

# COMPILED REPORTS ON SEXUAL AND REPRODUCTIVE HEALTH CARE EDUCATIONAL PROGRAMMES CONDUCTED BY LINCOLN UNIVERSITY COLLEGE MALAYSIA

































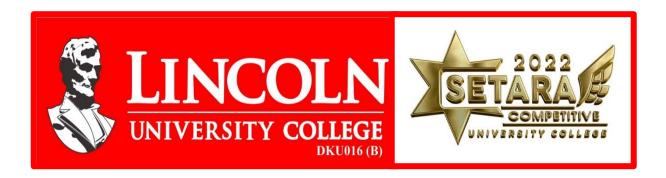












## SEXUAL HEALTH PROGRAMME "TOWARDS BETTER LIFE"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE,
MALAYSIA















FREE OF COST

### **TOWARDS BETTER LIFE**

Sexual Health Programme

#### **Date**

21st January 2023

#### **Mode of Delivery**

Hybrid (Online & Physical)

#### **Resourse Person**

 Prof. Dr. Faridah Binti Mohd Said Faculty of Nursing, Lincoln University College, Malaysia.

www.lincoln.edu.my

Name : SEXUAL HEALTH PROGRAMME

Topic : TOWARDS BETTER LIFE

Date : 21st of January 2023

Resource Person : Prof. Dr. Faridah Binti Mohd Said

Faculty of Nursing, Lincoln University College,

Malaysia.

Content : 1. Values of Safer Sex

2. Prevention of STD

3. Health Impact of STD

4. Socio-economic Burden of STD

5. Preventive Measures for STD

No. of participants: 97

Mode of delivery : Hybrid (Online & Physical)

Attachment : Event pictures

**Prepared by:** 







### LINCOLN UNIVERSITY COLLEGE MALAYSIA

## GOOD HEALTH AND WELL-BEING POLICY DOCUMENT



### GOOD HEALTH AND WELL-BEING



#### **Policy Statement**

Lincoln University College (LUC) emphasis on clean and unblemished environment, essential for human health and well-being. The motivation behind this policy is to develop a protected and healthy workplace that advances the wellbeing and versatility of LUC staff, by making a working environment culture and condition that qualities, supports and advances projects and arrangements that improve the physical, and emotional well-being and prosperity of employees

#### **Policy Objective:**

- To make and continue a prosperous network culture that teaches, spurs and enables occupants and colleagues to embrace and keep up solid way of life practices.
- ♣ Provide guidance and data about limiting dangers to wellbeing
- Outline explicit obligations.
- ♣ Educate staff about the causes, impacts and the executives of stress
- ♣ Develop in association with the employee's guilds systems proposed to improve wellbeing at work.
- ♣ Provide applicable help to staff, specifically guaranteeing directors are both proactive what's more, react in an opportune way to concerns raised by staff and associations.
- ♣ Provide free sexual and mental health counseling facilities to both students and staff.

#### LUC commitments



- Lincoln University College recognizing the interdependence of health and development, the Sustainable Development Goals (SDGs) provide an ambitious, comprehensive plan of action for people, planet and prosperity and for ending the injustices that underpin poor health and development outcomes.
- Lincoln University College aspires to ensure health and well-being for all, including a bold commitment to end the epidemics of AIDS, tuberculosis, malaria and other communicable diseases. It also aims to achieve universal health coverage and provide access to safe and effective medicines and vaccines for all. Supporting research and development for vaccines is an essential part of this process as well as expanding access to affordable medicines.
- ♣ Raise awareness within the workplace about issues that impact on health and wellbeing, including the health benefits of physical activity, healthy eating and mental health advocacy programs
- ♣ Create and advance a positive and evenhanded work environment condition through sexual and reproductive health workshop.
- ♣ Promote and energize staff cooperation in proactive projects and administrations that help the physical, nourishing, and psychological well-being, prosperity and work life balance activities at work and outside the work environment
- ♣ Promote active implementation and promotion of the principles and behaviors contributing to positive staff wellbeing.
- Linear Encourage support in and permit time for wellbeing and prosperity projects and exercises
- → Develop and encourage participation in a situation that supports and empowers incidental movement for example, sitting time regulations, strolling meetings, taking the stairs instead of elevators.
- ♣ Healthy nourishment and drink choices are given, supported and open at occasions, capacities and gatherings.
- ♣ Consider supporting staff interest in wellbeing and prosperity projects and exercises through arrangement of financing.
- ♣ Implement appropriate control measures to minimize risks to health and wellbeing.
- ♣ Monitor and audit arrangements in an effort to improve the quality of the working environment.
- ♣ Raise awareness of the causes, signs and symptoms of stress and stress-related illness, and of the ways in which the University supports individuals.
- ♣ Provide training to all managers on the Health & Wellbeing Policy and how to use it effectively.
- ♣ Educate employees in techniques for recognizing and coping with potentially stressful situations.

