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 7-8

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 session will cover two workshops.

OWL values:
- self worth
- sexual health
- responsibility
- justice & inclusivity

OWL is a secular curriculum appropriate in a variety of settings. *Sexuality and Our Faith for Grades 7-8* is a religious supplement for use in Unitarian Universalist and United Church of Christ Congregations.

Next Course Offering: October 2019-April 2020, Sundays (every other) 3:00-5:30 pm

To reserve your youth's seat, or if you have questions, please contact OWL@UUFAMES.org

Facilitated by Unitarian Universalist Fellowship of Ames
515.292.5960 | www.uufames.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**
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