

Purpose: This document highlights ways that Our Whole Lives (OWL) has been and could effectively be brought to college campuses. It outlines current OWL programming on college campuses, as well as other sexuality education programs that are being used on these colleges, and ends with next steps.

Background Information:

- The following colleges/universities have used OWL curriculum as their sexuality education programming, a resource in creating unique programming, or a supplement to other programming. Our contact person for this program is also listed. If you would like to be in contact for them, please let us know at ya-cm@uua.org.
 - o University of Louisville (UofL) - Katie Conte
 - o Carleton College (Carleton) - Kaaren M. Williamsen
 - o Massachusetts Institute of Technology (MIT) – Laura Anne Stuart
 - o Northwestern University (Northwestern) – Laura Anne Stuart
- OWL Curriculum Used
 - o Most use YA program
 - o UofL used 10-12 program with younger students especially
 - Found the content was more suitable to the students' experiences

OWL Programming on Campuses:**Student training for peer educators**

- At Carleton, T. Michael and Laura Stuart trained students in OWL
 - o Academic calendar is organized into three, ten-week courses, so is difficult to do something that is not credit bearing and therefore have not offered OWL as a course as they would like to.
 - o Have a proposal into the PE Department to have OWL be credit-bearing
- At UofL, OWL training provided for peer health advocate program and on-campus partners (Office of LGBT services, Women's advocacy program)
 - o Mostly focused on STI's and how to have conversations with partner – as well as protect you and them
 - o OWL training in 2009 for YA/AD track with T. Michael and Jane Detwiler
 - o In 2010 did OWL training on campus for 3 days with T. Michael and Jane Detwiler; Kathleen Baldwin and Houston Hall, and offered two tracks: either YA/Adult or the 7-8/10-12 curriculum, registration \$250/person
- Many of the Sexuality Educators said that this is often the most popular and effective way to do sexuality education on college campuses: get folks trained and then get other students excited about taking the class
 - o Make sure there is infrastructure on the college campus for this to exist and be sustainable



Stand Alone Workshops

- At MIT, Laura Anne was using OWL curriculum to do stand alone workshops
- At Carleton, use OWL and other resources to create one hour stand alone workshops
 - o Anatomy of pleasure, anatomy and communication
 - o A safer sex refresher – beyond the condom
 - o What you can do about sexual assault
 - Bystander info and how to support a survivor
 - o Hot Sex – Healthy Open Talking about Sex and Everything Extra
 - Created before OWL, have some OWL sensibilities now
 - o Gender 101 (intro to trans)
 - o LGBT speakers bureau (been doing this program a long time)
- At UofL, started doing OWL as a workshop series and then tried other formats to try and make it more approachable

Residential Life Trainings

- UofL attempted this programming, which was difficult to organize due to their own college politics
 - o 4, 1 hour workshops targeted at RAs
 - o Did a 30 minute presentation every week in one residence hall
 - Did it 2nd semester, would've liked to do it 1st semester, as group culture was already established and was awkward for them to insert themselves

Student Groups

- At UofL, have 1-2 hour workshops that can be requested by any student organization
 - o Fairly popular, and often have organizations that request courses every year or semester
 - o These workshops draw on OWL curriculum

Small Group Open Courses

- At UofL, organized a come-as-you-can OWL group open to all, with 4 weeks of two hour meetings, 8 hours total
 - Topics: Sexual Health, Gender and Orientation, Decision Making
 - Worked with LGBT services, PEACC program (violence awareness and reduction program) and Office of Health Promotion
 - Participants did not have to attend all sessions, and hence commitment was lower than other groups

Small Group Targeted Courses

- At UofL, 1st pilot was the 3 week, 6 hour women-only OWL course, 1 day a week in the evening after classes, group of ~10 women, women came back all three weeks
 - o Were encouraged to commit to all courses
 - o Topics: Sexual Health, Setting Boundaries, Body Image
 - Workshop 1 on Young Adults and Sexuality
 - Workshop 2 used OWL curricula section 3 on Sexual Pleasure (included anatomy)
 - Workshops used pieced from OWL curricula Eight, Nine and Ten on Relationships, Love, Commitment, Boundaries and Boundary Violations



Findings from UofL study

- Most common feedback on surveys that folks wish they had more time
- Best attended were collaborations with Student Orgs, Residence Life or part of larger events
- Student Feedback: Most Valuable Learning Experience
 - o 41% concepts presented in Circles of Sexuality
 - o 21% factual information about sexual health
 - o 17% opportunity to engage in conversation about sexuality and the willingness of peers to discuss potentially difficult topics
 - o 11% normalization about sexuality, sexual experiences, and body image
 - o 9% other
- Background/Insights
 - o Kathleen Baldwin, OWL trainer who works at Indiana University in Indianapolis, worked with UofL, facilitating intensive OWL training summer 2011 with health advocates
 - o Cutting down their training to a 3 part series using OWL workshops, focusing on anatomy, risk reduction, communication and relationships
 - o Taken OWL values and starting to incorporate those into all trainings, including those dealing with alcohol and substance abuse
 - o Hardest thing was to recruit students for participation
- Their reports can be found at:
 - o One page summary: <http://louisville.edu/campushealth/services/promotion/reports-and-survey-results/OWLFINAL.pdf>
 - o Eleven page presentation: <http://louisville.edu/campushealth/services/promotion/reports-and-survey-results/OWL%20Lackby%20Presentation%20FINAL.pdf>

Other Sexuality Education Programming on Campuses:**Interfaith Panel on Sexuality**

- Northwestern has gathered campus ministers and local religious leaders to answer anonymous questions written by students about religious views on sexuality. It has always drawn a very large amount of students

Orientation

- At Carleton, generally only sexual violence is talked about, have been incorporating more general safe sex and incorporating more OWL elements

Femsex

- FemSex is a popular Sexuality Education program on college campuses, and tends to be student organized.
- At Carleton, FemSex happens every spring – four sections, 15 students each
 - o Peer led, Kaaren meets with facilitators once a week
 - o Use OWL as a reference book
- UC Berkeley's FemSex page has helpful syllabus outlines and other resources: <http://www.femsex.net/home>



Moving Forward:

District/Cluster trainings

- OWL training being planned by Mid-America Region during the last week of August in St. Louis, to be posted on <http://www.midamericauua.org/> as the date approaches
- Kaaren Williamsen at Carleton is interested in a training in St. Paul or Minneapolis...are you too? Contact us at ya-cm@uua.org.

Support

- Contact ya-cm@uua.org to get connected with other folks doing this work.

OWL Trainers with experience on college campuses to bring to your campus

- **Laura Anne Stuart**, MPH, has worked as a sexuality educator in college and university settings for more than 10 years. During this time, she has also served as an Our Whole Lives teacher, trainer and co-author of *Our Whole Lives for Young Adults*. She can be reached at stuartlaura@yahoo.com.
- **Rev. T. Michael Rock** has been a leading trainer for Our Whole Lives since 1999, and is co-author of *Sexuality and Our Faith: A Companion to Our Whole Lives for Young Adults*. Rock is also a leader of youth and young adult ministry events on the local, conference and national levels, and is pastor and teacher at Robbinsdale United Church of Christ in Minneapolis.
- **Jane Detwiler** is an Our Whole Lives Trainer and Sexuality Educator, with experience working with college students and young adults, as well as at the Unitarian Universalist Association. Jane is an AASECT-certified Sexuality Educator with 20 years experience in the field of sexuality.

