



OWL Offered for 8th-9th Graders

First meeting August 29, 11 AM

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Good news!! We are pleased to announce a fresh cycle of Our Whole Lives (OWL) for 8th and 9th graders beginning Friday, September 10, 2021. OWL is comprehensive sexuality education and is arguably the most important program we offer our young people. It helps them navigate the wonders of their bodies and relationships safely, respectfully, and consensually, at a pivotal point in their lives. The OWL program, first developed in 1999, has been recognized and praised for its honesty, comprehensiveness, and usefulness by parents and students alike from across the country.

For more about OWL and why Unitarian Universalists think it is important for our youth, please go to the discussion of [OWL At A Glance](#) on our website uuwestport.org. And if you have rising 8th or 9th graders who would like to participate in OWL, please RSVP to Nate, our Lead for Youth Faith Formation, by email (nate@uuwestport.org).

NOTE: we are pleased to have teens participate in OWL even if they are not directly connected to our UU community. We believe that all youth should experience OWL: it makes the world a better place! So please spread the word. It's always wonderful to have a full and robust class with old friends and new.

We have already set our schedule. Here are those details:

1. **August 29, 11 AM – 1 PM** (with lunch) Mandatory Parent Orientation Sunday
2. **September 10**, Time TBD. OWL officially starts
3. **September 12, 10AM to noon** and subsequent Sundays: OWL meets regularly.

There will be some Friday evening retreats (i.e., **9/10**), and one Saturday overnight (TBD). We have a great facilitator team who have undergone extensive training and have run these programs before, with high praises from students and their parents. We have structured the program to allow for plenty of time for questions and reflection.

We look forward to OWL in the Fall! Please consider this great program for the teens in your life.

Sessions that OWL covers include:

1. Anatomy and Physiology
2. Puberty
3. Social Media/Internet
4. Sexual Orientation
5. Gender Identity
6. Relationships Skills
7. Lovemaking is more than Sex
8. Masturbation
9. Defining/Redefining Abstinence
10. Sexual Harassment & Acquaintance Rape
11. Conception, Planned Pregnancy & Birth
12. Recovering from Sexual Abuse
13. STI Facts & Prevention
14. Thorny Issues in Friendship
15. Dating and Lifetime Commitments