Sexuality is one of the most basic aspects of life, yet it’s also one of the hardest topics to teach and discuss. The Sexual Attitude Reassessment (SAR) seminar is an intensive workshop that gives educators, counselors, and other higher education professionals the opportunity to explore their own attitudes, values and beliefs about sexual behavior in a safe and non-judgmental environment. As a result of SAR, participants will be more comfortable, confident and competent when working with students, patients, or clients on the various aspects of sexual expression.

The SAR will assist higher education professionals with working with students on topics of sex and sexual behavior. In higher education, it is possible that faculty and staff may deal with sexuality issues—be it in the classroom, through an awareness campaign on campus, or even through talking with a student one-on-one. Often times, we let our own attitudes and values about sexuality influence our lectures, conversations, or advice to students. The SAR allows us to explore those personal beliefs, but then gives us the tools to step outside and begin to look at sexuality in an objective manner.

The SAR uses emotionally evocative and sexually explicit films and presentations to explore personal attitudes and values. The SAR is designed to promote open, honest self-awareness for anyone who deals with sexuality issues at work. Topics include: sexual language, bodies, masturbation, sexual orientations, aging, fantasy, gay marriage, love, disability, ejaculation, techno sexuality, gender, anal sex, gender identify, intersex, BDSM, religion, relationships, pleasure and communication.

Sexually explicit videos will be utilized.

Participants will:

- Learn how to communicate with students, clients, and patients about sexuality. Examine issues involved in effective communication.
- Learn to view sexuality more objectively. Understand the impact sexual attitudes have on personal relationships and on providing educational, health and social services.
- See and study their own reactions. Recognize the way they respond to content and see how others develop sexual attitudes and values.
- Understand sexual diversity. See the complexity of human sexuality and examine the diversity of human sexual expression and experience

The environment will be safe, comfortable, and supportive.
PRESENTERS

Primary Presenter:

**Kathleen Baldwin, MSW, CSE, CLE**, is a nationally known sexuality education consultant and trainer. She is a certified Sexuality Educator with the American Association of Sexuality Educators, Counselors and Therapists (AASECT). She is the owner of Tell Kathleen Anything—a coaching practice designed to support individuals and couples in achieving enhanced sexual well-being. Kathleen served as the Education & Training Vice President for Planned Parenthood of Indiana for 28 years. She is also an adjunct faculty instructor for Indiana University, where she teaches courses on Human Sexuality.

Facilitators:

**Sara L. Cole, PhD, MCHES**, is an Associate Professor in the Department of Kinesiology & Health Studies at the University of Central Oklahoma. Previous to this, she was an Assistant Professor at Illinois State University. Dr. Cole received her doctorate from Indiana University, where she studied Health Behavior and Health Promotion at the Kinsey Institute for the study of Sex, Gender and Reproduction. Her research interests include the intersection of community and sexual health.

**Terry Dennison** is the Director of Educational Services for Planned Parenthood of Central Oklahoma. He has extensive experience training professionals in human sexuality and working with young people to provide them with the information, skills, and motivation they need to make healthy choices in their lives. Terry is known statewide for his efforts in the areas of sexuality education.

REGISTRATION INFORMATION

The SAR workshop is open to UCO faculty and staff, as well as community professionals.

A maximum of 30 participants will be allowed to register.

Participant fees include registration, meals, snacks, and materials for the workshop. All payments must be received in advance of the training. **Registration will not be complete until full payment is received.**

Registration fee: $100

Registration deadline: Wednesday, March 27 at 5:00 p.m.
WORKSHOP INFORMATION

Workshop Schedule
Please arrive 30-60 minutes before the sessions begin. It is imperative that you stay for the entire seminar on both days.

Friday, April 5th
Center for Transformative Learning, Room 108
Start 5:00 p.m.
End 10:00 p.m.
Dinner will be provided

Saturday, April 6th
Center for Transformative Learning, Room 108
Start 8:00 a.m.
End 5:00 p.m.
Please eat breakfast before you arrive—only coffee and light snacks will be provided
Lunch and an afternoon snack will be provided

For more information about SAR, please contact Brittney Criswell at 405-974-2320 or bcriswell@uco.edu.
REGISTRATION FORM

Please complete the following form, with payment, and return to:
Brittney Criswell
UCO Wellness Center
Room 202, Box 99

Or, mail form and payment to:
Brittney Criswell,
100 North University Drive
Box 99
Edmond, OK 73034

Registration Deadline: Wednesday, March 27 at 5:00 p.m.

Name: _______________________________________

Workplace: _____________________________________

UCO Faculty/Staff: Yes □  No □  Other □ ________________

Mailing Address:
____________________________________________________________________
____________________________________________________________________

Phone Number: ____________________   Email: _____________________

Payment Options: $100

Check □  Interdepartmental □  Invoice □
To: UCO Wellness Center  Transfer

Dietary Preferences:
Vegetarian □  Gluten-free □  Other □ ________________