



Parents are children’s primary teachers, but what is society teaching our children about sexuality? Our Whole Lives is an antidote to sexualized media messages, peer pressure, misinformation and prejudice. It provides accurate, age-appropriate information, puts sexuality in the context of values and personal responsibility, supports healthy decision making, and strengthens social skills. These skills and values help prepare youth to make healthy choices for life.

Our Whole Lives Sexuality Education for Grades 7-9

Our Whole Lives: Sexuality Education for Grades 7-9

Our Whole Lives (OWL) values:

- Self Worth
- Sexual Health
- Responsibility
- Justice and Inclusivity

OWL models and teaches caring, compassion, respect, and justice. It helps adolescents address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through an engaging curriculum that addresses topics most important to young adolescents, including those typically excluded from sexuality education and health classes. Each workshop is 90 minutes.

OWL is a secular curriculum appropriate in a variety of settings.

Sexuality and Our Faith for Grades 7-9 is a religious supplement for use in Unitarian Universalist and United Church of Christ congregations.

For more information, contact uuchurch@uwestport.org

Workshop Titles

UNIT 1 Introduction

- 1 What is Sexuality?
- 2 Examining Values
- 3 The Language of Sexuality

UNIT 2 You, as a Sexual Being

- 4 Anatomy and Physiology
- 5 Personal Concerns About Puberty
- 6 Body Image
- 7 Gender Identity
- 8 Gender Expression, Roles & Stereotypes
- 9 Sexual Orientation
- 10 Guest Panel
- 11 Sexuality and Disability

UNIT 3 Relationships

- 12 Healthy Relationships
- 13 Relationship Skills

UNIT 4 Contemporary Issues

- 14 Sexuality, Social Media and the Internet
- 15 Bullying & Bystander Responsibilities

UNIT 5 Responsible Sexual Behavior

- 16 Redefining Abstinence
- 17 Lovemaking
- 18 Consent Education

UNIT 6 STIs, Pregnancy & Parenting Decisions

- 19 Sexually Transmitted Infections
- 20 Pregnancy, Parenting, & Teen Parenting
- 21 Unintended Pregnancy Options
- 22 Contraception and Safer Sex

UNIT 7 Communicating about Sexuality

- 23 Sexual Decision Making
- 24 Communicating with a Sexual Partner
- 25 Self Care, Celebration, & Closure



**The Unitarian
Church**
In Westport

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