



# **Our Whole Lives Sexuality Education for Older Adults and Sexuality and Our Faith for Older Adults**

**OWL Facilitator Webinar  
December 2019**



## Presenter

**Melanie Davis**

OWL Program Manager and OWL Trainer

UUA Lifespan Faith Engagement Office

## Tech Support

**Susan Lawrence**

Managing Editor

UUA Lifespan Faith Engagement Office



# Housekeeping

- Please mute your microphone.  
Click “mute” on screen; press \*6 on phone.
- “Stop” your camera. If you see yourself online, your camera is on.
- Have a pen/pencil and paper nearby



# Housekeeping

Audio problem? Log out of the meeting and call in by phone to 1-646-558-8656

Meeting ID: 781 910 2883

Recorded webinar & slides will be posted online at <https://www.uua.org/re/teachers/webinars>



# Housekeeping

- Find the Meeting Chat box.
- This webinar is information-packed! DO NOT use Meeting Chat for side conversations.
- DO use Meeting Chat for questions of general interest.



# Thanks for Investing Time in OWL Facilitator Training!

Collect 5 clues identified by this OWL wing



Build the secret sentence.

Send it to [owl@uua.org](mailto:owl@uua.org) and [owl@ucc.org](mailto:owl@ucc.org)  
to confirm your participation today.



## Clue #1



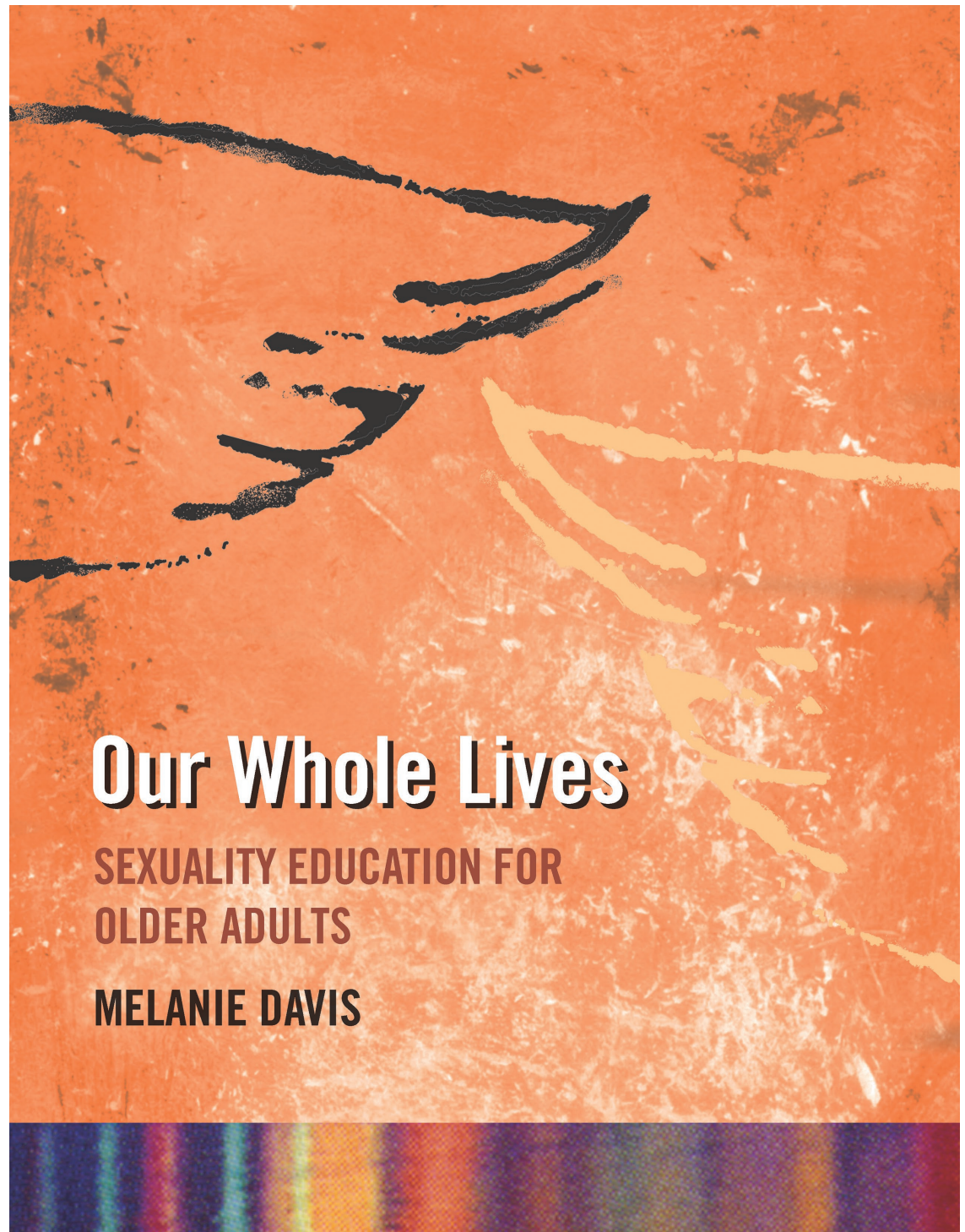
“I finally know the difference...”