Policy Date: 16<sup>th</sup> July 2015

Review date: 17<sup>th</sup> August 2022

Approved by: Department of Human Resource





## SEXUAL HEALTH PROGRAMME "SAFETY MEASURES ON PROTECTIVE SEXUAL LIFE"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE, MALAYSIA















KNOWLEDGE ENRICHMENT FREE OF COST

## PROTECTIVE SEXUAL LIFE

Sexual Health Programme

#### Date

18th February 2023

#### **Mode of Delivery**

Hybrid (Online & Physical)

#### **Resourse Person**

 Ms. Pathmavathi A/P Annamalai Faculty of Nursing, Lincoln University College, Malaysia.

www.lincoln.edu.my

Name : SEXUAL HEALTH PROGRAMME

Topic : SAFETY MEASURES ON PROTECTIVE SEXUAL LIFE

Date : 18<sup>th</sup> of February 2023

Resource Person : Ms. Pathmavathi A/P Annamalai

Faculty of Nursing, Lincoln University College,

Malaysia.

Content : 1. Values of Safer Sex

2. Prevention of STD

3. Health Impact of STD

4. Socio-economic Burden of STD

5. Preventive Measures for STD

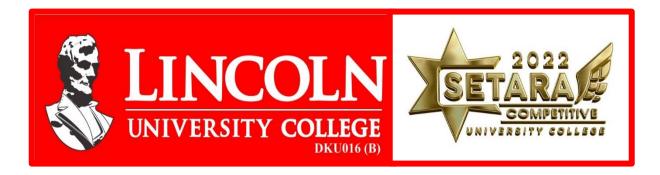
No. of participants: 129

Mode of delivery : Hybrid (Online & Physical)

Attachment : Event Pictures







## SEXUAL HEALTH PROGRAMME "SEXUALLY TRANSMITTED DISEASES AND PREVENTION"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE, MALAYSIA















## SEXUALLY TRANSMITTED DISEASES AND PREVENTION

Sexual Health Programme

#### Date

11th March 2023

#### **Mode of Delivery**

**Hybrid (Online & Physical)** 

#### **Resourse Person**

 Mrs. H.M.D PRIYADARSHANI SENAVIRATHNA Nursing Officer, Lanka Hospitals, Elvitigala Mawatha, Narahenpita, Colombo, Sri Lanka.

www.lincoln.edu.my

Programme : SEXUAL HEALTH PROGRAMME

Topic : SEXUALLY TRANSMITTED DISEASES AND PREVENTION

Date : 11<sup>th</sup> of March 2023

Resource Person : Mrs. H.M.D PRIYADARSHANI SENAVIRATHNA

Nursing Officer, Lanka Hospitals, Elvitigala Mawatha,

Narahenpita, Colombo, Sri Lanka.

