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 OWL@UUA.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