

**ONLINE COURSE**

# Exploring values

Ready to discover the power of values in sexual and reproductive health and rights?

Learn to expose myths, challenge assumptions, and reflect on the causes and consequences of conflicting beliefs.

Engage in personal reflection on values and gain powerful tools to drive your SRHR work.



Global Affairs  
Canada

Affaires mondiales  
Canada

# About this course



**Duration:** 4 hrs

**Level:** Beginner

**Course type:** Online

**Language:** English, French

**Certification?** Yes

Have you ever wondered what values guide your sexual and reproductive health and rights? Or where to start to make a difference in this area?

Join this course for a reflective journey on values around sexual health and how to use them as a foundation for positive and transformational actions.

Tap into the power of values to drive your work, enhance your advocacy, and support the personal development of young people around you.



# Who is it for?

People working in the field of sexual and reproductive health and rights (SRHR) for young people.



# What will you learn?

By the end of the course, you will be able to:

- 1 Evaluate sexual behaviour from different perspectives, regardless of your personal opinion.
- 2 Analyse how opinions and values on sexual behaviour are formed.
- 3 Assess how values on sexuality may impact your work and interactions with young people.
- 4 Formulate what your own values are surrounding SRHR.
- 5 Identify the ways human, sexual, and reproductive rights are connected to values.
- 6 Examine how gender norms are constructed and enforced, and how this influences your values.
- 7 Identify the links between values, gender inequality and SRHR.

# How to enrol

This is a free online course.  
All you need to enrol is a  
valid email address and  
follow these three steps.

1

Create an account with  
the Rutgers Academy

2

Click on the exploring  
Values course in your  
preferred language,  
English or French

3

Start learning!