

# 性教育的專業需要與培訓

## Professionalisation of Sexuality Education

**Sexuality Education For Life**

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ATV World –  
“Inside Story”  
(16 June 2009)

**Sexuality Education: Access to All**

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- 性健康之定義乃世界衛生組織於**2002**年一月召集特別工作小組擬定，並日後加改的。

# 性健康

- 性健康是指與性有關的生理、心理和社會文化方面正處於良好狀態的一種體驗。性健康由性潛能的自由和負責的表達所證實，性潛能促進個人和社會的和諧與健康，豐富個人和社會的生活。性健康不僅僅是指沒有功能障礙、沒有疾病和/或身體無虛弱。爲了獲得和維持性健康，必須認可和支持所有人的性權利。

(資料來源：<http://www2.hu-berlin.de/sexology/CH/PSHC/PSH-CH/02cf.html>)

# 要達到性健康，我們必須：

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- 以正面及嚴謹的態度面對性及性關係
- 在一定的法理及道德倫理規範下，能享受性的歡愉
- 有較安全的性行爲
- 不讓性行爲涉及暴力或威迫

# Sexuality Education

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- A specialized field that integration of sound knowledge and effective learning techniques to promote sexual health and sexual knowledge to different age groups in schools, community centers, social welfare agents and health care institutions.

# Sweden Experience

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- 1955 began compulsory sexuality Education
- 50 hours of sexuality education in high school
- Lowest teenage pregnancy and abortion rate among the developed countries



INTERNATIONAL STANDARDS of  
PRACTICE  
for  
SEXUALITY EDUCATORS  
and  
SEXUAL HEALTH PROMOTION

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JUNE 2009

# OVERVIEW OF STANDARDS FOR SEXUALITY EDUCATION AND SEXUAL HEALTH PROMOTION

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- The practice of Sexuality Education and Sexual Health Promotion (Education and Health Promotion) involves a holistic approach to needs assessment and the planning, implementation and evaluation of appropriate education and health promotion plans for delivery to diverse audiences.
- The entry level of education for the practice of Sexuality Education and Sexual Health Promotion is a recognised degree in education or health promotion sciences and postgraduate education in Sexuality Education.

# AASECT Certified Sexuality Educators

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- Teach and train about a range of topics, including but not limited to sexual health; sexual and reproductive anatomy and physiology; family planning, contraception, and pregnancy/childbirth; sexually transmitted infections; gender identity and roles; gay, lesbian, bisexual, and transgender issues; sexual function and dysfunction; sexual pleasure; sexual variation; sexuality and disability; sexuality and chronic illness; sexual development across the lifespan; sexual abuse, assault, and coercion; and sexuality across culture.

# AASECT Certified Sexuality Educators

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- Sexuality educators may teach in the classroom at the elementary, secondary, and higher education levels. They may also provide education for groups of children, adolescents, or adults, training for professionals, and outreach and education in community-based, healthcare, corporate, and faith-based settings.
- Sexuality educators also may design and conduct workshops, courses, and seminars; contribute to the sexuality education literature, develop curriculum; plan and administer programs; deliver lectures and provide one-on-one client education sessions.



