

**HPCH 202: Sexuality and Public Health, 2cr.**

**Faysal El-Kak M.D.M.S.**

**Van Dyke Hall Rm 331**

**Ext: 4660/4672, e- mail: [fk01@aub.edu.lb](mailto:fk01@aub.edu.lb)**

**Office hours: T: 13:00-14:00**

**Class time and location:**

**Tuesdays 3:30- 5:10**

**Room 101**

**A. Course Description:**

This course aims to provide students with an overview of sexuality and sexual health and its dimensions within a framework of human rights. Through discussions, lectures and assignments, students will learn about the evolution of sexuality and sexual health within the global perspective with specific focus on the public health aspect. It will look into the interaction between the biological, social-cultural and health/medical aspects of sexuality and the current discourses surrounding sexuality in Lebanon and the Region. Some of the issues include: (1) Development of sexuality and sexual & gender identities. (2) Sexuality and reproductive health. (3) Sexual rights debates (4) Sexuality expressions/behaviors and public health. (5) Sexuality, politics, and sexual violence markers.

**B. Course Material**

The course resources are one basic textbook, selections from two other textbooks, social media and FHS publications (YSRH project)

**Textbook:**

**Greenberg JS., Bruess CE., Oswalt SB., Exploring Dimensions of Human Sexuality, 4<sup>th</sup> Edition. Jones and Bartlett Publishers, 2014**

**Additional resources:**

**- El-Kak, F.H., Caroline Succar (2017): Sexual violence in Lebanon: Testimonies in the shadows. Published by *Diakonia* and Swedish Agency for International Development**

**- El- Kak F.H. (2013). Sexuality and Sexual Health: Constructs and Expressions in the Extended Middle East and North Africa. Vaccine 31S, G45-G50**

- Rathus, Spencer A. , Nevid, Jeffrey S. Nevid, and Fichner-Rathus, Lois. Human Sexuality in a World of Diversity. 8<sup>th</sup> edition, Allyn & Bacon, 2010

Social media resources

Other selected readings (Youth Sexual Reproductive Health Project- FHS-AUB) publications

### **C. Learning Objectives:**

1. To introduce and define sexuality and its dimensions and importance within health and wellness continuum
2. To discuss current concepts/debates of human sexuality within the framework of health and wellbeing in a dynamic and interactive environment.
3. To create a permissive arena for students to examine their beliefs and specific experiences related to various dimensions of their own sexuality and the sexuality of others within a public health perspective.
4. To create a learning environment for sound knowledge and skills development to enhance student's ability to adopt a healthy attitude and behavioral change related to their sexuality and sexual health

### **D. Learning Outcomes:**

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

1. Describe the basic definitions, principles, and theories related to human sexuality. (Class discussions and mid-term exam, L01,2)
2. Describe and understand the essentials of human sexuality and its relation to reproductive and sexual health & wellness (Class discussions, mid-term exam, L01, 2,3)
3. Identify the range of reproductive and sexual attitudes and behaviors in local and global settings and their impact on public health. (Class discussions, paper assignment, L02,3,4)
4. Apply critical thinking and responsible decision making whilst discussing controversial and emerging issues surrounding the expression and communication of sexuality. (Class discussions, paper assignment, final exam L02, 3)
5. Analyze and critically apply the understanding of human sexuality within the framework of public health (Class discussions, paper assignment, final exam, L01, 2, 3)

### E. Teaching Methodology

The course will be conducted by Dr El-Kak with around 30 sessions offered over a whole semester, one session a week. It includes interactive lectures, e-learning, social media, student participation in presentations, open class discussion, and exams

### F. Student evaluation

Evaluation of students will be based on:

1) Attendance and class discussions ----- 20 %

2) Group work----- 30 %

(This assignment focuses on a field activity such as: An informal survey, or an analytical paper. Assignment topic and content will be discussed with students. It aims to help students capture the descriptive component of the course as well as the understanding of some relational concepts in relation to sexuality and public health)

3) Case study exams I &II -----50%

This assignment is expected to reflect the capacity of students to reflect and analyze themes related to sexuality and public health based on class discussions and readings

Example: Students will be evaluated on the following:

	Assessment	Percent	Linked to which objectives?
A.	Attendance and Class Contribution	20%	1,2,3,4
B.	Group work	30%	1, 2, 3
C.	Case study exams	50%	3,4

### G. AUB/FHS policies

✓ Attendance

- If attendance in class is important to you, add this as a criteria for evaluation, and please add a sentence about class attendance as per the rules of the university. "" Students who miss more than one-fifth of the sessions of any course in the first ten weeks of the semester (five weeks in the case of the

summer term) are dropped from the course if the faculty member has stated in the syllabus that attendance will be taken."

✓ Academic Integrity

- It is helpful to add a statement to this section related to plagiarism/academic integrity (see below as example). Several statements have been developed as examples by FHS. The AUB student code of conduct is available on the following web page <https://www.aub.edu.lb/sao/Documents/Student%20Handbook%202016-2017.pdf>
- Example: Education is demanding and time management is essential. Do not hesitate to use the resources around you but do not cut corners. Cheating and plagiarism will not be tolerated. Please review the Student Code of Conduct in your handbook and familiarize yourself with definitions and penalties (p. 72). If you're in doubt about what constitutes plagiarism, ask your instructor because it is your responsibility to know. The American University of Beirut has a strict anti-cheating and anti-plagiarism policy. Penalties include failing marks on the assignment in question, suspension or expulsion from University and a permanent mention of the disciplinary action in the student's records.

