

## ***Our Whole Lives objectives***

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Self-esteem \* Acceptance \*  
Inclusion \* An ability to articulate and practice one's deepest values and be one's best self \* A base of knowledge for informed personal decision-making

## **What's *religious* about sexuality education?**

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Liberal religious sexuality education gives children, youth, and adults a safe forum in which to make meaning of their lives. Participants learn to feel positive about themselves and their sexuality while they clarify their values, apply their values to their experiences, and gain knowledge about their bodies, feelings, and behaviors.

When you offer an *Our Whole Lives* program, you help transform a cultural climate of fear and confusion about sexuality into a new reality in which every person's inherent worth and dignity is valued.

Each *Our Whole Lives* curriculum has a companion activity and resources guide, *Sexuality and Our Faith*, which supports you to center sexuality education in a religious context. Participants are guided to grow in spiritual depth, prophetic vision and action for justice, and values congruent with Unitarian Universalist Principles.

## ***Our Whole Lives assumptions***

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- All persons are sexual.
- Sexuality is a good part of the human experience.
- Human beings are sexual from the time they are born until they die.
- It can be natural to express sexual feelings in a variety of ways.
- People engage in healthy sexual behavior for a variety of reasons, including to express caring and love, to experience intimacy and connection with another, to share pleasure, to bring new life into the world, and to experience fun and relaxation.
- Sexuality in our society is damaged by violence, exploitation, alienation, dishonesty, abuse of power, and the treatment of persons as objects.
- It is healthier for young adolescents to postpone sexual intercourse.



## ***Our Whole Lives Sexuality Education***

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*Our Whole Lives* is a program of lifespan sexuality education with curricula for:

- Grades K-1
- Grades 4-6
- Grades 7-9
- Grades 10-12
- Young Adults (ages 18-35)
- Adults

*Our Whole Lives* takes a holistic view of sexuality. It provides accurate, age-appropriate information while helping people clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

*Our Whole Lives* is based on the Guidelines for Comprehensive Sexuality Education produced by the National Guidelines Task Force, a group of leading health, education, and sexuality professionals assembled by the Sexuality Information and Education Council of the United States (SIECUS).

Learn more at [www.UUA.org/re/owl](http://www.UUA.org/re/owl).

## ***Our Whole Lives* values**

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The content of every age-level curriculum embodies these values:

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

## ***Our Whole Lives* offers...**

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- Honest, age-appropriate answers to questions
- Activities to help clarify values and improve decision-making skills
- A safe and supportive peer group
- Acceptance of diversity
- Encouragement to act for justice
- Affirmation of parents as the primary sexuality educators of their children
- An easy-to-use facilitator's guide
- Facilitator trainings across the United States

## ***Who uses Our Whole Lives?***

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*Our Whole Lives* is used in congregational, school, and community settings, including classrooms, after-school programs, home-school associations, religious organizations, and youth groups. The curricula cover topics and skills that schools are less likely to cover, despite parent and youth interest.

*Our Whole Lives* contains no religious references or doctrine. Religious references are provided in a companion volume, *Sexuality and Our Faith*, for Unitarian Universalist and United Church of Christ congregations.

**For more information:**  
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# **Sexuality is honored here.**

What you need to know about  
*Our Whole Lives*  
Lifespan Sexuality Education