# Webinar Agenda

- Why is OWL for Older Adults necessary?
- Theoretical Framework
- Units and Workshops
- Workshop Plans
- Sexuality and Our Faith
- Facilitation Tips with Older Adults
- Q&A

By Melanie Davis  
Jessica York and Amy  
Johnson, Developmental  
Editors





# Why is OWL for Older Adults Necessary?

- Few sexuality education resources exist
- Older adults consider sexuality an important part of life
- Focuses on healthy sexuality, not dysfunction
- Reduces shame; normalizes age-related changes
- Educates about relationships and sexual choices
- Promotes life-affirming sexual expression (solo or partnered)
- Addresses attitudes, values, and feelings about sexuality



# Theoretical Framework: Developmental Stage and Select Learning Theories for OWL Older Adult





## Developmentally, many older adults are:

- experiencing biopsychosocial changes
- wondering if changes are normal
- reflecting on their life and experiences
- considering their legacy
- taking risks
- may fail to establish or enhance relationships
- protecting their privacy
- interested in personal morality
- interested in clear standards of right and wrong



# Androgogy: Education of Older Adults

- Focuses on process over content.
- Applicable
- Experiential
- Problem solving
- Self-efficacy



# Allosteric Learning Model

- Cognitive dissonance is helpful.
- You will help put new ideas into context.
- You can help them recognize when ideas, scripts, and behaviors no longer serve their needs.



# OWL for Older Adults Organization

- 14 workshops
- 2-hours with 10-minute break after 60 minutes.
- Depth and sensitivity increase as program progresses
- 4 workshops can be used on standalone basis:
  - ✓ Workshop 2, Attitudes about Aging
  - ✓ Workshop 8, Family Matters
  - ✓ Workshop 9, Sexuality and Loss
  - ✓ Workshop 11, Body Image

# **OWL for Older Adults**

## **UNIT ONE: Exploring Ideas about Sexuality**

Workshop One: Sexuality and Values

Workshop Two: Attitudes about Aging

Workshop Three: Examining Sexual Scripts

## **UNIT TWO: You, As a Sexual Being**

Workshop Four: The Sexual Body

Workshop Five: Sexual Orientation and Gender Identity

## **UNIT THREE: Relationships**

Workshop Six: Intimacy

Workshop Seven: Sexual Consent and Boundaries

Workshop Eight: Family Matters

Workshop Nine: Sexuality and Loss

Workshop Ten: Reframing Sexuality, Disability, and Chronic Illness

## **UNIT FOUR: Changes and Challenges**

Workshop Eleven: Body Image

Workshop Twelve: Dating as an Older Adult

Workshop Thirteen: Safer Sex

Workshop Fourteen: Sex Play beyond Basics



## Clue #2



...between pleasing and loving, obeying and respecting.



