Our Whole Lives Sexuality Education for Older Adults and Sexuality and Our Faith for Older Adults

OWL Facilitator Webinar
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Presenter

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Tech Support

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Housekeeping

Audio problem? Log out of the meeting and call in by phone to 1-646-558-8656
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Recorded webinar & slides will be posted online at https://www.uua.org/re/teachers/webinars
Housekeeping

• Find the Meeting Chat box.

• This webinar is information-packed! DO NOT use Meeting Chat for side conversations.

• DO use Meeting Chat for questions of general interest.
Thanks for Investing Time in OWL Facilitator Training!

Collect 5 clues identified by this OWL wing

Build the secret sentence.
Send it to owl@uua.org and owl@ucc.org

to confirm your participation today.
Clue #1

“I finally know the difference…”
Webinar Agenda

- Why is OWL for Older Adults necessary?
- Theoretical Framework
- Units and Workshops
- Workshop Plans
- Sexuality and Our Faith
- Facilitation Tips with Older Adults
- Q&A
By Melanie Davis
Jessica York and Amy Johnson, Developmental Editors
Why is OWL for Older Adults Necessary?

- Few sexuality education resources exist
- Older adults consider sexuality an important part of life
- Focuses on healthy sexuality, not dysfunction
- Reduces shame; normalizes age-related changes
- Educates about relationships and sexual choices
- Promotes life-affirming sexual expression (solo or partnered)
- Addresses attitudes, values, and feelings about sexuality
Theoretical Framework:
Developmental Stage and Select Learning Theories for OWL Older Adult
Developmentally, many older adults are:

- experiencing biopsychosocial changes
- wondering if changes are normal
- reflecting on their life and experiences
- considering their legacy
- taking risks
- may fail to establish or enhance relationships
- protecting their privacy
- interested in personal morality
- interested in clear standards of right and wrong
Androgogy: Education of Older Adults

- Focuses on process over content.
- Applicable
- Experiential
- Problem solving
- Self-efficacy
Allosteric Learning Model

• Cognitive dissonance is helpful.
• You will help put new ideas into context.
• You can help them recognize when ideas, scripts, and behaviors no longer serve their needs.
• 14 workshops
• 2-hours with 10-minute break after 60 minutes.
• Depth and sensitivity increase as program progresses
• 4 workshops can be used on standalone basis:
  ✓ Workshop 2, Attitudes about Aging
  ✓ Workshop 8, Family Matters
  ✓ Workshop 9, Sexuality and Loss
  ✓ Workshop 11, Body Image
UNIT ONE: Exploring Ideas about Sexuality
Workshop One: Sexuality and Values
Workshop Two: Attitudes about Aging
Workshop Three: Examining Sexual Scripts

UNIT TWO: You, As a Sexual Being
Workshop Four: The Sexual Body
Workshop Five: Sexual Orientation and Gender Identity
UNIT THREE: Relationships
Workshop Six: Intimacy
Workshop Seven: Sexual Consent and Boundaries
Workshop Eight: Family Matters
Workshop Nine: Sexuality and Loss
Workshop Ten: Reframing Sexuality, Disability, and Chronic Illness

UNIT FOUR: Changes and Challenges
Workshop Eleven: Body Image
Workshop Twelve: Dating as an Older Adult
Workshop Thirteen: Safer Sex
Workshop Fourteen: Sex Play beyond Basics
Clue #2

...between pleasing and loving, obeying and respecting.
Welcome and Introductions
Program Orientation
Group Covenant
Warm-up Activity
Circles of Sexuality
Sexuality Values
Participant Survey
Reflection and Planning
Workshop 2 - Attitudes About Aging

Reentry and Reading
Introducing the Issues
Sexuality Timelines
Reframing the Discourse or Becoming an Advocate
Reflection and Planning
Optional: Backseat Bingo
Optional: Poetry Challenge
Workshop 3 - Examining Sexual Scripts

Reentry and Reading
Introduction to Sexual Scripts
Sexual Scripts and Relationship
Digging Deeper into Sexual Script
Rewriting Your Sexual Script
Reflection and Planning
Workshop 4 - The Sexual Body

Reentry and Reading
Anatomy Review
Typical Age-Related Changes
Sexual Response
Non-Goal-Oriented Intimacy
Fantasy
Reflection and Planning
Workshop 5 - Sexual Orientation & Gender Identity

Reentry and Reading
Defining Terms
In Their Own Voices
Names and Pronouns Matter
Timeline of LGBT Issues
Protective Factors
Reflection and Planning
Workshop 6 - Intimacy

