

FUNDAMENTALS OF HUMAN SEXUALITY FALL 2024

**UNIVERSITY OF NEW MEXICO VALENCIA CAMPUS
FALL SEMESTER 2024**

HLED 2530: Fundamentals of Human Sexuality

Instructor: Jennifer Escajeda, MPH, IBCLC
Semester: Fall 2024, Oct. 14-Dec. 14
Office Location: Virtual/Online
Email: jescajed@unm.edu
Office Hours: Virtually by appointment; email any time you need support, if needed we will schedule virtual office hours

COURSE DESCRIPTION

Welcome to Human Sexuality!

This semester you'll be doing some in-depth learning about Human Sexuality. Learning more and talking openly about sexuality is crucial for understanding sexual behavior, the growth and development of our bodies, how we experience our gender roles, what constitutes a healthy relationship, how to have children when and if we want to, how to communicate with our intimate partners, and how to prevent health problems and unwanted pregnancies. Specific areas that will be examined this semester include: the basic knowledge of human sexuality, including anatomical, physiological, psychosocial and ethical components, reproduction, contraception, sexually transmitted disease, and sexual health.

This isn't always a comfortable subject to talk about and that's understandable. While sexuality is an essential and integral part of all stages of human life, the topic is still taboo in almost every country. One important outcome of this online course will be for you to explore your comfort level in expressing, inquiring and learning about human sexuality.

This class environment is intended to be a safe space for having peer discussions and private reflections about what you are learning throughout the semester. I encourage a learning atmosphere of mutual respect, openness to learning new and unfamiliar topics, and a deepening personal understanding of human sexuality.

I look forward to this semester with you!

COURSE PREREQUISITES & OBJECTIVES

There are no prerequisites for this course.

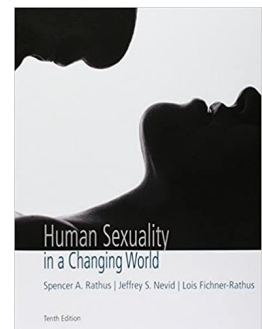
Upon completion of this course, students will be able to:

1. Discuss current research methods in human sexuality issues relevant to principles and theories that help promote a healthy sexual life.
2. Analyze female and male sexual anatomy and physiology, conception and contraception, pregnancy, childbirth, abortion, sexual behaviors and fantasies, sexual dysfunction, sexual coercion, concepts about sexually transmitted diseases, and HIV/AIDS.
3. Evaluate developmental perspectives relevant to sexuality and childhood, adolescence, adulthood, sexuality and disability, sexuality over a lifespan, gender identity, orientation, and gender roles.
4. Compare psychosocial perspectives related to the notions of loving and being loved, and the concepts of intimacy, relationships, and communication during sexual relationships.
5. Examine laws and religious and ethical perspectives on sexuality.
6. Develop an appreciation for the role evidence-based research plays in our understanding of human sexuality in a changing world.

REQUIRED TEXTBOOK AND COURSE RESOURCES

Rathus, Spencer A., Nevid, Jeffrey S., Fichner-Rathus, Lois. (2017). *Human Sexuality in a Changing World* (10th Ed.) Boston, MA: Pearson Publishing.

I've made it easy for you to access the ebook version of the text! You will find a link in the UNM Canvas Human Sexuality Course titled **RedShelf Course Materials**. During Orientation/Week 1, you will follow instructions to register for access to the ebook. Throughout the semester you will get access to your book via this course in UNM Canvas. Your textbook is considered an Inclusive Access material, which is FREE to access **up to the Add/Drop deadline** for the course and is only accessed via UNM Canvas. Billing for the ebook will occur after the add/drop period ends and **will automatically be charged to your student Bursar Account**. For more info: https://bookstore.unm.edu/t-1unm_inclusiveaccess.aspx



This is the MOST affordable option for this textbook. If you do not want to use an ebook version of the text and would prefer to purchase a hard copy on your own, you can OPT-OUT of having inclusive access to this book. You will follow the same instructions available to you during Orientation/Module 1 to OPT-OUT of using the ebook.

It is VERY important that you have access to the textbook while completing the modules. You will use the assigned readings to complete activities in each module.

