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Independent Living Skills (ILS) 0016 Interpersonal Relationships Level 2 (0 Units)

Prerequisite: Successful completion in Independent Living Skills 0015

Prerequisite knowledge and skills: Before entering this course, the student should be able to

1. identify the definition of self-esteem,
2. identify self-empowering vocabulary such as empowerment, self-determination, and self-image,
3. demonstrate strategies to increase one's self-esteem,
4. demonstrate the knowledge of appropriate public displays of affection,
5. show understanding about appropriate versus inappropriate flirting,
6. demonstrate through role playing, boundaries within a relationship,
7. independently plan a dating excursion (including the financial obligations),
8. verbally express the purpose of dating,
9. identify the stages of dating,
10. identify and articulate the meaning of abstinence,
11. identify the art of saying no from the James Stanfield video collection, and
12. identify strategies to avoid getting into trouble on a date from the James Stanfield video collection.

Total Hours: 16 hours lecture

Catalog Description: This course focuses on the moral, social, and legal aspects of sexuality. The primary curriculum used is published by James Stanfield and includes videos and scripts for the instructor. Instruction focuses on parts of the body, the sexual life cycle, human reproduction, birth control, and sexual health. Sexual vulnerability will be covered.

Type of Class/Course: Non Credit

Texts: None

Additional Required Materials:

Kempton, *Life Horizons Sex Education for Persons with Special Needs*, Santa Barbara, CA, 2001.
Youth Development Program, *Life Planning Education*, Washington DC, 2005.

Course Objectives:

By the end of the course, a successful student will be able to

1. identify male and female sexual body parts,
2. understand basic hygiene and personal care of the male and female body,

3. discuss moral values and how they affect sexual choices,
4. explain the changes that male and female bodies undergo from birth to death,
5. explain the difference between private and public environments,
6. identify sexual behaviors that are appropriate in public,
7. identify sexual behaviors that are only appropriate in private places,
8. explain how conception takes place,
9. explain how babies are born,
10. identify the physiological changes that take place before, during, and after sexual intercourse,
11. explain the act of sexual intercourse,
12. identify sexual practices that may harm males or females,
13. identify current methods of birth control,
14. discuss pros and cons of each method,
15. explain the purpose and necessity of using condoms,
16. demonstrate how to apply a condom,
17. explain that abstinence is the only birth control that is 100% guaranteed to prevent pregnancy,
18. explain basics of conception and pregnancy,
19. identify issues related to abortion,
20. identify sexually-transmitted diseases and how one contracts an STD and AIDS,
21. explain the term “safe sex”,
22. recognize sexual abuse,
23. identify strategies to prevent sexual abuse,
24. explain how to get help if sexually abused,
25. explain legal ramifications of committing sexual abuse,
26. explain what must happen if one partner says no at any time, and
27. explain the legal ramifications of an adult engaging in sex with a minor.

Course Scope, Content, and Student Learning Outcomes:

Unit I Body Care and Lifespan Changes

Learning Outcomes	Assessment
Understand and utilize:	
A. Knowledge of body parts	In class exercises, homework, exams
B. Knowledge of personal care of body	In class exercises, homework, exams
C. Knowledge of body changes from birth to death	In class exercises, homework, exams

Unit II Personal Choices, Social Norms

Learning Outcomes	Assessment
Understand and utilize:	
A. Awareness of personal morals, values, sexual perspective	In class exercises, homework, exams
B. Knowledge of social norms	In class exercises, homework, exams
C. Knowledge of personal responsibility associated with sexual choices	In class exercises, homework, exams

Unit III Sexual Awareness

Learning Outcomes	Assessment
Understand and utilize:	
A. Knowledge of conception and pregnancy	In class exercises, homework, exams
B. Knowledge of birth control methods and process of obtaining birth control from a medical professional	In class exercises, homework, exams
C. Knowledge of STDs and how to prevent contracting an STD and AIDS	In class exercises, homework, exams
D. Knowledge of the importance of condoms and where to purchase them	In class exercises, homework, exams
E. Knowledge of abortion issues	In class exercises, homework, exams

Unit IV Sexual Abuse

Learning Outcomes	Assessment
Understand and utilize:	
A. Recognition of sexual abuse and how to get help	In class exercises, homework, exams
B. Strategies to reduce vulnerability regarding sexual abuse	In class exercises, homework, exams
C. Knowledge of legal process when a sexual crime occurs	In class exercises, homework, exams
D. Knowledge of legal ramifications of an adult engaging in sex with a minor	In class exercises, homework, exams

Learning Activities Required Outside of Class:

The students will spend a minimum of 2 hours per week outside of their regular class time doing the following:

1. Studying
2. Completing homework exercises

Methods of Instruction:

1. Assigned exercises from textbook/workbook
2. Lecture
3. Group work
4. Discussion
5. Individual conference
6. Role play

Methods of Evaluation:

1. Class participation

2. Written homework
3. Quizzes
4. Oral evaluations
5. Exams
6. Midterm and final