**American Medical Student Association**

**AMSA Academy**

**Sexual Health Leadership Course (SHLC)**

**September 2019 - January 2020**

**Tuesdays, 8-10 PM EST**

Course Directors: Leah Bryan & Raina Rappel

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Grading: Pass/Fail (Completion requirements below)

**I. Course Description**

AMSA firmly believes in comprehensive sexual education for people throughout

the life cycle. As such, it is crucial that medical students be taught about sexual health and sexual dysfunction in order to effectively treat and teach their patients. An article in the Journal of the American Medical Association (JAMA) reported 43% of women and 31% of men in the United States experience sexual problems. Sexual problems included issues with desire, arousal, orgasm, or pain and were often secondary to other medical conditions. Left untreated, sexual problems often have an association with decreased quality of life, depression, interpersonal conflicts, and frequently lead to patient noncompliance with medications. Despite the high prevalence of sexual dysfunction among individuals in the US, many physicians feel inadequately prepared to manage sexual problems and support healthy sexuality. In fact, our course has found that 85% of medical students report receiving less than five hours of medical education dedicated to sexual health.

In 2009, AMSA launched the Sexual Health Leadership Course (formerly known as the Sexual Health Scholars Program) to begin to address the lack of knowledge and skills training of American medical students in sexual health.

**II. Course Objectives**

By the end of the Leadership Course, scholars will be able to:

**Knowledge**

* Become leaders in the sexual health community.
* Develop a network of colleagues and mentors within the sexual health community.

**Skills**

* Develop an understanding of sexual health, sexuality, and related topics.
* Apply skills learned during the course (such as sexual history-taking) in real-life interactions with patients and other situations.

**Attitudes**

* Develop a respect for the strengths and limitations of applying evidence-based medicine principles to the circumstances of an individual patient.
* Understand the complexities of sexuality and sexual health.
* Keep an open mind on differing views on sex, sexuality, and sexual health.
* Learn how to address sexual health issues in a manner that is free of judgment or prejudice.

**III. Course Format and Procedures**

**Course Dates**

* The Leadership Course will consist of weekly webinars with guest speakers and group discussions.
* The course will run from September 2019 - January 2020.

**Learning Platform**

* The course will largely be conducted via webinar using an online-based web conference platform. You will need access to either a phone or a computer equipped with audio.
* Many computers come equipped with microphone and webcam. We encourage you to use the audio and video options equipped within the video conference platform to facilitate online learning.

**Homework**

* Homework will usually consist of articles, publications, media clips, short stories, a discussion question, or reflection response.
* There will be occasional surveys or open-ended quizzes or reflections.

**Projects**

* Each scholar will be required to create a final project that may be shared with fellow scholars or presented at AMSA Convention in April 2020.

**Course Credit**

* Scholars may be able to receive elective credit from their home institution for this course. While AMSA unfortunately cannot grant elective credit at this time, we are happy to support you with documentation that will aid you as you seek elective credit.
* Each scholar that completes the requirements outlined in Section V below will be provided an official Certificate of Completion.

**IV. Expectations of Scholars**

Scholars are expected to:

* Actively participate in group sessions. If you cannot attend one of the classes, please inform the course director of the expected absence ahead of time.
* Attend the required number of sessions.
* Complete all homework assignments and readings before sessions begin.
* Remain open-minded and respectful of others' views.
* Actively participate in all discussions.
* Complete a final project to increase knowledge of sexual health. Final projects can be an individual or group effort.
* Complete surveys and post-session evaluations in order to provide feedback on the course and improve future courses.
* Scholars will be highly encouraged, but NOT required, to attend the AMSA National Convention held April 16-19, 2020 (Washington, D.C.).

**V. Completion Requirements for Certification**

**Class attendance:**

* Domestic Students and International Students in the Caribbean and the Americas:
  + Must attend 80% of required webinars.
  + Can watch up to two recorded webinars and complete a reflection for each to obtain make-up credit for attendance.
  + Complete surveys, quizzes, and reflections as required.
* International Students in Europe, Asia, Africa, and Australia:
  + Must watch 80% of required recorded webinars within 72 hours of the original session.
  + Submit a SHORT reflection of the webinar to the online discussion thread within one week of the original session.
  + Complete surveys, quizzes, and reflections as required.

**Final Project:**

* Scholars will complete a final project which will allow scholars to experience sexual health in-depth or bring awareness of sexual health and/or sexuality to their community or institution. Small group sessions, guidelines, project examples, and check-ins will be provided to help guide scholars with brainstorming ideas and executing their final projects.
* All project proposals are to be submitted online by posting in the appropriate Discussion Thread on **October 8th, 2019 by 9 PM EST.**
* Final projects are due via email on **January 7th, 2020 by 9 PM EST.**

**VI. Inclusivity Statement**

We understand that our members represent a rich variety of backgrounds and perspectives. The American Medical Student Association (AMSA) Academy is committed to providing an atmosphere for learning that respects diversity. While working together to build this community we ask all members to:

* Share their unique experiences, values, and beliefs.
* Be open to the views of others.
* Honor the uniqueness of their colleagues.
* Appreciate the opportunity that we have to learn from each other in this community.
* Value each other’s opinions and communicate in a respectful manner.
* Keep discussions that the community has of a personal (or professional) nature confidential.
* Use this opportunity together to discuss ways in which we can create an inclusive environment in this course and within the AMSA community.

**VII. 2019 - 2020 Course Schedule**

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| **Week** | **Date** | **Topic** | **Type** |
| 1 | Tuesday, September 17th | Orientation & Let’s Talk About: Sexual Language  **Homework**: Human Sexuality Questionnaire | **Zoom Webinar:**  Large Group Discussion |
| 2 | Tuesday, September 24th | Sexual Anatomy &  Sexual History Taking 101  **Homework Due (questionnaire)** | **Zoom Webinar:**  Large + Small Group Discussion |
| 3 | Tuesday,  October 1st | Queer Youth 101 &  History Taking with Adolescents | **Zoom Webinar:**  Large Group Discussion |
| 4 | Tuesday,  October 8th | Kink & Sex Toy Safety  **Final Project Proposals Due** | **Zoom Webinar:**  Guest Speaker |
| 5 | Tuesday,  October 15th | Common Sexual Concerns & Treatments | **Zoom Webinar:**  Large Group Discussion |
| 6 | Tuesday,  October 22nd | Relationships, Body Image, & Sexual Self-Esteem | **Discussion Thread** |
| 7 | Tuesday,  October 29th | Transgender Health 101  **Mid-Semester Evaluation Due** | **Zoom Webinar:**  Guest Speaker |
| 8 | Tuesday, November 5th | Spirituality & Masturbation | **Discussion Thread** |
| 9 | Tuesday, November 12th | Disability & Sexuality | **Zoom Webinar:**  Large Group Discussion |
| 10 | Tuesday, November 19th | Contraception & Abortion Care | **Zoom Webinar:**  Large Group Discussion |
| 11 | Tuesday, December 3rd | Safe Space & Sexual Assault  **Homework**: Submit your requests or questions online | **Zoom Webinar:**  Large Group Discussion |
| 12 | Tuesday, December 10th | Q&A Session for Projects  Lecture TBD | **Zoom Webinar:**  Large Group Discussion |
| 13 | **Tuesday,**  **January 7th** | **Final Project Due**  Final Project presentations  **Reflection Paper due by January 10th** | **Zoom Webinar:**  Large Group Discussion |
| 14 | **Tuesday,**  **January 14th** | Continued final project presentations  (if needed) | **Zoom Webinar:**  Large Group Discussion |