Our Whole Lives: Sexuality Education for Adults helps you explore sexuality through your values and experiences. Enhance communication skills as you increase your understanding of healthy relationships, sexual diversity, and sexuality throughout the life cycle. It’s the sexuality education opportunity you probably never had growing up.

Our Whole Lives Sexuality Education for Adults
Our Whole Lives: Sexuality Education for Adults

Our Whole Lives (OWL) values:
• Self Worth
• Sexual Health
• Responsibility
• Justice and Inclusivity

OWL models and teaches caring, compassion, respect, and justice. It helps adults address their attitudes, values, and feelings about themselves, their sexuality, and others’ sexuality. Participants are guided by trained facilitators through an engaging program that addresses topics many adults have not had the opportunity to discuss in depth. The fourteen two-hour workshops are modular and may be used in any combination or singly.

OWL is a secular curriculum, appropriate for a variety of settings. Sexuality and Our Faith for Adults is a religious supplement for use in Unitarian Universalist and United Church of Christ congregations.

For more information, contact OWL@UUA.org

Workshop Titles
Introduction to OWL
Sexuality and Values
Sexuality and Communication
Sexuality and Spirituality
Discovering the Sexual Self
Experiencing the Sexual Other
Sexuality and Early Relationships
Sexuality and developing Relationships
Sexuality and Committed Relationships
Sexual Diversity
Sexuality and Family
Sexuality and Aging
Sexual Health
Closing Session
Use all 14 or any combination!