COMPUTER, INTERNET & TECHNICAL SKILLS

Because this is an online course, it's important to have a decent computer and reliable Internet access. Do your best to submit activities early before they are due to avoid having problems due to unforeseen circumstances like home internet/electricity outages.

If you have experience taking online courses through UNM Canvas, great! If you are new to online learning, there are resources available to learn about using UNM Canvas. I've also created this course to be very user friendly. If online learning feels unfamiliar at first, that's ok, you will pretty quickly get a hang of it. If something doesn't make sense, send me an email!

Some important resources to have for this class include:

- A computer that allows you to use UNM Canvas
- High speed internet
- A browser that works well with UNM Canvas: Internet Explorer, Firefox, Chrome
- Microsoft Office products are available free for all UNM students (more information on the UNM IT Software Distribution and Downloads page: <http://it.unm.edu/software/index.html>)
- Any questions about using UNM Canvas? Check out helpful info here: <https://canvasinfo.unm.edu/support/index.html>

Just for your knowledge, UNM Canvas automatically records all student activities including: your first and last access to the course, the pages you have accessed, the number of discussion messages you have read and sent, discussion content, and posted discussion topics. This data can be accessed by the instructor to evaluate class participation and to identify if anyone is having difficulty.

If Canvas is down or not working at the time you are trying to work or submit activities in Canvas, please reach out to me right away. If I am aware that Canvas is down, especially if it is on a due date, I will email all students to inform you and make arrangements, if needed, to give you a short extension on submitting coursework.

COURSEWORK & PARTICIPATION

COURSE MESSAGES: Before a student emails me, please check the following to help answer any questions, if you still have questions don't hesitate to email me:

- 1) **Course Syllabus**
- 2) **UNM Canvas Course Homepage**
- 3) **Current Week's Module**

Please email me on **UNM Canvas using course messages**. Response time is usually within 24-48 hours. If you don't hear from me, please email me again. Sometimes emails get lost. Email me at mdallin@unm.edu as an alternative to UNM Canvas course messages if you are having issues emailing me through UNM Canvas.

Time Commitment

As you know, this is an 8-week, 3-credit class. This class is condensed from a traditional 3-credit class that meets for approximately 3 hours per week for 16 weeks, so you can **expect to put in the same amount of time as you would for a traditional 16-week class**. Since this is an online class, the in-class time is replaced by learning from readings and a variety of activities. **It is expected that this class will require about 10-12 hours of your time per week.**

There are some assignments this semester that are important to start working on in advance of the due date. I encourage you to avoid waiting until the last day before they are due to begin them.

BE SURE TO KEEP THE COURSE SCHEDULE HANDY BECAUSE IT CONTAINS DUE DATES FOR THE ASSIGNMENTS.

Late or Missing Activities/Assignment

Late or missing assignments are unacceptable. If you know ahead of time that you will miss an assignment or exam, please email me to make arrangements. Give at least 24 hours' notice and email any appropriate documentations. **Late work without prior approval will result in a zero.**

Make Up Policy

For authorized representation of the University or illness, or emergency, a make-up opportunity will be allowed if arrangements are made in advance or proper documentation is provided. Contact me right away to discuss options.

SYLLABUS & SCHEDULE QUIZ

During the first week of class, you'll read over the syllabus and schedule and complete the Syllabus Quiz, including answering a question that states you read and understand the syllabus.

INTRODUCTION VIDEO

Each student will introduce themselves by video and comment on at least 2 other introduction posts from other students. Please be respectful. If you notice there are students who have not received feedback yet, respond to those students. This will allow us to get to know one another.

CHAPTER ACTIVITIES: ASSIGNMENTS, JOURNALS & COURSE DISCUSSIONS

Students will submit all activities on UNM Canvas. Activities include weekly assignments, journals, course discussions, quizzes and semester projects.

There are 6 assignments throughout the semester.

There are Journal Reflection activities every 2 weeks, which provide students with the opportunity to reflection on any aspect of what is being learned in the course. There are 4 Journal Reflections throughout the semester.

Each student will participate in the biweekly course discussions. Part of the discussion includes responding to at least two other student posts. Please be respectful, especially as we discuss topics that may feel uncomfortable or may be based on student experience, beliefs, culture, etc.

