



eCOURSE INTRODUCTION

Most people assume that sexual health relates to either being healthy or having a sexually transmitted disease, and indeed this is what is commonly dealt with by doctors. But it is much more rounded than that. Essentially there are three main elements to it; being physically, emotionally, mentally and socially well; requiring a positive and respectful approach to all aspects of sexuality; and being able to have pleasurable and safe sexual experiences.

This eCourse, **Sexual Health... Matters**, was designed and developed by Eugene Renehan. Eugene is a Superintendent Pharmacist, Tutor and Senior Business Executive. He holds a Bachelor of Science (BSc) in Pharmacy, is an Accredited Tutor Pharmacist with the Royal College of Surgeons Ireland and is a MPSI Licensed Pharmacist.



athe | ENDORSED PROGRAMME

eCOURSE AIM

This eCourse aims to provide you with the knowledge and up to date information regarding sexual health. It will delve into physical health, preventative care, sexually transmitted diseases and illnesses, contraception, dysfunction and online safety.

eCOURSE CONTENT, ASSESSMENT & ACCREDITATION

This eCourse requires approximately 12 hours of study. There are seven learning topics:

1. General Physical Health
2. Preventative Care
3. Sexually Transmitted Infections
4. Contraception
5. HIV Prevention and Treatment
6. Sexual Dysfunction
7. Modern Sexual Health

When you have completed your eCourse, take the on-line assessment to test and validate your new knowledge! Once successful, you will receive an ATHE Endorsed Programme certificate in **Sexual Health... Matters** from **South East College of Further Education & Training**.

WHO IS IT SUITABLE FOR?

This eCourse is suitable for teens and young adults who are looking for sexual health information, any parent who wants to upskill in preparation for discussions on sexual health with their child or person in their care, or any adult or senior who is looking to improve their knowledge of sexual health. You have access to your eCourse 24 hours a day, seven days a week, 365 days a year, making learning work for you, at a pace and time that suits you.

HOW TO PURCHASE THIS COURSE

Go to www.southeastcollege.ie and begin your learning journey!!