Content : 1. Values of Safer Sex

2. Prevention of STD

3. Health Impact of STD

4. Socio-economic Burden of STD

5. Preventive Measures for STD

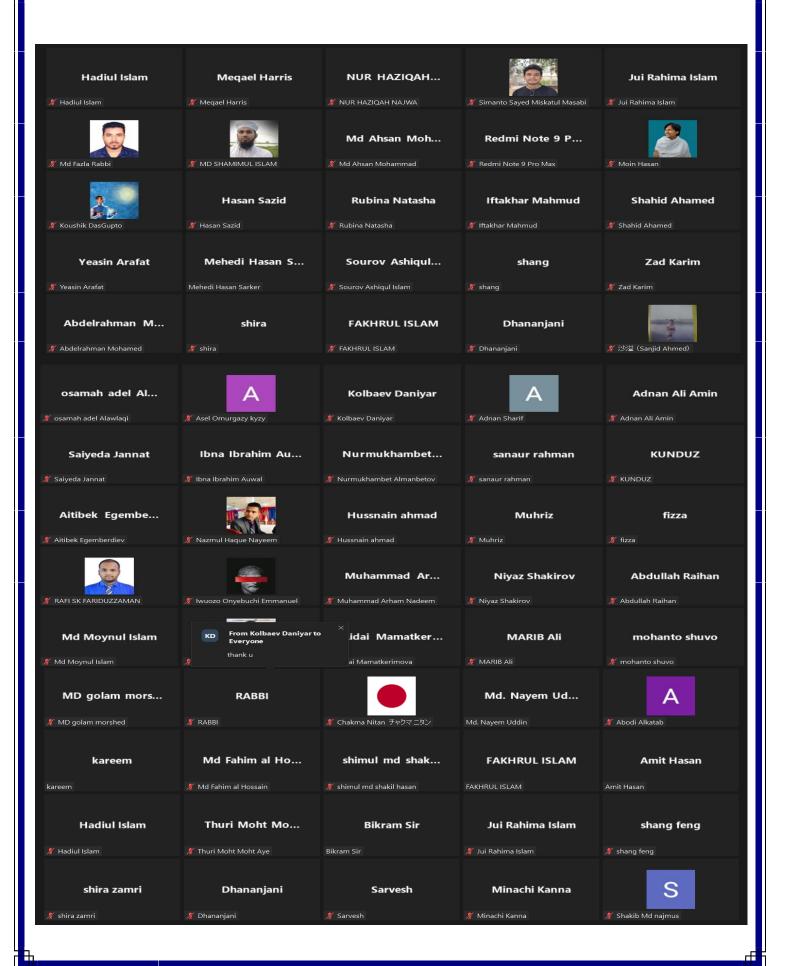
No. of participants: 71

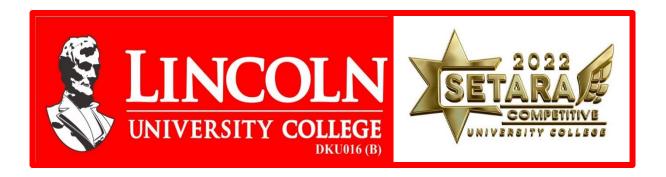
Mode of delivery : Zoom Platform

Attachment : Event Pictures

**Prepared by:** 







#### **SEXUAL HEALTH PROGRAMME**

### "SAFE CONTRACEPTIVES FOR HEALTHY FAMILY PLANNING"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE, MALAYSIA















KNOWLEDGE ENRICHMENT
FREE OF COST

## SAFE CANTRACEPTIVES FOR HEALTHY FAMILY PLANNING

Sexual Health Programme

#### **Date**

8th April 2023

#### **Mode of Delivery**

**Hybrid (Online & Physical)** 

#### **Resourse Person**

 Mrs. H.M.D Priyadarshani Senavirathna Nursing Officer, Lanka Hospitals, Elvitigala Mawatha, Narahenpita, Colombo, Sri Lanka.

www.lincoln.edu.my

Programme : SEXUAL HEALTH PROGRAMME

Topic : SAFE CONTRACEPTIVES FOR HEALTHY FAMILY

**PLANNING** 

Date : 8<sup>th</sup> of April 2023

Resource Person : Mrs. H.M.D PRIYADARSHANI SENAVIRATHNA

Nursing Officer, Lanka Hospitals, Elvitigala Mawatha,

Narahenpita, Colombo, Sri Lanka.

