



Join us to gain information, boost self-knowledge, enhance sexual safety, and strengthen social skills. Interactive, inclusive, welcoming.

Our Whole Lives: Sexuality Education for Young Adults, Ages 18-35

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Our Whole Lives (OWL) values:

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

OWL models and teaches caring, compassion, respect, and justice. It helps young adults address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. OWL addresses topics typically excluded from sexuality education and health classes, including sexual expression, identity, orientation, and life issues for young adults. Each of the fourteen workshops is two hours long, and designed to be modular – that is, each can stand on its own for maximum program flexibility.

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

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

For more information, contact OWL@UUA.org

Workshop Titles

Young Adults & Sexuality
Mind and Body
Sexual Pleasure
Keeping Your Body Healthy
Exploring Gender
Sexual Orientation
Communication
Relationships, Love & Commitment
Boundaries & Boundary Violations
Family Matters
Sexual Fantasy & Variation
Advocacy & Education
Closing

Use all 14 or any combination!