



OWL helps older adults explore attitudes, values, and feelings about their own and others' sexuality.

Our Whole Lives: Sexuality Education for Older Adults is comprehensive and progressive, addressing sexuality with candor, sensitivity, and respect for older adults' wisdom and life experience. It is engaging, thought-provoking, and deeply meaningful.

Our Whole Lives: Sexuality Education for Older Adults

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Our Whole Lives (OWL) values

- Self-Worth
- Sexual Health
- Responsibility
- Justice and Inclusivity

In 14 engaging two-hour workshops, this curriculum balances knowledge-building with exploration of attitudes, values, and feelings about one's own and others' sexuality.

Workshops include alternate activities and multimedia resources to accommodate participants' needs and interests. Using the entire program is recommended, but four workshops can be used on their own: Attitudes about Aging; Family Matters; Sexuality and Loss; and Body Image.

The curriculum encourages multigenerational communication, engaging participants with family members or others who play a significant role in their lives. The curriculum is designed to be implemented by two trained facilitators.

OWL is a secular curriculum, appropriate for many settings.

Sexuality and Our Faith for Older Adults is a religious supplement for use in Unitarian Universalist and United Church of Christ congregations.

For more information, contact your Religious Educator or owl@UUA.org or owl@ucc.org

Workshops

- Sexuality and Values
- Attitudes about Aging
- Examining Sexual Scripts
- The Sexual Body
- Sexual Orientation and Gender Identity
- Intimacy
- Sexual Consent and Boundaries
- Family Matters
- Sexuality and Loss
- Reframing Sexuality, Disability, and Chronic Illness
- Body Image
- Dating as an Older Adult
- Safer Sex
- Sex Play beyond Basics