



## **Our Whole Lives: Sexuality Education for Grades 7-9**

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

- **Self Worth**
- **Sexual Health**
- **Responsibility**
- **Justice and inclusivity**

**OWL models and teaches caring compassion, respect, and justice. It helps adolescents address their attitudes, values, and feelings about themselves, their sexuality, and others' sexuality. Participants are guided by trained facilitators through an engaging curriculum that addresses topics most important to young adolescents, including those typically excluded from sexuality education and health classes. Each workshop is 90 minutes.**

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

**Sexuality and Our Faith for Grades 7-9 is a religious supplement for use in Unitarian Universalist and United Church of Christ congregations.**



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

## **Workshop Titles**

### **UNIT 1 Introduction**

- 1 What is Sexuality?
- 2 Examining Values
- 3 The Language of Sex

### **UNIT 2 You, as a Sexual Being**

- 4 Anatomy and Physiology
- 5 Personal Concerns about Puberty
- 6 Body Image
- 7 Gender Identity
- 8 Gender Expression, Roles & Stereotypes
- 9 Sexual Orientation
- 10 Guest Panel
- 11 Sexuality and Disability

### **UNIT 3 Relationships**

- 12 Healthy Relationships
- 13 Relationship Skills

### **UNIT 4 Contemporary Issues**

- 14 Sexuality, Social Media and the Internet
- 15 Bullying & Bystander Responsibilities

### **UNIT 5 Responsible Sexual Behavior**

- 16 Redefining Abstinence
- 17 Lovemaking
- 18 Consent Education

### **UNIT 6 STIs, Pregnancy & Parenting Decisions**

- 19 Sexually Transmitted Infections
- 20 Pregnancy, Parenting & Teen Parenting
- 21 Unintended Pregnancy Options
- 22 Contraception and Safer Sex

### **Unit 7 Communicating About Sexuality**

- 23 Sexual Decision Making
- 24 Communicating with a Sexual Partner
- 25 Self Care, Celebration & Closure