- Initial posts by Thursday by 11:59 PM the week the course discussion is due
- Response posts to at least two other students' original posts are due by Sunday by 11:59 PM

******COURSE DISCUSSIONS PURPOSE****:** Participating in Course Discussions is a valuable way to interact with your classmates and engage in dialogue that typically happens in a face-to-face environment. Fully participating in the discussion by posting a descriptive initial post and

providing thoughtful responses to your classmates allows the instructor to evaluate your understanding of the course content and your critical-thinking and communication skills.

Because there can be sensitive topics covered in this course, if a student is impacted by a topic/activity due to past experiences, please email me and I can assign you a substitute activity.

QUIZZES

There are 4 biweekly quizzes throughout the semester. Each quiz will cover assigned chapters, discussions, and assignments from the previous two weeks of class. There is no cumulative final quiz or exam.

SEMESTER PROJECTS

There are 2 semester projects. The first project is a Human Sexuality Movie Critique due mid-semester. The Final Semester Project has 2 options for students to complete, either completing a Sexual Self-Assessment OR completing a report about a human sexuality topic of interest. Each student chooses the option they're most interested in completing.

Expectations for Participation

- Time required for this class (10-12 hours per week)
- Learn how to navigate in UNM Canvas
- Communicate with one another during course discussions
- Keep up-to-date of course announcements
- Keep me informed of class related problems, or other problems that keep you from full participation
- Address technical problems immediately
- Observe course netiquette and respect at all times

GRADING

All work will be equally weighted. There is a total of 300 points to be earned.

Check UNM Canvas regularly for weekly course materials. The Monday of each week is the start of a new module with new materials and activities. Check UNM Canvas early to stay engaged in the weekly activities. After you submit activities, I'll grade them using rubrics and post your grade within a week (most activities are due by Sunday, so grades will be posted by the next Sunday).

Activity (quantity)	Points
Syllabus/Schedule Quiz	10 points
Introduction Video	10 points
Discussions (4)	10 points each; 40 points total
Assignments (6)	10 points each; 60 points total
Quizzes (4)	10 points each; 40 points total

Journal Reflections (4)	10 points each; 40 points total
Movie Critique Semester Assignment	50 points
Final Semester Project	50 points
TOTAL	300 POINTS

Grading Scale

A+	292-<300	C+	234-<239
A	280-<291	C	219-<233
A-	270-<279	C-	210-<218
B+	261-<269	D+	204-<209
B	249-<260	D	189-<203
B-	240-<249	D-	180-<188
		F	<179

A NOTE ON AVOIDING USING AI SOFTWARE:

Since writing, analytical, and critical thinking skills are part of the learning outcomes of this class, all writing assignments should be prepared by the student. Developing strong competencies in this area will prepare you for a competitive education and work opportunities. Therefore, AI-generated submissions are not permitted and will be treated as plagiarism. Use of ChatGPT (or other similar tools or software that generate suggested text) is not allowed in this class for any part of a graded assignment, including generation of ideas, writing of text, or rewriting your own work. Violations can result in failure of the assignment or failure of the course.

NETIQUETTE EXPECTATIONS & RESPECTFUL ENVIRONMENT

Netiquette

“In following with the UNM Student Handbook, all students will show respect to their fellow students and instructor when interacting in this course. Take Netiquette suggestions seriously. Flaming is considered a serious violation and will be dealt with promptly. Postings that do not reflect respect will be taken down immediately.” (Rebecca Adams, OLIT 535)

“This course encourages different perspectives related to such factors as gender, race, nationality, ethnicity, sexual orientation, religion, and other relevant cultural identities. The course seeks to foster understanding and inclusiveness related to such diverse perspectives and ways of communicating.”

Link to Netiquette document: <http://online.unm.edu/help/learn/students/pdf/discussion-netiquette.pdf>

Citizenship and/or Immigration Status

All students are welcome in this class regardless of citizenship, residency, or immigration status. I will respect your privacy if you choose to disclose your status. As for all students in the class, family emergency-related absences are normally excused with reasonable notice to the professor, as noted in the attendance guidelines above. UNM as an institution has made a core commitment to the success of all our students, including members of our undocumented community. The Administration's welcome is found on our website: <http://undocumented.unm.edu/>.