# Workshop 1 - Sexuality & Values

Welcome and Introductions  
Program Orientation  
Group Covenant  
Warm-up Activity  
Circles of Sexuality  
Sexuality Values  
Participant Survey  
Reflection and Planning



# Workshop 2 - Attitudes About Aging

Reentry and Reading

Introducing the Issues

Sexuality Timelines

Reframing the Discourse *or* Becoming an Advocate

Reflection and Planning

Optional: Backseat Bingo

Optional: Poetry Challenge



Backseat Bingo



# Workshop 3 - Examining Sexual Scripts

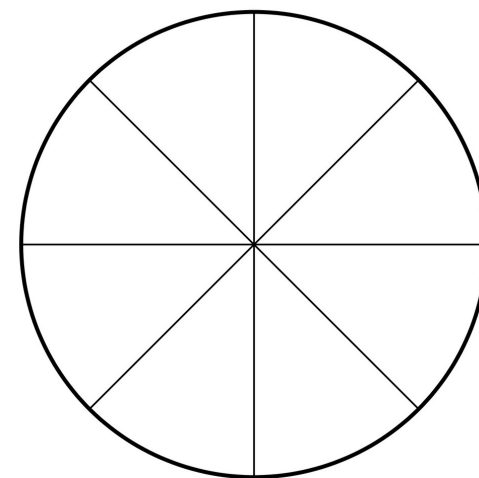
Reentry and Reading  
Introduction to Sexual Scripts  
Sexual Scripts and Relationship  
Digging Deeper  
    into Sexual Script  
Rewriting Your Sexual Script  
Reflection and Planning





# Workshop 4 - The Sexual Body

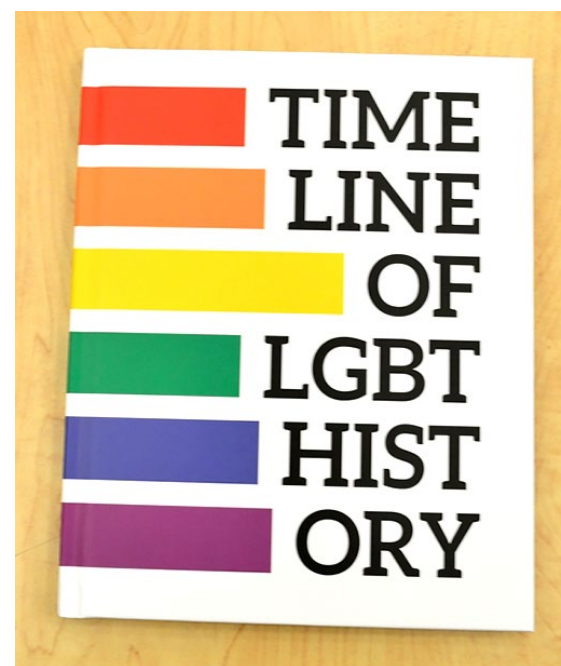
Reentry and Reading  
Anatomy Review  
Typical Age-Related Changes  
Sexual Response  
Non-Goal-Oriented Intimacy  
Fantasy  
Reflection and Planning





# Workshop 5 - Sexual Orientation & Gender Identity

Reentry and Reading  
Defining Terms  
In Their Own Voices  
Names and Pronouns Matter  
Timeline of LGBT Issues  
Protective Factors  
Reflection and Planning





## Workshop 6 - Intimacy

Reentry and Reading  
Assessing Intimate Relationships  
Building Healthy Relationships  
Stay or Go?  
Identifying Intimate Relationships  
Everyday Intimacy  
Reflection and Planning  
Optional: Guest Speaker  
Optional: Film Screening





## Clue #3



It has taken me so many years to be okay with  
being different, ...

# Workshop 7 - Sexual Consent & Boundaries

Reentry and Reading

Consent and Boundaries Overview

Assessing Attitudes

Communicating Consent

Consent under Challenging Circumstances

Risk Factors for Sexual Coercion and Abuse

Reflection and Planning





# Workshop 8 - Family Matters

Reentry and Reading  
Having “The Talk” with Adult Children  
Establishing Boundaries  
Your Loving Will  
Your Role as a Sexuality Educator  
Homework  
Reflection and Planning





## Workshop 9 - Sexuality & Loss

Reentry and Reading  
Naming Loss  
Exploring Loss  
Guided Meditation  
Envisioning Your Future  
Developing a Plan  
Reflection and Planning





# Workshop 10 - Reframing Sexuality, Disability, and Chronic Illness

Reentry and Reading  
What Does Disability Mean to You?  
Misconceptions and Truths about  
Disability and Sex  
Reframing Expectations  
Your Capabilities and Boundaries  
Addressing Challenges  
Honoring Your Sexual Self  
Reflection and Planning

