

CURRICULUM VITAE

RUTH LOUBSER RN RM

SEXUAL HEALTH EDUCATOR

BACKGROUND: Born in 1953, Ingwavuma, KZN

EDUCATION: Secondary education in South Africa and Canada;
Matriculated from Vryheid High School, KZN - 1970

TRAINING:

- General Nursing – Entabeni Hospital, Durban, 1973;
- Midwifery – Mowbray Maternity Hospital, Cape Town, 1974;
- Family Planning Course – Department of Health, 1993;
- Sexology courses with S. A. Sexual Health Association, 2001
- UNISA – 2002 to 2005 Psychology, Marriage Guidance & Counseling, Sexual Trauma Modules, HIV/AIDS care and counseling.
- **Current study:** UNISA theology department – special interest in sexual ethics and religion.

MEDIA:

- **Television interviews and participation:** SABC 2 ('Early Years' – childhood sexuality), MNet ('Sex Etc.' – teen sexuality 2005), SABC 1 ('Chatroom' – sexual expert opinion 2007)
- **Print media:** Interviews and comment on adolescent sexual health issues ("You / Huisgenoot" – 2007; 'Beeld' – 2010.
- **Radio** - George Mukhari Hospital, Garankuwa. (2008)
- **"In the Jeans"** – Edulink magazine (1997)

PUBLIC HEALTH EXPERIENCE:

Barclay Square Pharmacy Clinic, Pretoria (1994-1998) – Family Planning and Public Health.

PAPERS / PRESENTATIONS:

"A Right to ASK" and be answered! An analysis of questions related to sexuality received from grade 7 learners over a 3-year period. (2001 – 2003), presented at the First Congress for Advancement of Sexual Health and Reproductive Rights in Africa – February 2004. (Co-author: Dr. M. Jobson)

"Walking a Tightrope": Gender and Sexual Identity Formation in Adolescence: Ruth Loubser and Marjorie Jobson (St. Andrew's School for Girls, Gender Conference March 2004 & Winter Gender School (University of Pretoria) June 2004

"Teens in Transition"- Sexual Identity Vulnerabilities ...finding solutions! Presentation for OUT professional study group – March 2010.

FACILITATION:

Mind Crew – facilitator for **personal development programs** at Eskom (1998 & 1999)

Vulindlela Network (Cultural & Diversity) – South African Women in Dialogue (2004)

SA SEXUAL HEALTH ASSOCIATION – Board member since 2006 (www.sexualhealth.co.za)

SEXUAL HEALTH EDUCATION WORK

1. **School Courses** – ongoing since 2002 (anonymous questions used as needs analysis)
 - Sexuality Courses – Gr. 7 - 12
 - Centre for Pregnant Girls (Pretoria) – Sexual health and Pregnancy (*Volunteer*)
2. **Parents / Caregivers**
 - “Loving Conversations” – lectures for parents on sexuality and children / teenagers.
 - “Life Cycles” – mother/daughter workshops. Preparing for puberty
3. **Peer Training / Tertiary students**
 - Workshop facilitation on “Right to Sexual Information” for HURISA, Orlando West, (1997)
 - Keynote Address on sexuality and HIV for ITC – Monash University. High School Peer leaders training day. (2005 & 2008)
 - “What Cosmo and FHM don’t tell you about Sex!” (Tecknikon, Varsity College)
4. **Professional Training / Lectures**
 - “Promoting Resilience in Young People” – workshop for guidance teachers and principals at Human Rights Institute of South Africa (1998)
 - Sexuality Education workshop for educators – Johannesburg Teachers’ Centre (August 2001); Afternoon workshops – Sexuality Education (March 2004)
 - Guest lecturer - School of Public Health - University of Pretoria (2007 & 2008)
 - “Sexually Resilient Youth – educating for sexual positivity and healthy choices”. Address presented at Life Orientation Educator cluster meeting. (2010)
5. **The Institute for Women’s and Gender Studies** (University of Pretoria)
 - Sexuality and Gender – 3-day workshop, co-presented with a clinical social worker (2005); Gender influences on Sexuality (2006); Gender, Poverty and HIV/AIDS (2007), Sexuality training with teenagers in Eersterust and Mamelodi – identifying vulnerabilities (2010)
 - Research: Co-researcher on projects linked to Gender, Sexuality and HIV.
 - Gender, Sexuality and HIV/AIDS – Workshops for Religious Leaders (2007, 2008)
 - HIV Training for International Ministry Workers (2009, 2010)
6. **Church Youth Groups**
 - “Ask Sr. Ruth”...teen sexuality. Skuilkrans NG Kerk. (2009)

Community Work

5-day workshop – Co-facilitator for training community sexuality/HIV advisors in the Hillbrow / Berea area of Johannesburg for the Bertrams Community Information Centre (2000)

Pastors in the African Independent Church Movement

Workshop with ministers and women of the African Independent Churches - Orlando West (2002)

WRITING - resources / handouts written for learners and participants

These consolidate learning and facilitate information sharing within the community. Some examples include: Sexuality and Sexual Identity, Sexual Activities - essential health information, Contraception and Condom use, Key Notes about Sexuality and preventing SRH cancers. Sexuality discussion questions have been developed to promote peer dialogue on relevant sexuality issues within society / media etc.