OUR WHOLE LIVES-AT-A-GLANCE*

*Each level of Our Whole Lives may be accompanied by a corresponding Sexuality and Our Faith manual that includes scripture and questions to help support UCC faith traditions

K-1 Our Whole Lives
- Values: Respect, Relationship, Responsibility
- 8 one-hour sessions
- Parent meeting and parent/child orientation
- Education about bodies, families, safety and birth

4th-6th Grade Our Whole Lives
- Values: Respect, Relationship, Responsibility
- 8-10* one-hour sessions
- Parent meeting and parent/child orientation
- Education about puberty, gender, orientation, values, lovemaking, reproduction, health, safety, decision-making and communication
  *currently being revised to 10 from 8 sessions

7th-9th Grade Our Whole Lives
- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 25 ninety-minute sessions
- Parent orientation
- Education about language, body image, gender, attraction, decision-making, consent, contraception, risk reduction and more
  *currently being revised to 10 from 8 sessions

10th-12th Grade Our Whole Lives
- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 14 two-hour sessions with 41 different workshops
- Parent Orientation
- Deeper education about 7th-9th topics plus power, harassment, sexuality and social issues, parenting, disabilities, relationships, and more

Young Adult Our Whole Lives
- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 14 two-hour modular workshops (each workshop can stand on its own or be combined with others)
- Education about mind, body, pleasure, health, gender, orientation, communication, relationships, family, advocacy and more

Adult Our Whole Lives
- Values: Self-Worth, Sexual Health, Responsibility, Justice & Inclusivity
- 14 two-hour modular workshops (each workshop can stand on its own or be combined with others)
- Education about values, communication, health, relationships, diversity, family, aging, and more

“People think OWL is about sex. It is…..but it’s really about respect.”
Our Whole Lives participant

Amy Johnson, UCC Our Whole Lives
UCC General Synod 30
216.736.3718
JohnsonA@ucc.org
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