**Content** : 1. Different Contraceptive Methods

2. Temporary and Permanent Contraceptives

3. Benefits of Contraceptive Methods

4. Social Awareness on Contraceptive Methods

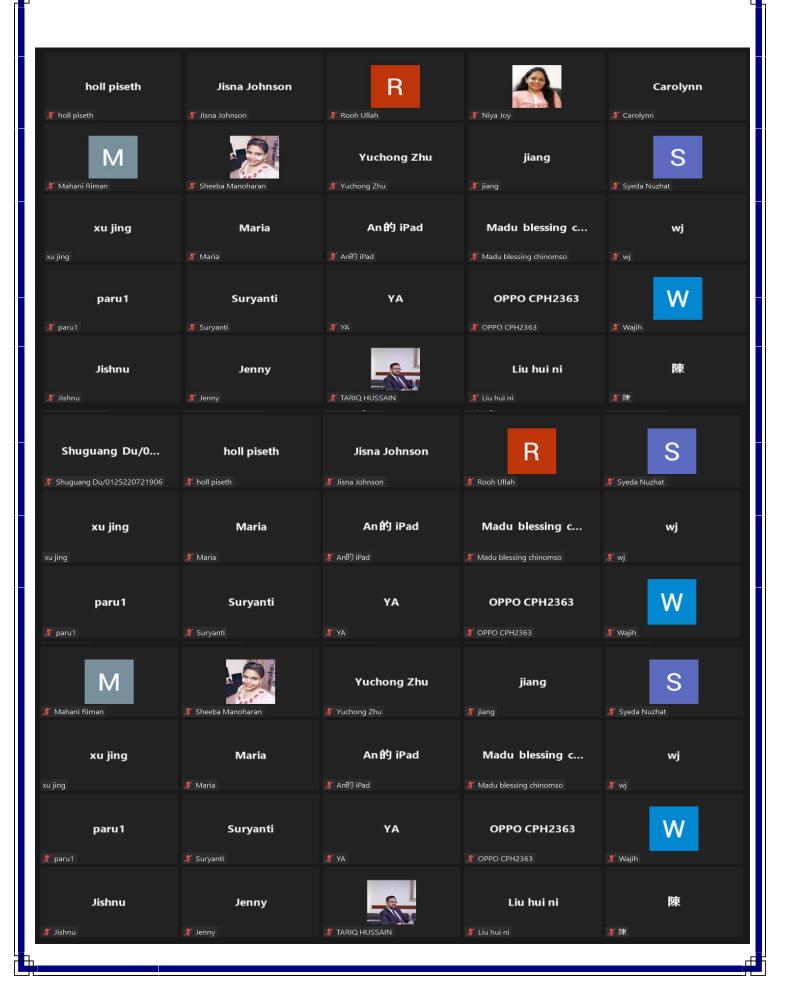
5. Better Contraceptive Methods for Healthy Sexual Life

No. of participants: 49

Mode of delivery : Zoom Platform

Attachment : Event Pictures







#### **SEXUAL HEALTH PROGRAMME**

### "IMPACT OF PSYCHOLOGICAL FACTORS IN SEXUAL LIFE"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE,
MALAYSIA















## IMPACT OF PSYCHOLOGICAL FACTORS IN SEXUAL LIFE

Sexual Health Programme

#### **Date**

FREE OF COST

6th May 2023

#### **Mode of Delivery**

**Hybrid (Online & Physical)** 

#### **Resourse Person**

 Ms. Salbiah Binti Abdul Rahim Lecturer, Faculty of Nursing, Lincoln University College, Malaysia

www.lincoln.edu.my

Programme : SEXUAL HEALTH PROGRAMME

Topic : IMPACT OF PSYCHOLOGICAL FACTORS IN SEXUAL LIFE

Date : 6<sup>th</sup> of May 2023

Resource Person : Ms. Salbiah Binti Abdul Rahim

Lecturer, Faculty of Nursing, Lincoln University College,

Malaysia

Content : 1. Psychological factors in safe sexual life

2. Mind swinging and mental disturbances

3. Physical impacts on psychological disturbances

4. Management of sexual psychological factors

5. Social awareness on sexual life and psychological

factors

No. of participants: 83

Mode of delivery : Hybrid (Online & Physical)

Attachment : Event Pictures







## SEXUAL HEALTH PROGRAMME "SEX EDUCATION FOR A BETTER SOCIETY"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE,
MALAYSIA















FREE OF COST

## FOR A BETTER SOCIETY

Sexual Health Programme

#### **Date**

10th June 2023

#### **Mode of Delivery**

Hybrid (Online & Physical)