## 1<sup>st</sup> Sexuality Education Professional Certification Course

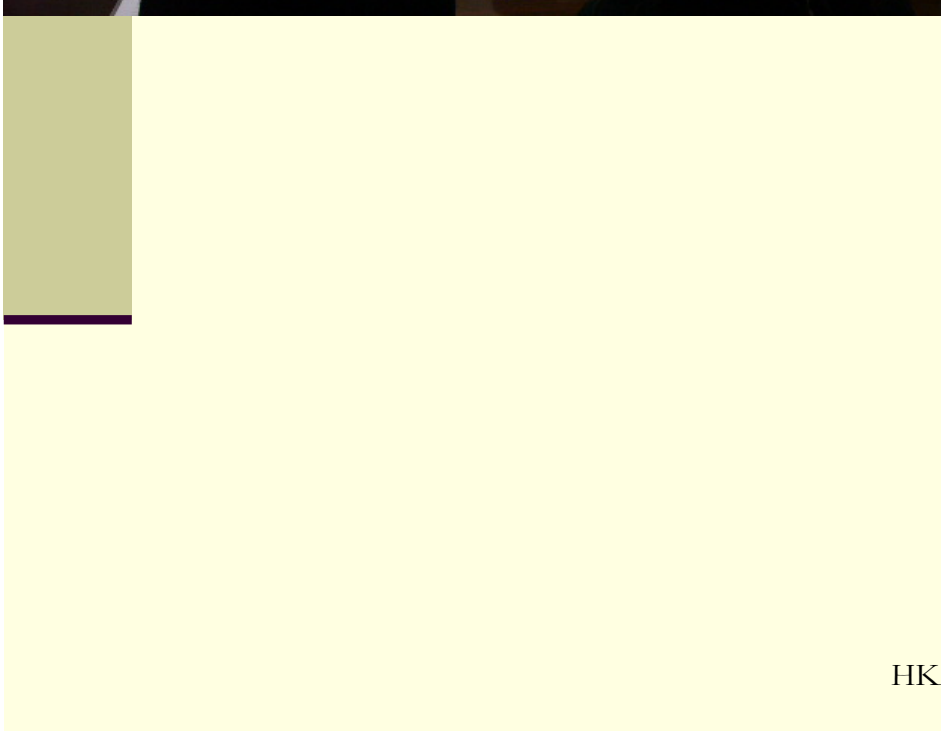
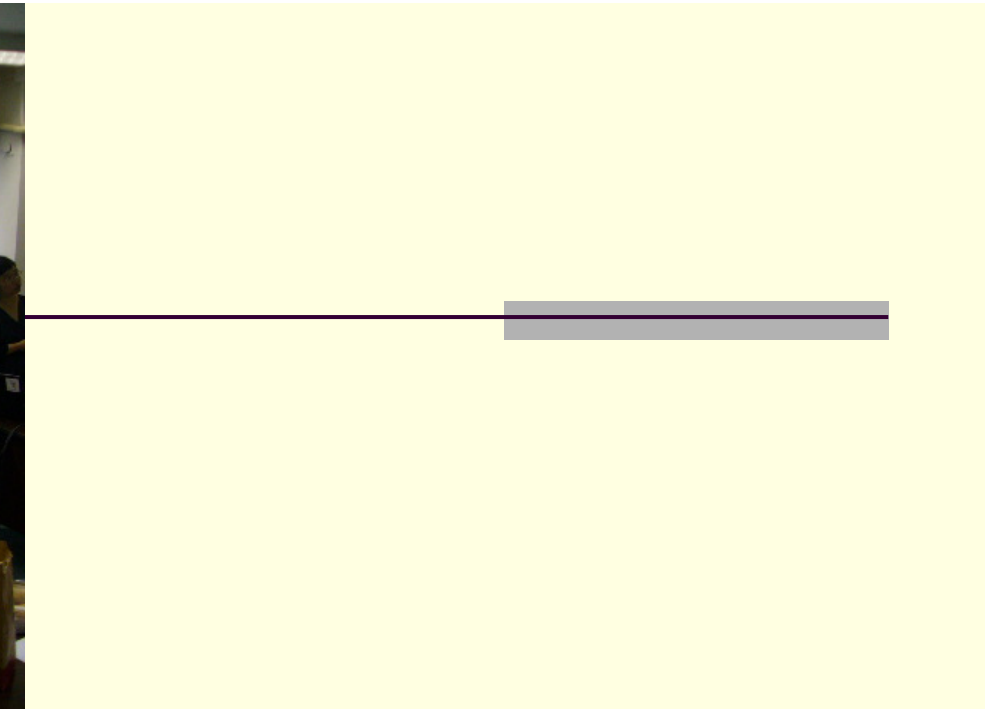
Sexuality education is a specialized field that integration of sound knowledge and effective learning techniques to promote sexual health and sexual knowledge to different age groups in schools, community centers, social welfare agents and health care institutions.

The focus of this program is on understanding the significance of human sexuality as it plays out throughout the life span from birth to old age. The latest teaching-learning techniques in conducting sexuality education will be emphasized.

This postgraduate training program is first time held in Hong Kong, it consists of 12 hours of Sexuality Attitudes Reassessment workshop, over 90 course hours, and 10 hours of small group supervision, which will fulfill the HKASERT's requirements for using the title as Certified Sexuality Educator in Hong Kong.

### Schedule of Teaching:

Date (2009)	Course <i>(Sequence of topics may subject to change)</i>
March 28 & March 29 9:30-17:00	Introduction to the course <b>Sexual Attitude Re-assessment (SAR)</b>
April 11	Dynamics of interpersonal relationships



# Course Description

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- The focus of this course is on understanding the significance of human sexuality as it plays out throughout the life span from birth to old age.
- The course will offer the participant an opportunity to critically investigate sexuality as it exists within a cultural context including religion, politics, gender analysis, social justice, familial, and societal influences.

# Course Description

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- Through assigned readings, reflection, experiential activities, and small group supervision, participants will increase their awareness of sexual health issues, enhance self awareness and learn how to effectively educate others on positive sexual knowledge and issues of sexual health. This course will not only attempt to promote and enhance communication, assertiveness, and presentation skills, applicable to sexual health education, but also necessary for everyday life.