Title IX

Our classroom and our university should always be spaces of mutual respect, kindness, and support, without fear of discrimination, harassment, or violence. Should you ever need assistance or have concerns about incidents that violate this principle, please access the resources available to you on campus, especially the LoboRESPECT Advocacy Center and the support services listed on its website (<http://loborespect.unm.edu/>). Please note that, because UNM faculty, TAs, and GAs are considered "responsible employees" by the Department of Education, any disclosure of gender discrimination (including sexual harassment, sexual misconduct, and sexual violence) made to a faculty member, TA, or GA must be reported by that faculty member, TA, or GA to the university's Title IX coordinator at the Office of Compliance, Ethics, and Equal Opportunity: <https://oeo.unm.edu/title-ix/title-ix-reporting-obligations.html>. For more information on the campus policy regarding sexual misconduct, please see: <https://policy.unm.edu/university-policies/2000/2740.html>.

Land Acknowledgement

Founded in 1889, the University of New Mexico sits on the traditional homelands of the Pueblo of Sandia. The original peoples of New Mexico Pueblo, Navajo, and Apache since time immemorial, have deep connections to the land and have made significant contributions to the broader community statewide. We honor the land itself and those who remain stewards of this land throughout the generations and also acknowledge our committed relationship to Indigenous peoples. We gratefully recognize our history.

UNM POLICIES

Doing the Right Thing

UNM has policies to preserve and protect you and the academic community available in the Student Pathfinder (<https://pathfinder.unm.edu>) as well as in the Faculty Handbook. These include policies on undergraduate student grievances (<https://handbook.unm.edu/d175/>) and graduate and professional students (<https://handbook.unm.edu/d176/>), academic dishonesty (<https://handbook.unm.edu/d100/>), and respectful campus (<https://handbook.unm.edu/c09/>). Please ask for help in understanding and avoiding plagiarism (passing the work or words of others off as your own work or words) or other forms academic dishonesty. Doing something dishonest in a class or on an assignment can lead to serious academic consequences. Come talk with me about your concerns or needs for academic flexibility or talk with support staff at one of our student resource centers (<https://students.unm.edu/find-your-pack/resource-centers.html>) before you do something that may endanger your career.

Since writing, analytical, and critical thinking skills are part of the learning outcomes of this class, all writing assignments should be prepared by the student. Developing strong competencies in this area will prepare you for a competitive education and work opportunities. Therefore, AI-generated submissions are not permitted and will be treated as plagiarism. Use of

ChatGPT (or other similar tools or software that generate suggested text) is not allowed in this class for any part of a graded assignment, including generation of ideas, writing of text, or rewriting your own work. Violations can result in failure of the assignment or failure of the course.

Accommodations

In accordance with University Policy 2310 and the Americans with Disabilities Act (ADA), academic accommodations may be made for any student who notifies the instructor of the need for an accommodation. It is imperative that you take the initiative to bring such needs to the instructor's attention, as I am not legally permitted to inquire. Students who may require assistance in emergency evacuations should contact the instructor as to the most appropriate procedures to follow. Contact the Accessibility Resource Center (<https://arc.unm.edu>) at 277-3506 or arcsrvs@unm.edu for additional information.

UNM is committed to providing courses that are inclusive and accessible for all participants. As your instructor, it is my objective to facilitate an accessible classroom setting, in which students have full access and opportunity. If you are experiencing physical or academic barriers, or concerns related to mental health, physical health and/or COVID-19, please consult with me after class, via email/phone or during office hours. You are also encouraged to contact the Accessibility Resource Center (<https://arc.unm.edu>) at arcsrvs@unm.edu or by phone 277-3506.

UNM RESOURCES

CAPS Tutoring Services <http://caps.unm.edu/programs/online-tutoring/>

CAPS is a free-of-charge educational assistance program available to UNM students enrolled in classes. Online services include the Online Writing Lab, Chatting with or asking a question of a Tutor.

