**Course Learning Journal**

Class discussions, researching and reading for this assignment have widened my knowledge and understanding of the foundations of human behaviour and human sexuality and assisted in my personal development with my husband. I now have a better understanding of the vast industry of human trafficking and its affiliation with drug trafficking, organ trafficking and crime in general. At this stage of the master's programme, I have a firm grasp on avenues to research material for assignments. I am constantly researching and reading to widen my knowledge and develop better research skills. In my daily duties of interacting, supervising, managing, and leading staff, I can implement most of my newfound knowledge to assist the staff under my charge and open new avenues for effective communication to take place while solving problems and preventing conflicts from escalating by being self-aware from the knowledge we gain each day to maintain integrity. With the knowledge gained from human sexuality, I became more aware of my surroundings, my interactions with strangers, protecting my son and counselling my staff about personal safety.

My reading is more balanced as I become versed in finding research material for the readings entries and my courses in general. I have been using google scholar, guestia, jstore and books from my personal library that I have collected over the past ten years to source reading material. Improvement is always required generally because we live in a changing world and communicating with others on certain matters can be easy as well as difficult at times due to knowledge barriers especially when conversing about human sexuality.

Some may think that human sexuality is solely about sex, performance or a lack thereof. However, there are other areas to be explored such as communication about sexual fantasies, sexual preferences, sex between ageing couples, sex between mature and younger individuals, sexual interactions between teenagers and the repercussions of teenage pregnancies, as well as sexually transmitted diseases. Human sexuality sheds light on families longing to have a child, contraception, unwanted pregnancies, abortions, rape, incest, and abuse. In most cases, children are reluctant and not comfortable in communicating wrongdoing to their parents because they feel inferior to them based on their parent’s expectations of them.

Some research suggests that children and young adults may try to escape their parents but they run straight into traffickers hands. Individuals who are young and lack a well-developed self-concept may experience such problems according to Steffenhagen, R. A., & Burns, J. D. (1987) “people are born mentally, socially, and physically inferior to their parents; it is through socialization that they rise to some degree of equality but not superiority. A person's behaviour is greatly influenced by their way of life, attitude, and values. Having positive contact with individuals in society, whether at work or in social settings, contributes to one's self-concept and increases one's self-esteem. If the case were the opposite, we would experience poor self-esteem if we frequently deal with unfavourable interactions. Individuals become more social, change from having a normal to a healthy personality, and immediately have more self-esteem when their goals are practical and attainable”. This approach is extremely useful in the workplace where teamwork is of utmost importance in producing successful end results, however, this can be implemented into the education system to build morale.

Individuals who are kidnapped against their will are trafficked for prostitution, drugs and organ trafficking. Burke. M. C. (2022) “in more recent times, human trafficking has taken on new forms, including sex trafficking and forced labour in a variety of industries, such as agriculture, manufacturing, and domestic work. The globalization of the economy and advances in transportation and communication have made it easier for traffickers to move people across borders and exploit them for profit. One of the primary effects of human trafficking is organ trafficking, which involves the exploitation of vulnerable individuals. Traffickers often prey on impoverished and marginalized populations, deceiving them into selling their organs for financial gain. These individuals are often desperate for money and may not fully understand the long-term consequences of organ donation or the potential risks involved in the process. As a result, they may face serious health complications or even death due to the lack of proper medical procedures and post-operative care”.

Human trafficking's economics are complicated, and it involves a variety of individuals, including traffickers, recruiters, buyers, and corrupt officials. The major people who organize and run the trafficking networks are the traffickers. For financial advantage, they recruit, transfer, and exploit their victims. Buyers, sometimes known as consumers, are persons who purchase the victims' services, such as sex buyers. They generate demand for the victims' services and help to sustain the trafficking industry, especially from overpopulated nations.

The victims of human trafficking are predominantly women and children, and they are often lured with false promises of employment or education opportunities. Once they are in the traffickers' hands, they are subjected to physical and psychological abuse, and their human rights are violated. The victims' economic situation is dire, and they are forced to work in exploitative and dangerous conditions without pay. Moreover, organ trafficking undermines the integrity of healthcare systems. Traffickers may infiltrate hospitals, forge documents, and bribe medical professionals to facilitate the illegal transplantation of organs. This leads to a breach of medical ethics and compromises the trust between healthcare providers and patients. The allocation of organs for transplantation becomes distorted, as those who can afford to purchase organs illegally gain an unfair advantage over those who are in genuine need.