#### **Resourse Person**

Ms. Sajuchiam Ayampillay
 Faculty of Nursing,
 Lincoln University College, Malaysia

www.lincoln.edu.my

Programme : SEXUAL HEALTH PROGRAMME

Topic : SEX EDUCATION FOR A BETTER SOCIETY

Date : 10<sup>th</sup> of June 2023

Resource Person : Ms. Sajuchiam Ayampillay

Faculty of Nursing, Lincoln University College,

Malaysia

Content : 1. Importance of Sex Education

2. Social Impact of Sex Education

3. Management of Social Stigma in Sex Education

4. Reflection of Sex Education in Safe Sexual Life

No. of participants: 148

Mode of delivery : Hybrid (Online & Physical)

Attachment : Event Pictures

**Prepared by:** 







### LINCOLN UNIVERSITY COLLEGE MALAYSIA

SEX EDUCATION TALK REPORT

YEAR: 2021-2022



#### INTRODUCTION

Sex education is the study of human sexual anatomy, sexual reproduction, sexual intercourse, age of consent, reproductive health and other aspects of human sexual behavior.

#### **AIM**

The purpose of this project is to give people the knowledge and skills to promote their health and well-being as they mature.

#### **OBJECTIVES**

- 1. Gives young people the knowledge and skills to promote their health and well-being as they mature into sexually healthy adults.
- 2. Understanding and ensuring the protection of their rights throughout their lives.
- 3. Considering how their choices affect their own well-being and that of others reinforces that how we interact with others can have powerful, long-lasting impacts for everyone involved

#### **COMMITTEE MEMBERS**

Organizing Members : Lincoln University College Lecturers

#### **LOCATION**

The location for this research of University Social Responsibilities (USR) is conducted at:

Location : Wisma Lincoln, Lincoln University College

Address : 12-18 Jalan SS 6/12, 47301 Petaling Jaya, Selangor

#### **REPORTS**

Sex education is very important and it covers few of the topics like:

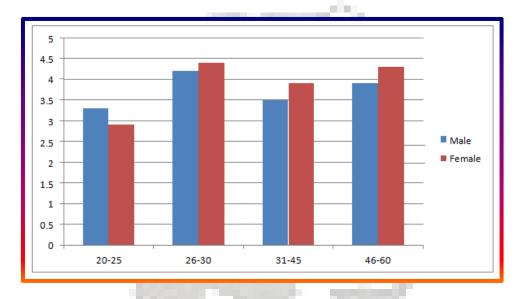
- Avoiding negative health consequences
- Communicating about the sexuality and sexual health
- Understanding healthy and unhealthy relationships
- Understanding, valuing and feeling autonomy over their bodies
- Respecting others' right to bodily autonomy
- Showing dignity and respect for all people, regardless of sexual orientation or gender identity.
- Protecting their academic success.

#### **Lincoln University College (LUC)** provides the sex education that help:

- To teach the students to establish and accept the role and responsibilities of their gender by acquiring the knowledge of sex.
- To understand the difference and similarities between two genders in terms of body and mind that will set up a foundation for the future development in their acquaintance with friends and lovers and their interpersonal relationship.
- To teach an individual about self-acceptance and the attitude and skills of interpersonal relationships.



\*Above are some of the events conducted by LUC for students and staff to promote the advantages of sex education. Due to confidentially, the reports of individual counseling is not disclosed.



The above bar graph is showing the age group that has acquired better knowledge and perspective by the help of sex education.

http://ichas2021.lincoln.edu.my/pdf/programme-schedule.pdf

#### **EDUCATION ACTIVITIES**

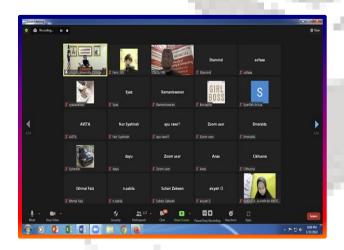
#### Frequency of Education Activities

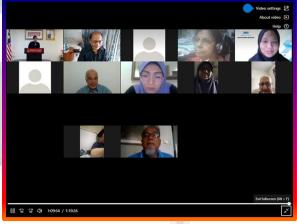
- Conducted monthly
- Anyone can join
- Free of cost
- Mode: Lecture, PPT Presentation and Individual Counseling

