



Our Whole Lives: Sexuality Education for Grades 10-12 helps high school youth gain the knowledge, life principles and skills they need to express their sexuality in life-enhancing ways. It puts sexuality into the context of values and personal responsibility, helping them manage social pressure and advocate for equality. It provides an opportunity to bring values and integrity to the real-life issues

**Our Whole Lives: Sexuality Education for Grades 10-12**

# Our Whole Lives: Sexuality Education for Grades 10-12

## ***Our Whole Lives (OWL) values:***

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

OWL models and teaches caring, compassion, respect, and justice. It helps high school-age youth address their attitudes and values, their feelings about themselves and their sexuality, and their attitudes toward others' sexuality. Participants in grades 10-12 are guided by trained facilitators through an engaging curriculum that addresses topics typically excluded from sexuality education and health classes. This highly adaptable program includes fourteen sessions that include 41 workshops ranging from 25-60 minutes for flexible scheduling.

OWL is a secular curriculum, appropriate in a variety of settings.

*Sexuality and Our Faith for Grades 10-12* is a religious supplement for use in Unitarian Universalist and United Church of Christ congregations.

For more information, contact [OWL@UUA.org](mailto:OWL@UUA.org)



## **Topics**

Language  
Examining Values  
Body Image and Feelings  
Anatomy & Physiology  
Sexual Response Cycle and Sexual Functioning  
Reproductive and Sexual Health Care  
AIDS and Other STDs  
Contraception  
Condoms and Negotiating for Safer Sex  
Sexy Safe Fantasy  
Gender Roles  
Identity, Roles, and Orientation  
Sexual Orientation  
Conception, Pregnancy and Birth  
Parenting License  
Parenting Alternatives  
Sexuality Timeline  
Sexuality and People with Disabilities  
Sexual Expressions and Relationships  
Verbal and Non-verbal Communication  
What Makes a Good Relationship?  
Questions of the Other Gender  
Defining Intimacy  
Masturbation Myths and Facts  
Sexual Behavior  
Images of Love and Sex in Music and Video  
Power and Responsibility  
Power in Relationships  
Breaking UP and Moving On  
Abortion  
New Reproductive Choices  
Sexual Exploitation, Sexual Harassment and Erotica  
Date Rape  
Between Consenting Adults  
Gay Pride Parade  
Gender Equity  
Sexuality and Social Issues

*Use all or any combination!*