UNM Libraries <http://library.unm.edu>

Student Health & Counseling (SHAC) Online Services

<http://online.unm.edu/help/learn/support/shac>

UNM offers several resources to help keep Lobos safe. LoboGuardian, <https://loboguardian.unm.edu> is a mobile app that increases user safety by creating a virtual safety network of friends and family. The entire UNM campus has blue light emergency phones. UNM Police Department, tel.: (505) 277-2241, offers a free escort service for safety.

Lobo Alerts <https://loboalerts.unm.edu> is UNM's emergency text messaging system that can inform you of any occurrences that impact safety.

Get Help Now at <https://loborespect.unm.edu/Get%20Help%20now/index.html> LoboRespect Advocacy Center, for concerns such as sexual misconduct, hate/bias, bullying, hazing.

Student Health Services <https://shac.unm.edu> provides counseling and health services to all students.

UNIVERSITY OF NEW MEXICO
FALL 2024
HLED 2530: Human Sexuality

Course Schedule

Week/ Module	Dates (Mon-Sun)	Weekly Readings (additional supplemental readings may be given in modules)	Weekly Activities
1	10/14-10/20	<ul style="list-style-type: none"> • Syllabus & Schedule • Chapter 1: What is Human Sexuality 	⇒ Syllabus Quiz (Due by Fri, 10/18) ⇒ Register for Ebook (Due by Fri, 10/18) ⇒ Intro Video (1st Post by Fri 10/18; Response Posts by Sun, 10/20) ⇒ Discussion 1 (1st Post by Fri 10/18; Response Posts by Sun, 10/20) ⇒ Assignment 1 (Due by Sun, 10/20)
2	10/21-10/27	<ul style="list-style-type: none"> • Chapter 2: Female Sexual A&P • Chapter 3: Male Sexual A&P 	⇒ Journal Reflection 1 (Due by Sun, 10/27) ⇒ Assignment 2 (Due by Sun, 10/27) Quiz 1 (Due Sun, 10/27)
3	10/28-11/3	<ul style="list-style-type: none"> • Chapter 4: Gender: Identity, Roles, Differences • Chapter 5: Sexual Orientation 	⇒ Discussion 2 (1 st Post by Fri 11/1; Response Posts by Sun 11/3) ⇒ Assignment 3 (Due by Sun, 11/3)
4	11/4-11/10	<ul style="list-style-type: none"> • Chapter 6: Attraction & Love • Chapter 8: Relationships & Communication 	⇒ Journal Reflection 2 (Due by Sun, 11/10) ⇒ Quiz 2 (Due by Sun, 11/10) ⇒ FIRST SEMESTER PROJECT (Due by Sun, 11/10)
5	11/11-11/17	<ul style="list-style-type: none"> • Chapter 7: Sexual Response & Sexual Behavior • Chapter 11: Sexuality through the Lifespan • Chapter 15: Sexual Coercion (pgs 476-487 only) 	⇒ Discussion 3 (1 st Post by Fri 11/15; Response Posts by Sun 11/17) ⇒ Assignment 4 (Due by Sun, 11/17)
6	11/18-11/24	<ul style="list-style-type: none"> • Chapter 9: Conception, Pregnancy & Childbirth • Chapter 10: Contraception & Abortion 	⇒ Journal Reflection 3 (Due by Sun, 11/24) ⇒ Assignment 5 (Due by Sunday, 11/24) Quiz 3 (Due by Sunday, 11/24) ⇒ WORK ON FINAL SEMESTER PROJECT
7	11/25-12/1	<ul style="list-style-type: none"> • Chapter 12: Sexual Problems & Solutions • Chapter 13: Sexually Transmitted Infections 	⇒ Discussion 4 (1 st Post by Fri 11/29; Response Posts by Sun, 12/1) ⇒ Assignment 6 (Due by Sun, 12/1) ⇒ WORK ON FINAL SEMESTER PROJECT

8 FINAL WEEK	12/2-12/8	FINAL SEMESTER PROJECT	⇒ Final Semester Project (Due by Sun, 12/8) ⇒ Quiz 4 (Due by Sun, 12/8) ⇒ Journal Reflection 4 (Due by Sun, 12/8)
---	-----------	-------------------------------	---