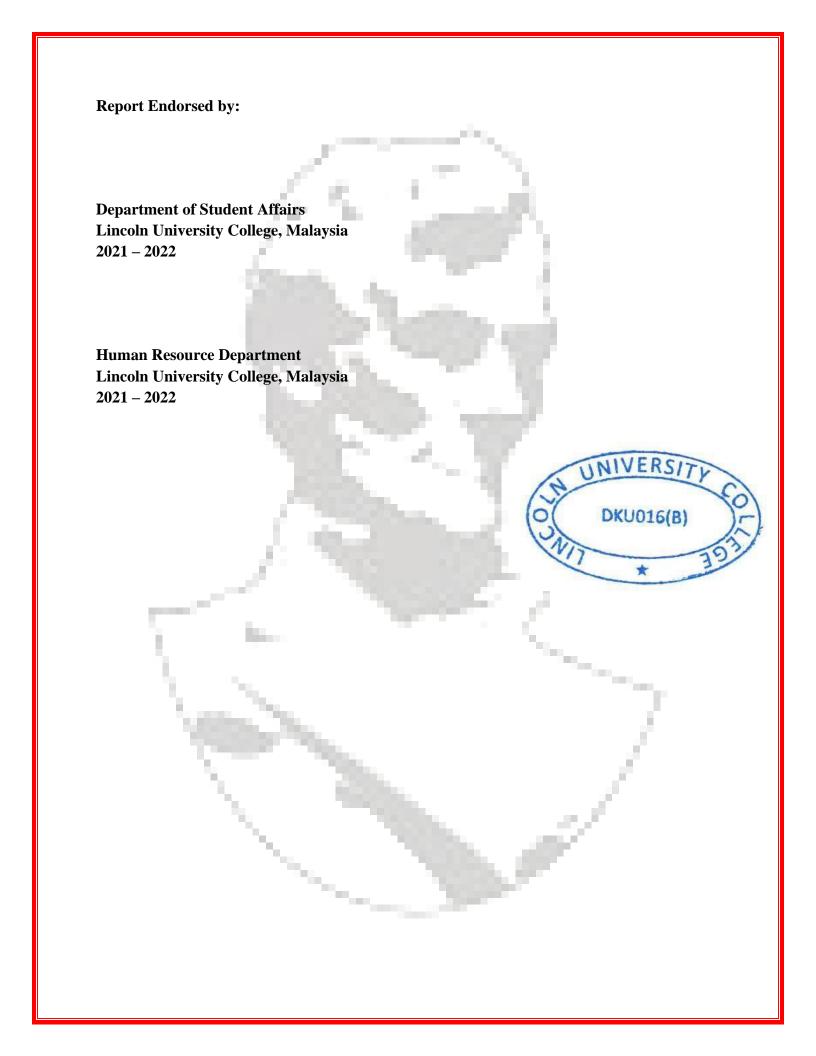
#### **ATTACHMENTS**













## SEXUAL HEALTH PROGRAMME "SAFE SEX FOR PREVENTION OF STD"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE,
MALAYSIA















FREE OF COST

## FOR PREVENTION OF STD

Sexual Health Programme

#### **Date**

8th July 2023

#### **Mode of Delivery**

**Hybrid (Online & Physical)** 

#### **Resourse Person**

 Mrs. H.M.D Priyadarshani Senavirathna Nursing Officer, Lanka Hospitals, Elvitigala Mawatha, Narahenpita, Colombo, Sri Lanka

