian, bisexual or transgender and would like to connect with local campus resources (or even if you are not LGBTQ+ identified and you want to learn more) check out SAFE ZONE at <https://www.siu.edu/lgbtqia/safe-zone/>.

Sexual Health: Some students taking sexual health decide they may want to get tested for STIs or obtain contraception. Here are some local resources:

1. The SIUE Health Service Center is an excellent resource for students. Testing for STIs is confidential but not anonymous and is available. You may also obtain contraception. Call 618-650-2842 or visit www.siu.edu/healthservice/.
2. Southern Illinois Healthcare Foundation also provides sexual health screenings, pelvic exams and PAP tests, pregnancy tests, and birth control at the Alton Health Center. Call 618-463-5905. You may be eligible for free or reduced cost screening.
3. The Madison County Health Department in Wood River, IL provides low-cost testing and treatment for STIs, free condoms, vaccines for Hepatitis A and B. Call for clinic information: 618-692-8954 ext. 2.
4. Madison County AIDS Program provides free anonymous and confidential HIV testing using no needles. They also have free condoms, lube, dental dams and more. Call 618-877-5110.

Sexual Assault: Counseling Services at SIUE also provides education information, education, advocacy, and support for issues concerning sexual assault. Call 618-650-2842 or check out: http://www.siu.edu/counseling/Resources_Sexual_Violence.shtml

This syllabus and all course-related materials are the intellectual property of Jennifer Caumiant and/or SIUE. Students who give or sell this syllabus or course-related materials, without the written permission of Jennifer Caumiant to any outside agency or person who is not currently enrolled in this class or at SIUE, will be in violation of the University's code of conduct and may be subject to disciplinary action, including but not limited to, immediate removal from the class.

All information in the syllabus is intended to be an outline for the semester. It is subject to change at the instructor's discretion. It is the student's responsibility to check blackboard and email daily for any announcements.