Abortion rates were high, Naden, C. J. (2007) “in the early 1900s, Margaret Sanger lobbied for women to use birth control to prevent unwanted pregnancies. She claimed that too many women risk their lives to abort a pregnancy using extreme measures inflicting pain and suffering which affects them psychologically for a long time. Margaret Sanger stated that with the use of birth control women can now choose when they are ready to enter into parenthood. By 1960 she was able to lobby strong enough to get the public's support contributing to the legalization of birth control in forty-eight states across the United States of America. Making it easier on women and preventing any physical, psychological, and social issues from the past to surface in the future, affecting anyone and preventing them from conceiving any unwanted babies.”

I am always seeking avenues for additional knowledge in every aspect of our lives for the fundamental growth of self and others, to grasp ways for effective communication skills and human behaviour because it's crucial to implement controls for the various types of individuals we come across daily in relation to human sexuality. As I continue to implement the knowledge and skills gained from this programme, I am confident that I would improve drastically in all areas of my studies and interactions aiding in the further enhancement of my communication skills, confidence, and pursuit of additional knowledge towards building self-concept. I have started teaching once again, this knowledge would allow me to identify situations where I can source additional knowledge and implement ideas for greater thinking for individuals to gain an understanding that they are knowledgeable enough to pivot themselves around any situation to become successful at what they do. Making others self-aware of their hidden intelligence enables them to contribute towards teamwork, and prevents each member from aggravating their teammates which may be demotivating to them and hamper production, reducing morale and causing conflicts.

I have employed my brain to seek answers to questions such as, how close is human trafficking those around me? What is our government's role in combatting such crimes given that it is not talked about? Does the government hide such cases so as to not alarm the citizens of the county? However, within the last decade, there have been some serious thinkers and readers who are coming across knowledge and sharing such, especially since social media has given them a source of power to reach millions of people easily. Knowledge and statistics that were considered hidden are now coming to light. The great enlightenment is taking place and knowledge would create drastic advancement in society like never seen before.

Being a part of the delta design group of learning, I understood the concept of speed reading better because the learning design in this course allowed us to cover a wide area of reading and research in a short space of time. The group work and discussions taught us the value of working together towards a common goal. Reaffirming in the course communication skills the concept of the The Johari Window and self-disclosure further reemphasised my understanding of myself and how I communicate with others. Self-disclosure is our actions of making others notice us and how they can perceive us in a certain way. The Johari Window, developed by Joseph Luft and Harry Ingraham, is a device that illustrates self-disclosure in communication which filters into corporation with others and their safety. The Johari Window shows degrees of openness and self-awareness, it is divided to show the parts of the self we can see and share with others and the parts of the self that are public. I believe that this concept makes us aware of others and teaches us about their personality in the same way we would look at ourselves and become aware, we also become aware of others around us. This is especially useful to gain knowledge of human behaviour in the workplace and when studying social sciences like psychology, sociology, criminology and in recent times human sexuality.

In every context we communicate, there is a communication climate set for each and it is usually the individuals who are communicating with each other that would set the climate. Discussing an intense matter the climate would be one of hostility, whereas, couples in love would be in a calm and gentle communication climate displaying love and kindness hence anger and conflict varies in each climate. Everyone has a responsibility as a human being to do right by another human being but that’s not the case in most societies. If we take the time to care for and educate others crimes would be decreasing drastically. Reports of an unnamed state in the United States of America have confirmed cases that some people sell their own children into human trafficking to become rich. It is heartbreaking because children look towards adults, especially their parents to protect them, I can't imagine the hurt, loss and despair children have to go through in situations like these.

I am knowledgeable enough now in human behaviour and human sexuality and have the ability to determine what promotes knowledge and effective communication skills to prevent conflicts with others and how well I can work with my team based on my understanding of them and how they communicate. I have already started implementing most of what I learned during this course with my staff, assisting them to change and enhance the ways in which they investigate situations to gain knowledge and communicate as well as curbing conflicts in their personal lives which may cause them to leave home by being fooled by a better and attractive life. This course has allowed me to be a better asset to both my team and the organization. Going forward I am more conscious of my thoughts, according to Haanel, C.F. (2011) “ knowledge gaining and consequent power is what determines growth and evolution. The recognition and demonstration of knowledge is what constitutes power, and this power is spiritual power, and this spiritual power is the power which lies at the heart of all things; it is the soul of the universe. This knowledge is the result of man’s ability to think; thought is therefore the germ of man’s conscious evolution. When man ceases to advance in his thoughts and ideals, his forces immediately begin to disintegrate and his countenance gradually registers these changing conditions."

**Bibliography**.

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