

SPLASH
Spring, 2023

May 20th and May 21st, 2023

Instructor:

Lillian Wolfe

(she/her/hers)

lrwolfe@stanford.edu

Please feel free to share your questions and/or concerns!

Course Description and Learning Outcomes:

As an educator, I want to teach students important and appropriate knowledge about sexual health so they can make the best decisions for themselves.

The learning outcomes for this course are:

By the end of this course, students will be able to...

- **fact-check/debunk** common misconceptions and myths about sexual health.
- **recognize the importance of consent**, both in **sexual and non-sexual social contexts**, and how to confirm whether consent is given and when it is not.
- **assess the benefits and risks of different protective measures for sexual health**, including learning about different types of birth controls (abstinence, hormonal birth control, condoms, etc.).
- **answer commonly asked questions in an anonymous Q&A** in a respectful, safe, and appropriate format.

Course Format:

Activities in class will include presentations by the instructor and group discussions facilitated by the instructor.

All Are Welcomed:

ALL racial, gender, and sexual identities are allowed, and respect towards class participants are expected from students.

Self-Care:

At any time if a student feels uncomfortable or needs time for themselves during the course, they are welcome to excuse themselves *after* notifying the course instructor, with the understanding that they will stay in the near proximity of the class's location for their safety.

Expectations:

- I will respect other members of this class, regardless of their gender and/or sexual identities.
- I will stay on-topic, handle this class’s subjects with maturity and appropriateness, and protect the privacy of others who may or may not be fellow students in this class.
- I will notify the instructor before leaving class for any reason.
- I will put away my phones, laptops, and/or other electronics for the duration of the class, unless in the case of an emergency.
- **I understand that if I do not follow these expectations, I may be required to either leave the class or refrain from commenting for the rest of the class’s duration.**

Tentative Schedule:

Note: The instructor(s) may change some readings with the intent to better meet the course goals according to specific students’ needs identified.

Time: 2 hours, 45 minutes (total)	Subject
35~ minutes	<p>Introduction</p> <ul style="list-style-type: none"> ● Introductions (10 minutes) ● Trigger-warning: Self-care (2 minutes) ● Ground Rules/Expectations (3 minutes) ● Overview/Agenda: (20 minutes) <ul style="list-style-type: none"> ○ What this class is NOT: ○ What this class IS about: (see “Learning Outcomes” above) ○ Why sexual health is important: Stats on: <ul style="list-style-type: none"> ■ Age of becoming sexually active. ■ Rate of teen pregnancies. ■ Rate of STIs.
30~ minutes	<p>Mythbusting</p> <ul style="list-style-type: none"> ● Myths about sex/Sex Ed. ● Myths about sexual assault/harrassment: <i>instructor will repeat the trigger warning and self-care reminder before and after this discussion.</i>
10 minutes	BREAK (10 minutes).
30~ minutes	<p>Consent</p> <ul style="list-style-type: none"> ● Consent: What is it? <ul style="list-style-type: none"> ○ Non-sexual contexts (i.e., hugging, shaking hands, etc.). ○ Sexual contexts (i.e., kissing, holding hands, sexual intercourse, etc.). ● How to know if you have consent.

30~ minutes	Protective Measures <ul style="list-style-type: none">● How to stay safe in risky situations (i.e., parties, etc.).● How to get help if needed (i.e. support lines, trusted adult figures and friends, school administrators, etc.).● Sexual health:<ul style="list-style-type: none">○ Self-assessment: how are your mental and physical health?○ Know your personal boundaries.○ Protective measures for sexual intercourse:<ul style="list-style-type: none">■ Abstinence is the best protection, but if you want to be sexually active, here's what you can do to stay as safe as possible:<ul style="list-style-type: none">● Condoms● Hormonal birth control● Etc.
15~ minutes to remaining time	Q&A <ul style="list-style-type: none">● Students take 5 minutes to think up other questions, and the educator will answer to the best of their ability for the remaining time in class.