✓ Students with Disabilities:

'AUB strives to make learning experiences accessible for all. If you anticipate or experience academic barriers due to a disability (such as ADHD, learning difficulties, mental health conditions, chronic or temporary medical conditions), please do not hesitate to inform the Accessible Education Office. In order to ensure that you receive the support you need and to facilitate a smooth accommodations process, you must register with the Accessible Education Office (AEO) as soon as possible: [accessibility@aub.edu.lb](mailto:accessibility@aub.edu.lb); [+961-1-350000](tel:+961-1-350000), [x3246](tel:+961-1-3246); West Hall, 314'.

✓ Non-Discrimination – Title IX – AUB

AUB is committed to facilitating a campus free of all forms of discrimination including sex/gender-based harassment prohibited by Title IX. The University's non-discrimination policy applies to, and protects, all students, faculty, and staff. If you think you have experienced discrimination or harassment, including sexual misconduct, we encourage you to tell someone promptly. If you speak to a faculty or staff member about an issue such as harassment, sexual violence, or discrimination, the information will be kept as private as possible, however, faculty and designated staff are required to bring it to the attention of the University's Title

IX Coordinator. Faculty can refer you to fully confidential resources, and you can find information and contacts at [www.aub.edu.lb/titleix](http://www.aub.edu.lb/titleix). **To report an incident**, contact the University's Title IX Coordinator Trudi Hodges at 01-350000 ext. 2514, or [titleix@aub.edu.lb](mailto:titleix@aub.edu.lb). An anonymous report may be submitted online via EthicsPoint at [www.aub.ethicspoint.com](http://www.aub.ethicspoint.com).

**N.B** Cell phones must be turned off or silenced in purses and bags. In the unlikely case of an emergency situation, please inform the instructor

**H. Course Outline**

Date: Fall 2018/19	Topics	Textbook Chapters  Additional and suggested readings for specific topics
Week  1       2       3, 4	<p><b>Part I. Human sexuality (LO1)</b></p> <p>1. What is human sexuality</p> <ul style="list-style-type: none"> <li>- Perspectives on human sexuality and sexual rights: Global discourse</li> </ul> <p>2. Status of sexuality in Lebanon and the Arab Region: The public health factor</p> <ul style="list-style-type: none"> <li>- Research</li> <li>- Policies</li> <li>- Programs</li> </ul> <p><b>Part II. Reproductive sexuality &amp; public health (LO1,2)</b></p> <p>3. Sexuality &amp; reproductive health</p> <ul style="list-style-type: none"> <li>- Female &amp; male reproductive systems</li> <li>- Sexual response cycle</li> <li>- Conception &amp; childbirth</li> </ul>	<ul style="list-style-type: none"> <li>• Text book Chapter 1</li> <li>• Class notes</li> <li>• Youth Sexual and Reproductive Health project</li> <li>• Collective of papers and resources</li> <li>• Textbook chapters 3, 4, 5, 6,7,8</li> </ul>

	- Contraception and birth control options	
	<b>Part III. Psychosocial Aspect of Sexuality (L02,3,4)</b>	
5, 6	4. Gender identity, roles, and expressions	<ul style="list-style-type: none"> <li>• Textbook Chapter 9,10</li> </ul>
7	5. Sexual communication - Relationships/intimacy/pleasure	<ul style="list-style-type: none"> <li>• Textbook Chapter 3 &amp; 13</li> </ul>
8.	6. Sexuality across life span (Adolescence, adult, and older age)	<ul style="list-style-type: none"> <li>• Textbook Chapter 11, 12</li> <li>•</li> </ul>
	<b>Part IV. Sexual behavior and Public health (L01, 2, 3,4)</b>	
9, 10	7. Virginity, abstinence, and patterns of sexual behavior	<ul style="list-style-type: none"> <li>• Textbook chap 13</li> <li>• Perception of virginity (collective of articles by El- Kak et al)</li> <li>• Publication of YSRH project/FHS/AUB</li> </ul>
11	8. Contraceptive behavior and infertility	<ul style="list-style-type: none"> <li>• Textbook Chapter 7</li> </ul>
12, 13	9. Public health burden - (STIs/HIV/AIDS, abortion, hymen restoration, reproductive cancers)	<ul style="list-style-type: none"> <li>• Textbook Chapters 13, 14, 15</li> <li>• Collective papers</li> </ul>

14	10. Epidemic of sexual disorders and the making of a disease	<ul style="list-style-type: none"> <li>• Textbook Chapter 16</li> </ul>
<b>Part V. Socio-political aspect of sexuality (LO,3,4)</b>		
15	<p>11. Gender based violence, sexual coercion and co-modification</p> <ul style="list-style-type: none"> <li>- Marriages in Lebanon and the Arab region: Patterns, legal age, forced marriages, marital rape</li> <li>- Sexual consumerism (Transactional/trans-generational sex)</li> <li>- Sexuality and pleasure</li> </ul>	<ul style="list-style-type: none"> <li>• Textbook Chapters 14, 17</li> <li>• #MeToo</li> <li>• Article by Dr ElKak on “Sexual Violence”</li> </ul>
15	12. Situating sexuality within public health policies	<ul style="list-style-type: none"> <li>• Project documents</li> </ul>