



## COUN 399: Relationships, Sex Positivity, and Society

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### Program Design

- The program currently runs as a one-credit course at the University of North Dakota
- It was designed as an integrative, strength-based approach, in keeping with recommended principles of prevention
- It represents a low-cost option for prevention programming
- The presenters are interested in collaborating with other universities and communities on the adaption of the program
- Learn more by emailing us (below), or checking out our website:

[UNDpositivesexuality.weebly.com](http://UNDpositivesexuality.weebly.com)

### Early Results

- Program participation increased participants' **self-defense self-efficacy** -  $F(1, 34) = 12.62, p < .01$
- Differences in the other four variables, though nonsignificant, were trending in the desired directions
- Qualitative results (still to be formally analyzed) support the impact of the program on women's lives

### Program Content

**Module One, Introduction:** Participants become acquainted with facilitators, each other, and the subject of the seminar. A respectful and inclusive dialogue is established.

**Module Three, Sex Positive Education:** Participants discuss sexual rights, agency, and the discourse of female desire often missing in traditional sex education. Participants examine consent and communication, aided by the viewing of *Asking For It: The Ethics and Erotics of Sexual Consent*. Participants list their own sexual rights.

**Module Two, Myths and the Media:** Participants discuss and dispel rape myths, and media myths surrounding female sexuality. Media literacy is promoted by discussion, and the viewing of *Killing Us Softly 4: Advertising's Image of Women*.

**Module Four, Healthy Change:** Participants discuss psychological barriers to assertiveness and myths related to feminine weakness. Participants rehearse verbally assertive techniques for a variety of situations.

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