



Lifespan Sexuality Education that is:

- Factual
- Values Based
- Comprehensive
- Age Appropriate

# What Is Our Whole Lives?

***Our Whole Lives (OWL)*** is a series of sexuality education curricula for six age groups:

- grades K-1
- grades 4-6
- grades 7-9
- grades 10-12
- young adults (ages 18-35)
- and adults.

***Our Whole Lives*** helps participants make informed and responsible decisions about their sexual health and behaviour. It equips participants with accurate, age-appropriate information in six subject areas:

- human development
- relationship
- personal skills
- sexual behaviour
- sexual health
- and society & culture.

Grounded in a holistic view of sexuality, ***Our Whole Lives*** provides not only facts about anatomy and human development, but helps participants to clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

***Our Whole Lives*** uses approaches that work. The curricula are based on the Guidelines for Comprehensive Sexuality Education produced by the National Guidelines Taskforce, a group of leading health, education, and sexuality professionals assembled by the Sexuality Information and Education Council of the United



# What Does Our Whole Lives Cover?



***Our Whole Lives*** covers topics and skills that both parents and students want to have available but schools are less likely to cover. The Kaiser Family Foundation has an interesting report on this subject called “Sex Education in America: A View from Inside the Nation’s Classrooms”. New national surveys are challenging the convention that Americans are reluctant to have sexual health issues taught in school, the surveys show that most parents, along with educators and students themselves, would expand sex education courses and curriculum.

***Our Whole Lives*** is appropriate for use in a variety of congregational, school and community settings, including after-school programs, and youth groups. Although developed by two religious organizations, ***Our Whole Lives*** contains no religious references or doctrines. Religious reference are contained in a Unitarian Universalist and United Church of Christ companion publication, *Sexuality and Our Faith*.

# What Does Our Whole Lives Offer?

Each level of  
*Our Whole Lives* offers:



- Up-to-date information and honest, age-appropriate answers to all participants' questions
- Activities to help participants clarify values and improve decision-making skills
- Effective group-building to create a safe and supportive peer group
- Education about sexual abuse, exploitation and harassment
- Opportunities to critique media messages about gender and sexuality
- Acceptance of diversity
- Encouragement to act for justice
- A well-designed, teacher-friendly leaders' guide
- Parent education programs that affirm parents as the primary sexuality educators of their children
- *Sexuality and Our Faith*, an optional religious component for Unitarian Universalist and United Church of Christ settings



## Our Whole Lives Core

# VALUES:

- Self-worth
- Sexual health
- Responsibility
- Justice and inclusivity



## **Scheduling for 2017-2018:**

We will soon announce dates for next year's programs for these grade levels:

- Kindergarten-Grade One
- Grade 4-6 Program
- Grade 7-9 Program
- Grade 10-12 Program

For more information about Our Whole lives,  
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