Reentry and Reading
Assessing Intimate Relationships
Building Healthy Relationships
Stay or Go?
Identifying Intimate Relationships
Everyday Intimacy
Reflection and Planning
Optional: Guest Speaker
Optional: Film Screening
It has taken me so many years to be okay with being different, …
Workshop 7 - Sexual Consent & Boundaries

Reentry and Reading
Consent and Boundaries Overview
Assessing Attitudes
Communicating Consent
Consent under Challenging Circumstances
Risk Factors for Sexual Coercion and Abuse
Reflection and Planning
Workshop 8 - Family Matters

Reentry and Reading
Having “The Talk” with Adult Children
Establishing Boundaries
Your Loving Will
Your Role as a Sexuality Educator
Homework
Reflection and Planning
Workshop 9 - Sexuality & Loss

Reentry and Reading
Naming Loss
Exploring Loss
Guided Meditation
Envisioning Your Future
Developing a Plan
Reflection and Planning
Workshop 10 - Reframing Sexuality, Disability, and Chronic Illness

Reentry and Reading
What Does Disability Mean to You?
Misconceptions and Truths about Disability and Sex
Reframing Expectations
Your Capabilities and Boundaries
Addressing Challenges
Honoring Your Sexual Self
Reflection and Planning

Sex and disability advocates Robin Wilson-Beattie and Bethany Stevens
Workshop 11 - Body Image

Reentry and Reading
Body Image, Sexual Self-Esteem, and Sexual Self-Efficacy
Guided Imagery and Body Drawing
Affirming the Body, Part 1
Body Drawing Discussion
Affirming the Body, Part 2
Body-Affirming Ritual
Reflection and Planning

My body is a container for love and pleasure;
I am a container for wonder and joy.
Workshop 12 - Dating as an Older Adult

Reentry and Reading
Who Do You Seek?
Crafting an Online Profile
Managing Awkward Conversations
Speed Dating
Reflection and Planning
Workshop 13 - Safer Sex

Reentry and Reading
Understanding the Issues
STI/HIV 101
Having “The Talk”
Condom Line-up
Risk-Aware Sexual Activity
Reflection and Planning
Optional: Condom Demo
Optional: HIV Test Video
Optional: Barrier Method
Show and Tell
Workshop 14 - Sex Play Beyond Basics

Reentry and Reading
Building Comfort
Myths and Facts about Sex Toys
Show and Tell
Fundamentals of Kink and BDSM
Safety and Informed Consent
Reflection and Closure
Optional: Guest Speaker
Optional: Exploring the Internet
Optional: Celebration
By Judith Galas for the UCC
Amy Johnson, Developmental Editor

By Rick Kimball for the UUA
Melanie Davis, Jessica York, and Gail Forsyth-Vail, Developmental Editors
Implementation Options

• Standalone workshops
  ✓ Workshop 2, Attitudes about Aging
  ✓ Workshop 8, Family Matters
  ✓ Workshop 9, Sexuality and Loss
  ✓ Workshop 11, Body Image
• Weekly or twice-monthly meetings
• Two workshops separated by a 30-minute or longer break
• Retreat or conference programming
Clue #4

…and with being this alive, this intense.”
Facilitation Tips

• Older adults have lots to share
  – Acknowledge the stories in the room
  – Refer to the agenda

• Encourage conversation outside of the workshop
Facilitation Tips

• Avoid assumptions.
• Accessible meeting space and restrooms.
• Maintain mid-workshop breaks.
• Modify speaking pace and monitor vocal volume.
• Use handouts; don’t rely on posters alone.
OWL for Older Adults in Your Community

OWL is a gift we can offer to the larger community while introducing non-members to our faith, our values, and our inclusive welcome.
Facilitator Email List & Yahoo Group

- **OWL-Adult email list**
  - Approved UU, CUC, UCC participants must self-subscribe by finding their grade level at [http://lists.uua.org/mailman/listinfo](http://lists.uua.org/mailman/listinfo)

- **Yahoo group for UCC and all other participants**
  - Amy Johnson sends out an invitation to join. You may also reach her at owl@ucc.org
OWL Contacts

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UCC Resources,  www.uccresources.com  800-537-3394

UUA Bookstore,  www.uuabookstore.org  800-215-9076
Clue #5

Author, Eve Ensler

Email the complete quote to
owl@uua.org  and  owl@ucc.org