www.lincoln.edu.my

Programme : SEXUAL HEALTH PROGRAMME

Topic : SAFE SEX FOR PREVENTION OF STD

Date : 8<sup>th</sup> of July 2023

Resource Person : Mrs. H.M.D PRIYADARSHANI SENAVIRATHNA

Nursing Officer, Lanka Hospitals, Elvitigala Mawatha,

Narahenpita, Colombo, Sri Lanka

Content : 1. Importance of Sex Education

2. Social Impact of Sex Education

3. Management of Social Stigma in Sex Education

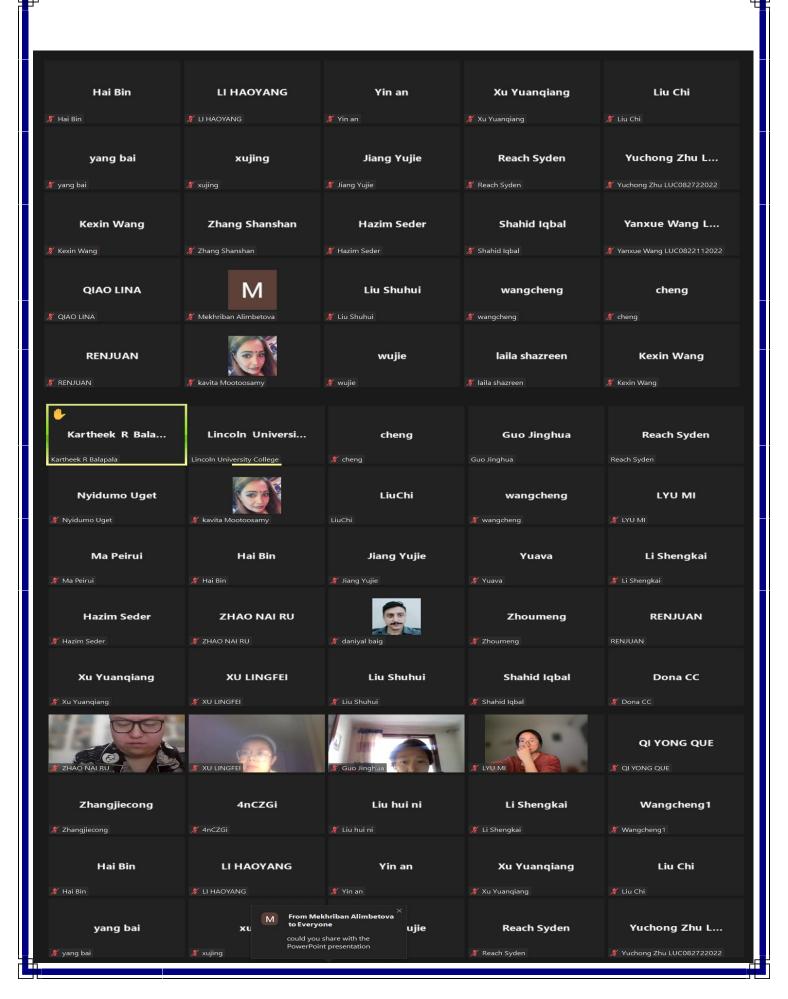
4. Reflection of Sex Education in Safe Sexual Life

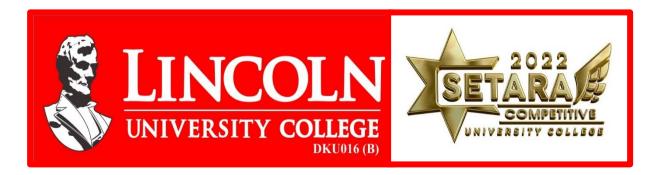
No. of participants: 69

Mode of delivery : Online

Attachment : Event pictures







#### **SEXUAL HEALTH PROGRAMME**

### "ROLE OF EDUCATORS IN SOCIAL SEXUAL LIFE AWARENESS"



ORGANIZED BY LINCOLN UNIVERSITY COLLEGE, MALAYSIA















## ROLE OF EDUCATORS IN SOCIAL SEXUAL LIFE AWARENESS

Sexual Health Programme

#### Date

5th August 2023

#### **Mode of Delivery**

**Hybrid (Online & Physical)** 

#### **Resourse Person**

 Prof. Dr. Faridah Binti Mohd Said Faculty of Nursing, Lincoln University College, Malaysia.



Programme : SEXUAL HEALTH PROGRAMME

Topic : ROLE OF EDUCATORS IN SOCIAL SEXUAL LIFE

**AWARENESS** 

Date : 5<sup>th</sup> of August 2023

Resource Person : Prof. Dr. Faridah Binti Mohd Said

Faculty of Nursing, Lincoln University College, Malaysia.

Content : 1. Importance of Sex Education

2. Social Impact of Sex Education

3. Management of Social Stigma in Sex Education

4. Reflection of Sex Education in Safe Sexual Life

No. of participants: 143

Mode of delivery : Hybrid (Virtual & Physical)

Attachment : Event pictures