Sex and disability advocates Robin Wilson-Beattie and Bethany Stevens





# Workshop 11 - Body Image

Reentry and Reading

Body Image, Sexual Self-Esteem, and Sexual Self-Efficacy

Guided Imagery and Body Drawing

Affirming the Body, Part 1

Body Drawing Discussion

Affirming the Body, Part 2

Body-Affirming Ritual

Reflection and Planning



*My body is a container for love and pleasure;  
I am a container for wonder and joy.*



# Workshop 12 - Dating as an Older Adult

Reentry and Reading  
Who Do You Seek?  
Crafting an Online Profile  
Managing Awkward Conversations  
Speed Dating  
Reflection and Planning



# Workshop 13 - Safer Sex

Reentry and Reading  
Understanding the Issues  
STI/HIV 101  
Having “The Talk”  
Condom Line-up  
Risk-Aware Sexual Activity  
Reflection and Planning  
Optional: Condom Demo  
Optional: HIV Test Video  
Optional: Barrier Method  
Show and Tell



**THERE ARE MANY  
WAYS TO DO IT**

**THERE IS ONLY ONE  
WAY TO DO IT SAFELY**

**USE A CONDOM**

*In Florida alone, Sexually Transmitted  
Diseases in seniors have risen 71%.*

*SaferSex4Seniors.org*



# Workshop 14 - Sex Play Beyond Basics

Reentry and Reading  
Building Comfort  
Myths and Facts about Sex Toys  
Show and Tell  
Fundamentals of Kink and BDSM  
Safety and Informed Consent  
Reflection and Closure  
Optional: Guest Speaker  
Optional: Exploring the Internet  
Optional: Celebration





SEXUALITY  
and  
OUR FAITH  
acompanionto  
*OUR WHOLE LIVES*  
for Older Adults

UNITARIAN UNIVERSALIST  
Richard S. Kimball

UNITED CHURCH OF CHRIST  
Judith Galas

By Judith Galas for the UCC  
Amy Johnson, Developmental Editor

By Rick Kimball for the UUA  
Melanie Davis, Jessica York, and Gail  
Forsyth-Vail, Developmental Editors



# Implementation Options

- Standalone workshops
  - ✓ Workshop 2, Attitudes about Aging
  - ✓ Workshop 8, Family Matters
  - ✓ Workshop 9, Sexuality and Loss
  - ✓ Workshop 11, Body Image
- Weekly or twice-monthly meetings
- Two workshops separated by a 30-minute or longer break
- Retreat or conference programming



## Clue #4



...and with being this alive, this intense.”



# Facilitation Tips

- Older adults have lots to share
  - Acknowledge the stories in the room
  - Refer to the agenda
- Encourage conversation outside of the workshop



# Facilitation Tips

- Avoid assumptions.
- Accessible meeting space and restrooms.
- Maintain mid-workshop breaks.
- Modify speaking pace and monitor vocal volume.
- Use handouts; don't rely on posters alone.



## OWL for Older Adults in Your Community

*OWL is a gift we can offer to the larger community while introducing non-members to our faith, our values, and our inclusive welcome.*



# Facilitator Email List & Yahoo Group

- OWL-Adult email list
  - Approved UU, CUC, UCC participants must self-subscribe by finding their grade level at <http://lists.uua.org/mailman/listinfo>
- Yahoo group for UCC and all other participants
  - Amy Johnson sends out an invitation to join. You may also reach her at owl@ucc.org



## OWL Contacts

Melanie Davis, UUA OWL Program Manager

[mjdavis@uua.org](mailto:mjdavis@uua.org) 614-648-6423

Amy Johnson, UCC Minister for Sexuality Education and Justice

[JohnsonA@ucc.org](mailto:JohnsonA@ucc.org) 216-736-3718

UCC Resources, [www.uccresources.com](http://www.uccresources.com) 800-537-3394

UUA Bookstore, [www.uuabookstore.org](http://www.uuabookstore.org) 800-215-9076



## Clue #5



Author, Eve Ensler

Email the complete quote to  
[owl@uua.org](mailto:owl@uua.org) **and** [owl@ucc.org](mailto:owl@ucc.org)