# Course Description

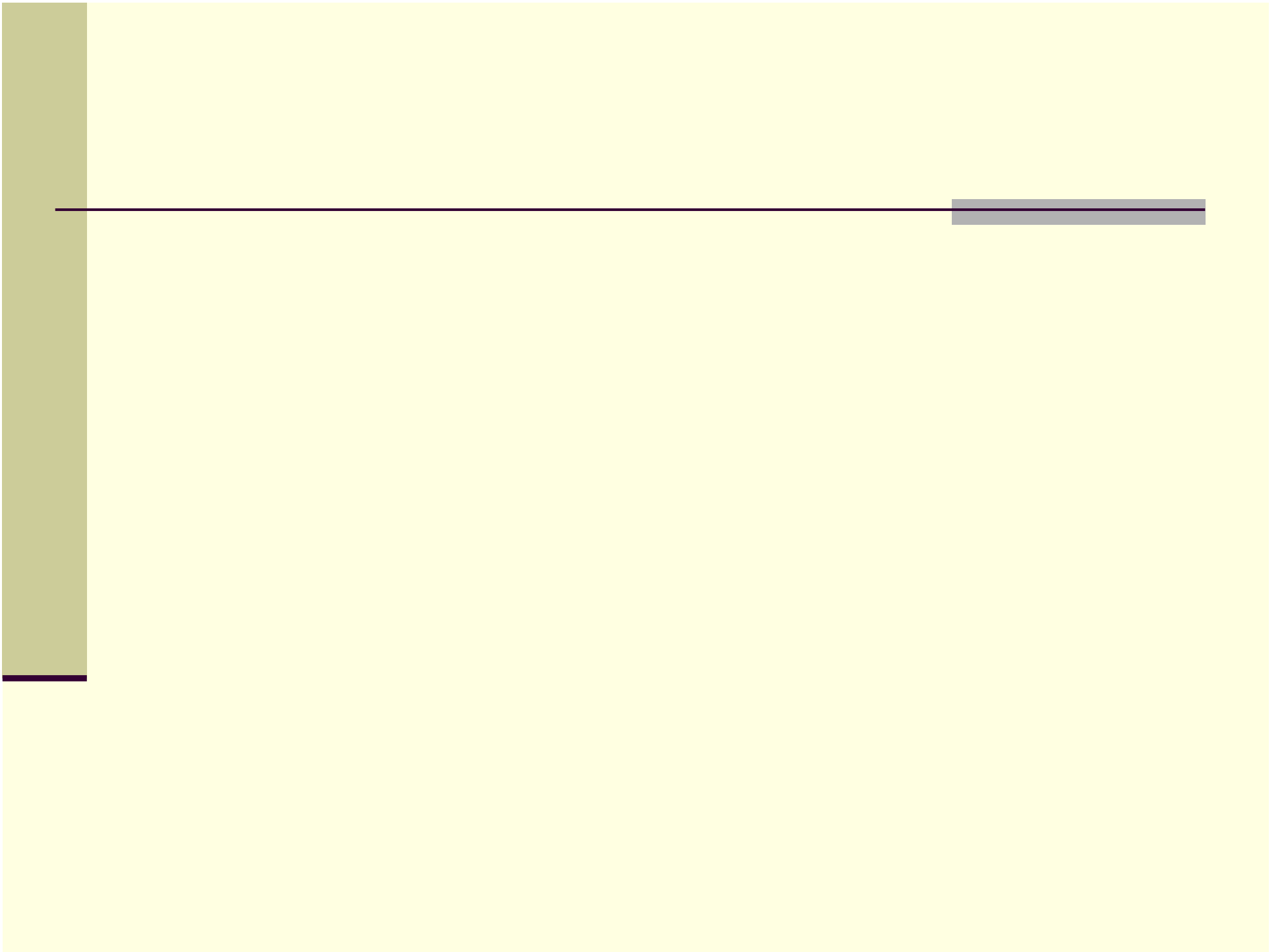
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- In addition to skills building, this course introduces participants to the basic concepts of sexual and reproductive anatomy, and topics, such as, contraception, sexually transmitted infections, sexual violence/abuse, religion, relationship values, politics, media, gender empowerment, drugs, body image, and one's sexual values will be examined.

# Course Accreditation

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- HKASERT is accredited by AASECT as institutional continue education provider.
- The coursework content is accredited by the American Association of Sexuality Educators, Counselors & Therapists (AASECT) for 90 hour-credits towards certification.
- Graduate of this course could carry forward up to one-third of the course credits for HKASERT Sex Therapy Professional Certificate Course.



# 性健康

## (Sexual Health)

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- **Sexual health is a state of physical, emotional, mental and social well-being 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. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.**

(資料來源：<http://www.who.int/reproductive-health/gender/sexualhealth.html#3>)

# SEXUAL HEALTH REQUIRES:

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- A positive & respectful approach to sexuality and sexual relationships
- As well as the possibility of having pleasurable & safe sexual experiences, free of coercion, discrimination & violence
- For sexual health to be attained & maintained, the sexual rights of all persons must be respected, protected and fulfilled

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- These definitions were drafted by members of a Technical Consultation on Sexual Health convened by the WHO in January, 2002
  - They have subsequently been refined and amended by a small international working group